SCRIPTURE-DRIVEN PRAYERS TO COMBAT **FEAR** + **ANXIETY**

God, You are my help + my shield, my light and my salvation + the stronghold of my life. When I seek You, You are always there to deliver me from all my fears.

PSALM 115:11; 27:1; 34:4

Search me, God, and know
my heart. Test me and
know my anxious thoughts.
Focus me on what You have
for me today + do not let
my mind drift to tomorrow.

PSALM 139:23; MATTHEW 6:34



Protect me from being conformed to the pattern of this world. Let Your power and Your truth transform me through the renewing of my mind, so I can test and approve what Your good, pleasing and perfect will is.

ROMANS 12:2

this world's weapons. Use Your weapons and Your power, Lord, to demolish strongholds, arguments, and every pretension that sets itself up against Your knowledge. Take each of my thoughts captive and make it obey Christ.

I praise You that I don't have to fight with

2 CORINTHIANS 10:4-5

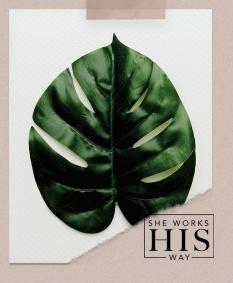
Peace is not a result, but peace is a Person.

Thank you, Jesus, for being my peace. My heart does not have to remain troubled and fearful because You have left me and given me peace.

JOHN 14:27

You care for me, You sustain me, and You will never let me be shaken – so I cast all my anxious thoughts on You.

PSALM 55:22; 1 PETER 5:7



Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— help me think about such things.

PHILIPPIANS 4:8

I don't want to be anxious about anything, Lord, but in every situation, come to You, with my prayers, my requests and my gratitude. Replace my fear and discouragement with strength and courage. I am confident You are with me wherever I go.

PHILIPPIANS 4:6; JOSHUA 1:9