

Fight Fear in Prayer

Help me trust in You Lord with all my heart and lean not on my own understanding. May I acknowledge You in every way so my path will be straight. (Proverbs 3:5)

Keep my mind fixed upon You, Lord, that I may experience perfect peace. (Isaiah 26:3)

Father, replace the worries I harbor with rejoicing in Your glory. If I am at odds with someone, or even with myself, help me agree with You Lord, that I may not cause anxiety over superficial things. But rather, grant me humility to speak my cares before You in prayer, leaving those concerns at Your feet with thanksgiving. Guard my heart and mind with peace beyond understanding. Lord, lend me Your power to think on whatever is true and honorable, whatever is just and pure, whatever is loving, and of good report, and whatever is praiseworthy. (Philippians 4:6-8)

Lord, help me understand how much You care for me; never shying away from casting all my cares upon You. (1 Peter 5:7)

Lord, let me not practice righteousness to be seen by others which is futile and without reward. Make my heart believe that You Father are all the reward my soul ever needs. (Matthew 6:1)

If I harbor unforgiveness, Father, cleanse my heart, that I will not suffer unforgiveness with You. (Matthew 6:14)

Father, save me from anxieties about my life, what I will eat and drink, how I look. Heal me of worry about yesterday and tomorrow. Help me remember this: Your kingdom, Your righteousness is first and foremost to me, and You will see to all my needs. (Matthew 6:25-33)

In the multitude of my anxieties within me, Jesus, comfort & delight my soul. (Psalm 94:19)

Convince my heart, God, that You are with me wherever I go. Then I shall be strong and courageous and unafraid. Only in You I become bold and brave. (Joshua 1:9)

Jesus, help me receive the peace You give. Rescue my heart from trouble and fear. (John 14:27)

God, take the spirit of fear from me, that I may live in the spirit of power, and of love, and of a sound mind. (2 Timothy 1:7)

Rid my heart of anxiety God. Fill me with good words that make my heart glad. (Proverbs 12:25)

You are my God, You are with me; may I not fear or be dismayed. You are my help, You uphold me with Your righteous right hand. (Isaiah 41:10)

Search me, O God, and know my heart! Try me and know my anxious thoughts! See if there be any grievous way in me and lead me in the way everlasting! (Psalm 139:23)

Help me remember it is Your good pleasure, Father, to give me the kingdom, and I will not fear. (Luke 12:32)

Lord, You are my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? (Psalm 27:1)