

BIBLE VERSES AND

# PRAYERS

FOR YOUR ANXIETY

## **PSALM 94:19 (NLT)**

*When doubts filled my mind, your comfort gave me renewed hope and cheer.*

**Prayer:** “Dear Heavenly Father, the anxiety within me is consuming me. I feel powerless to stop it. The despair makes me feel helpless, trapped, and so alone. I know You’re with me, but I can’t feel it over my anxiousness. Please show me You’re here. Give me a sign. Quiet my anxious heart. The consolation of knowing You’re near will bring me great joy. I pray this in the name of your son, Jesus. Amen.”

## **PROVERBS 12:25 (NIV)**

*Anxiety weighs down the heart, but a kind word cheers it up.*

**Prayer:** “Dear Lord, my heart is heavy with anxiety. It’s a weight that drags me down and paralyzes me. It’s hard to find You or enjoyment in my life when my mind is so consumed with worry. I know You didn’t intend me to live my life this way. Give me the strength to find kind words to say to others around me, to be able to extend kindness to others even during my dark days. Help me see and hear the kindness of others and allow it to help wash away this darkness. I ask this in the name of your son, Jesus Christ. Amen.”

## **ECCLESIASTES 11:10 (NIV)**

*So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.*

**Prayer:** “God, I feel hopeless. Give me the strength to banish anxiety from my heart. Help me find a place where my mind can rest easy and appreciate and enjoy today without fretting. With you all things are possible. I can’t banish the stranglehold of anxiety on my own, but I know and trust You will help me overcome. Help me free my heart and mind and turn my focus to You instead. I pray in the name of Jesus Christ for your mercy. Amen.

## **1 PETER 5:7 (NLT)**

*Give all your worries and cares to God, for he cares about you.*

**Prayer:** “Lord, I’ve tried so many times to stop letting anxiety take hold of my heart and mind, but it’s a powerful beast that I can’t overcome on my own. I now turn it all over to You – all the obsessiveness, despair, worry, and fretting that push my family and friends away. I know You always

remain near me, because You care for me and want me to come to You with my needs. So I'm bringing this to you now. I lay my anxiety at Your feet, Lord. You can handle it and I can't. Each time I feel it start rising, I will hand it over to You and I know You will take it from me. I love you. Thank you for helping me. Amen.

### **PSALM 139:23 (NIV)**

*Search me, God, and know my heart; test me and know my anxious thoughts.*

**Prayer:** "Dear Lord, You know my every thought. Nothing is hidden from You. When You search me, I hope You feel all the love in my heart for You. When I'm tested with the challenges of life, You know my anxious thoughts and how they consume me. Please help me trust you. Help me overcome the anxiety that controls me. Help me see it's the devil who feeds my mind the thoughts that keep me from enjoying life to the fullest and from embracing You as I should. I'm turning to You now, Lord. With You, all things are possible and I know there's nothing that can happen to me that I can't handle with You by my side. Thank you for being my Lord and my God. I need you. Amen.

### **ECCLESIASTES 2:22 (NIV)**

*What do people get for all the toil and anxious striving with which they labor under the sun?*

**Prayer:** "Dear Heavenly Father, You've given me the precious gift of life and I'm wasting it on anxiety, rather than seeking You and living my life for Your glory. Open my eyes to the things that really matter. Help me focus on loving others the way I should instead of being self-consumed. Help me shine Your light for those around me and to live as an example of Your amazing grace and love. Amen.

### **PHILIPPIANS 4:6 (NIV)**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Prayer:** "Lord, I don't thank You enough for the many blessings I have in my life and for Your constant love. You are my Lord and the One True God, worthy of eternal praise. I know I can count on You to be by my side through these anxious times. I turn over my anxiety to You and know You will help me through anything that comes my way. I'm bringing my current struggle to You today, Lord. It is.... [present your request to God]. I ask this in the Holy Name of Jesus, my Savior. Amen.

### **MATTHEW 6:25 (NLT)**

*That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?*

**Prayer:** "Dear Lord, You sent your Apostles into the world without food, clothing, or shelter, and they trusted You. Their paths were filled with challenges and they were probably fearful, but they still trusted. I pray to have that same trust. Help me stop worrying about having enough. I know You will always provide. Help me stop idolizing possessions of this world and realize that earthly possessions only distract me from following You. Lord, You will not forsake me and You will always provide. Help me trust in Your goodness so I can focus my remaining days on following Your will and never waste another minute in worry about not having what I need. I ask this as Your loving servant. Amen.

## **MATTHEW 6:28 (NLT)**

*And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing,*

**Prayer:** *"Dear Lord, You have given us such beautiful examples in nature of the way You provide for Your creation. I worry about my current problems and the future, but help me learn by the examples You've put in front of me. The magnificent wildflowers are given all the nourishment they need to bloom, through no act of their own. You provide for them. When I let anxiety take hold of me, remind me that You provide for the tiniest wildflower. How could I ever doubt that You will provide for me? Help me to live my life for You instead of being consumed in my worry. I trust that You will never forsake me. I ask for Your help in the name of Jesus, my Lord and Savior. Amen.*

## **MATTHEW 6:34 (NLT)**

*So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

**Prayer:** *"Dear God, Thank You for the amazing gift of life. Help me learn to appreciate it more and not throw it away on anxiety and worry. Help me live in each moment and trust that You will never forsake me, so I have no reason to worry about the future. Remind me to recognize the beauty around me and the gifts I already have. Help me discern Your will for my life. Teach me to live my life for You so nothing else matters. I'm ready to trust You and lay my worry at Your feet. I love You. Amen.*

