

## 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,

I praise you for your promise that if I only rejoice, pray and thank you in all things, you will produce peace in my life beyond all I can ask or think. You are Jehovah Shalom, the God that is my peace, in the midst of the chaos and stresses in my life.

I am so grateful that as I seek you with all my heart, ask for your help and provision, and call on you to be part of my life, you are with me. You are the Mighty One, the All-Sufficient One, and the God who is more than enough. Yet there are times that I feel as though I am not tethered to Jesus Christ and the hope that is found in you. I ask for the faith to anchor myself to you.

Jesus, I admit my sin and give full control of my life to you. I intentionally cast all my worries on you, because you do care for me (1 Peter 5:7). I pray in faith that as I give my worries to you, you will ease my burdens and lighten my load.

Lord, I recognize that you are my life, my security, my provider, and my protector. Is anything too great for you? I trust in you with all my heart, and I don’t depend on my own understanding. Help me to seek your will in all that I do, and I trust that you will show me which paths to take (Proverbs 3:4-5). Help me to recognize that anxiety



producing situations are opportunities for you to build character.

I choose now to believe and declare that all things work together for good to those who love you and are called according to your purpose (Romans 8:28). Where my 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” -- I ask for you to replace pressure with peace. In the midst of life’s stress, help me to remember that the faithful love of the LORD never ends! His mercies never cease.

I pray this prayer in Jesus’ name.

Amen!

