



PRAYING THE
PROMISE
for Anxiety



Father,

I come to You today laying every anxious thought at Your feet. You are my peace, my refuge, and my strength when worry tries to take over.

I pray that Your perfect peace will guard my heart and mind in Christ Jesus. Help me to trust You more than my circumstances and rest in Your unfailing love.

Remind me that You are in control, You have a plan, and You are always with me. Thank You for being near to me and for carrying what I cannot.

In Jesus' name, Amen.



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Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7



BACK TO LIFE
MINISTRIES