

Finding God's Peace: A Prayer for Anxiety Relief

By Melkisedeck Leon Shine · February 21, 2025

Selected Christian Prayers to Support your Prayer Life

Find Finding Peace Amidst Anxiety: A Prayer for Calm and Trust

Lord, I surrender my fears, worries, and anxieties into Your loving care. I acknowledge You as the source of true peace, and I place my trust in Your unwavering faithfulness. Help me release the burdens weighing heavily on my heart and mind. I know You are always with me, guiding me according to Your divine plan. Your presence is my comfort, Your strength my refuge.

Precious Jesus, Your comforting words in John 14:27 resonate deeply: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." I cling to this promise, receiving Your peace as a gift, a balm for my anxious soul, even amidst life's storms. Your peace is a constant, an unwavering presence in the chaos.

In this moment, I choose stillness, remembering that You are God. I surrender my anxieties, trusting in Your steadfast and everlasting love. Psalm 46:10 calls me to "Be still, and know that I am God." I find rest in the assurance that You are working all things together for my good, even when the path ahead seems unclear. Your plan unfolds, even when I cannot see it.

Loving Father, my prayer extends beyond myself to all who struggle with anxiety. May Your peace flood their hearts and minds, offering comfort and strength. I lift up my loved ones, praying for Your peace to embrace them amidst their challenges. Grant them solace, knowing You are their refuge and strength, a beacon of hope in their times of need. May they feel your unwavering love and protection.

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

In Jesus' precious name, I pray,

Amen.

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