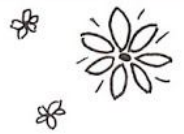




# Praying Through Anxiety & Fear

—prayers inspired by Bible verses—



♥ I can confidently say, You O Lord, are my helper; I will not fear; what can man do to me? **(Hebrews 13:6)**

♥ I will not be anxious about anything, but in everything by prayer and supplication with thanksgiving let my requests be made known to You. And Your peace, which surpasses all understanding, will guard my heart and my mind in Christ Jesus. **(Philippians 4:6-7)**

♥ Why are you downcast, O my soul? Why are you so disturbed within me? Put Your hope in God, for I will yet praise Him, my Savior and my God. **(Psalm 42:5)**

♥ I will not worry about tomorrow, for tomorrow will worry about itself. **(Matthew 6:34)**

♥ But from everlasting to everlasting Your love is with those who fear You, and Your righteousness with their children's children—with those who keep Your covenant and remember to obey Your precepts. **(Psalm 103:17-18)**

♥ I am afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed. **(2 Corinthians 4:8-9)**

♥ You are my shepherd, I shall not want. You make me lie down in green pastures; You lead me beside quiet waters. You restore my soul; You guide me in the paths of righteousness for Your name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in Your house forever. **(Psalm 23)**

♥ I will humble myself, therefore, under Your mighty hand, O God, so that at the proper time You may exalt me, casting all my anxieties on You, because You care for me. **(1 Peter 5:6-7)**

♥ For You have not given me a spirit of fear, but of power and of love and of a sound mind. **(2 Timothy 1:7)**

♥ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate me from Your love. **(Romans 8:38-39)**



