

A Prayer to Quell Anxiety

Heavenly Father,

In your heart there is no hurry, no haste, no restlessness.

In your mind one moment is like a thousand days and one day is like a thousand years.

Your ways are higher than ours and your thoughts are more complex than ours will ever be.

You have made us a little lower than the angels, yet our flesh never stills.

Life in this sin-tainted world presses hard on our souls.

Our worries abound.

The enemy prowls on the battlefields of our thought lives, planting traps to trip us.

One wrong step and our worries multiply by the dozens.

But when we walk with you, your strength and wisdom guides our steps.

Remind us that your rod and staff protect and comfort us.

They guard us from the enemies' attacks as we draw close to you.

You are ever watchful of us, like a loving shepherd with his flock.

Keep our feet on the narrow path of righteousness for your name's sake.

The path of trust on mountain heights and slippery slopes through dark and lonesome valleys.

Jesus, we surrender our cares to you, casting them on you since they are too heavy for us to carry alone.

You are our Prince of Peace.

Only you are mighty to save.

You will never leave nor forsake us.

Holy Spirit, guide us into your truth.

In your powerful and mysterious ways work all things together for our good.

Open our eyes to the myriad comforts and joys you provide in abundance.

Give us reasons to praise you every day.

O Lord of Heaven's Armies, may we trust you more with all our anxieties, knowing that one day there will be perfect peace in your glorious presence.

In Jesus' name,

Amen.



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