

Prayer for Strength and Courage: Overcoming Fear

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Heavenly Father,

I come before You today, seeking strength and courage to overcome the fears that grip my heart. Your Word reminds me that You are my refuge and fortress, a very present help in times of trouble. (Psalm 46:1) I cling to this truth, knowing that You are always with me, guiding me through the darkest valleys.

Lord Jesus, You walked this earth and experienced fear and anguish. Yet, You remained steadfast in Your faith, trusting in the Father's plan. I pray that You would impart Your strength to me, enabling me to face my fears with boldness and confidence. Help me to surrender my anxieties to You, knowing that You hold all things in Your hands. (Philippians 4:13)

Holy Spirit, I invite You to fill me with Your comforting presence. Remind me that You have not given me a spirit of fear, but of power, love, and a sound mind. (2 Timothy 1:7) Give me the courage to step out in faith and conquer the fears that hold me back, knowing that You are my guide and protector.

Father, I recognize that fear often stems from a lack of trust in You. I humbly ask for forgiveness for the times I have doubted Your goodness and faithfulness. I choose to trust in Your unfailing love, for Your love casts out all fear. (1 John 4:18) Help me to truly grasp the depth of Your love for me, so that I may find the strength to overcome my fears.

Lord, I lift up those who are also battling fear and anxiety. May Your presence surround them, bringing them peace and strength. I pray for my family and loved ones, that You would grant them courage in the face of adversity. Help us to support and encourage one another, building each other up in faith.

I put my trust in You, God. I believe that You are able to do immeasurably more than all I ask or imagine. (Ephesians 3:20) Strengthen me in my weakness, and help me to walk confidently in Your love. I surrender my fears and anxieties to You, knowing that You are faithful to provide. Thank You, God, for Your everlasting love and for hearing my prayer.

In the precious name of Jesus, I pray. Amen.

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