



## PRAYER IF YOU ARE EXPERIENCING

# ANXIETY

Dear Lord,

I am feeling very anxious about my situation/an upcoming event, I surrender it all to you. Please help my spirit and heart feel your peace (John 14:27). Rebuke any thoughts from the devil in my mind. Thank you for helping me put my trust in your goodness and perfect will for my life. Remind me of your faithfulness and how you will work all things out for my good (Romans 8:28, Jeremiah 29:11).

I will remember that with you, I have authority to trample on demons (Luke 10:19). They hold no power over me. May no tongue or evil against me rise up against me (Isaiah 54:17).

When I leave the comfort of my home, I pray for your protection and put your full armour of God - The Helmet of Salvation, Breastplate of Righteousness, Belt of Truth, Sword of the Spirit (Your Word), Shoes of Peace and Shield of Faith. Thank you Lord for protecting me under your wings

In Jesus' name  
Amen

### Other Verses when you are feeling anxious:

- Joshua 1:9
- Deuteronomy 31:6
- Isaiah 41:10-12
- Psalm 34:4
- Proverbs 29:25

### Philippians 4:13

"I can do all things through Christ who strengthens me."

