

Anxiety paralyzes me, God. Please set me free. Allow me to take whatever action needs to be taken—and trust the rest to You.



Teach me Loving Creator, to trust You with all my heart. Help me not to depend on my own understanding. I know that when I seek Your guidance instead, You will lead me on straight paths. I do not want to rely on my own wisdom, Instead, I choose to respect Your word; I will stay away from anything that pulls me from You. When I do all this, my heart will be at peace—and anxiety will no longer steal my body's health.

(Proverbs 3)



Prayers for Difficult Times
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Anxiety



Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 NIV

Jesus, You know that I often have Martha's focus on life: I am anxious and harried, worried about the many details in my life. Give me instead a Mary's heart. Help me to always choose Your presence as my first priority—and then my heart will be at peace.



When everything is going well, I am not as anxious, Lord. I feel like I am in control. My sense of security is stable.

But when I feel threatened or overwhelmed, I start to get tense. Use my anxiety, Lord, to remind me that I am dependent on Your love. Let each nagging fear be a nudge that turns me toward Your and Your strength.



God, You know my every anxiety. I cast each one on You, for I know You care for me.

It is easy to be anxious. Are our loved ones safe? Will we have enough money for that need? Will we do a good job on a challenging responsibility that is coming up? Will our friend accept us? Will the people we love most make wise decisions? Anxieties pile up around us, everywhere we turn.

We need to learn to transform our anxiety into a prayer. Each time we find ourselves fretting over what will happen regarding some situation, we can turn over a specific set of circumstances to God. As we make this practice a habit, we will find our trust in God is growing. Instead of anxiety, Christ will dwell at the center of our lives.

I realize, Father, that I am more likely to be anxious when I am focused on the wrong things. Help me to lay my treasures in You rather accumulating things in this world. I need have no worries about eternal treasures!



Help me Jesus, to follow the example of the birds and flowers, creatures who never fret. You never forget to nourish them. Remind me that I am even more precious in Your sight.



The cost of anxiety is too high, Lord. It uses up my energy. It takes a toll on my body, giving me headaches and stomach problems. Even my immune system suffers. And meanwhile, worrying about tomorrow robs me of today's joy. Lord, I do not want to pay the cost of anxiety any longer. Take my worries from me, I pray. Let me trust in You.