

Worry and Anxiety

Scripture Praise Focus: *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”* (Philippians 4:4-7)

Dear Heavenly Father,

How wonderful your peace feels after living in anxiety. We praise you for your promise that if we only rejoice, pray and thank you in all things, you will produce peace in our lives beyond all we can ask or think. You are Jehovah Shalom in the midst of the chaos that so many students experience in campus life. You are Jehovah Shalom in the midst of all the stresses and worries of students’ lives.

As they seek you with all their heart, as they ask for help and provision, as they call on you to be part of their lives, you are there. You are the Mighty One, the All-Sufficient One, and the God who is more than enough.

Yet there are so many young people at our colleges and universities who are not tethered to Jesus Christ that can only be found in him. We ask that they would find a saving relationship with Jesus.

May they admit their sin and give full control of their lives to Christ.

We pray that they would cast all their worries on him, because he does care for them (1Peter 5:7). We pray that they would find as Matthew 11:28 says that Jesus’ yolk is easy and his burden is light.

Teach them the meaning of Psalm 23:1: “The Lord is my shepherd, I shall not want.” You, Lord, will provide.

We ask for all students, that they would cease all worry. May they recognize that you are their life, their security, their provider, and their protector. Is anything too great for you? May they come to trust in you with all their heart, not depending on their own understanding.

May they seek your will in all that they do, and you will show them which path to take (Proverbs 3:4-5). Help them to recognize that anxiety producing situations are opportunities for you to build character. May they see that all things work together for good for those who love you and are called according to your purpose for their lives (Romans 8:28).

College life produces pressure to perform well academically, pressure to be popular with classmates and accepted by professors, pressure to meet the financial burdens of higher education, and pressure to “keep it all together.”

Help students to see that there are enough troubles for each day without borrowing from the next. In the midst of life’s stress, may they remember along with Jeremiah: “The faithful love of the LORD never ends! His mercies never cease.

Great is his faithfulness; his mercies begin afresh each morning.

We pray this prayer in Jesus’ name. Amen!

Song for meditation: The Wonderful Cross by Michael W. Smith