

Prayer for Overcoming Anxiety: Trusting God's Peace

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Heavenly Father,

In this moment of overwhelming anxiety, I humbly come before Your throne, seeking Your peace that surpasses all understanding. Your Word assures us in Philippians 4:6-7: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Lord, I surrender my fears, worries, and anxieties into Your loving hands. I recognize that You are the source of true peace, and I trust in Your unwavering faithfulness. Help me to cast aside the burdens that weigh heavily upon my heart and mind, knowing that You are always with me, guiding me according to Your divine plan.

Precious Jesus, You spoke comforting words in John 14:27: "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." I cling to these words, knowing that Your peace is a gift that I can receive in the midst of my anxiety.

Holy Spirit, I invite Your presence to fill me, calming my restless spirit and granting me a deep sense of serenity. I trust that You are interceding on my behalf, aligning my prayers with the perfect will of God, even when I do not know what to pray for. Romans 8:26 assures me that "Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words."

In this moment, I choose to be still and know that You are God. I surrender my anxieties, knowing that Your love for me is steadfast and everlasting. Psalm 46:10 reminds me to "Be still, and know that I am God." I rest in the assurance that You are working all things together for my good, even when I cannot see the bigger picture.

Loving Father, I pray not only for myself but for all those who are burdened by anxiety. May Your peace flood their hearts and minds, bringing comfort and strength. I lift up my family, asking You to grant them peace in the midst of their struggles, knowing that You are their refuge and strength.

Thank You, Heavenly Father, for hearing my prayer. I trust in Your faithfulness, and I believe in Your unending love. I choose to walk in faith, knowing that Your peace will guard my heart and mind in Christ Jesus. I give all glory and honor to You, God, God the Father, Holy Spirit, and Jesus.

In Jesus' precious name, I pray,

Amen.

