

Prayer for Overcoming Fear and Anxiety: Finding Peace in God's Presence

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Heavenly Father,

In the midst of our fears and anxieties, we humbly bow before Your throne, seeking Your divine presence and peace. Your Word assures us in Psalm 34:4 that when we cry out to You, You hear us and deliver us from our troubles. Today, we lift up our voices to You, knowing that You are our refuge and strength in times of trouble.

Lord Jesus, You reminded us in Matthew 11:28 that we can come to You when we are weary and burdened, and You will give us rest. We lay our fears and anxieties at Your feet, trusting in Your promises. Help us to cast all our anxieties on You because You care for us (1 Peter 5:7). Fill our hearts with Your perfect love that casts out all fear (1 John 4:18) and grants us the peace that surpasses all understanding (Philippians 4:7).

Holy Spirit, we invite Your presence to dwell within us, for You are our Comforter and Counselor. May Your gentle whispers calm our troubled souls and remind us of the truth found in Isaiah 41:10, that we need not fear, for You are with us; we need not be dismayed, for You are our God. Strengthen us, Holy Spirit, to trust in Your guidance and to lean not on our own understanding (Proverbs 3:5-6).

Lord, we acknowledge that fear and anxiety can cripple our faith and hinder our relationship with You. Help us to surrender our worries and concerns to You, knowing that You are in control and that Your plans for us are good (Jeremiah 29:11). Fill our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (Philippians 4:8), so that we may find peace in Your presence.

Father, we lift up those who are also battling fear and anxiety. May Your peace that transcends all understanding guard their hearts and minds in Christ Jesus (Philippians 4:7). Surround them with Your love and grant them the strength to overcome their fears. We pray especially for our families, that You would bring comfort and healing to any areas of anxiety or fear that may exist.

Great is Your faithfulness, Lord God. We declare Your sovereignty over our lives and trust in Your unfailing love. We choose to fix our eyes on Jesus, the author and perfecter of our faith (Hebrews 12:2), and to find solace in the knowledge that You are always near. Thank You, Heavenly Father, for hearing our prayers and granting us peace.

In the powerful name of Jesus, we pray. Amen.