

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



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

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



SHE WORKS
HIS
WAY

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