



# SIMPLE PRAYERS FOR AN ANXIOUS HEART



"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving. Let your requests be made known to God." Philippians 4:6

LORD, I AM NOT ENOUGH, BUT YOU ARE. MY FAITH RESTS IN YOU ALONE.

"My God will supply every need of yours according to his riches in glory in Christ Jesus."  
Philippians 4:19

LORD, I CAN TRUST YOU TO STRENGTHEN & PROTECT ME IN TIMES OF WEAKNESS.

"My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."  
II Corinthians 12:9

LORD, I AM OVERWHELMED & SHAKEN. HELP ME LET GO OF UNREALISTIC EXPECTATIONS.

"Cast your burden on the Lord, and he will sustain you;  
he will never permit the righteous to be moved." Psalm 55:22

LORD, HELP ME TO RELEASE CONTROL TO YOU AND REST.

"Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:29-30

LORD, FILL MY MIND, BODY AND SOUL WITH PEACE THAT CAN ONLY COME FROM YOU.

"The God of peace will soon crush Satan under your feet.  
The grace of our Lord Jesus Christ be with you." Romans 16:20

And the peace of God, which surpasses all understanding,  
will guard your hearts and your minds in Christ Jesus." Philippians 4:7

LORD, HELP ME STAND FIRM AGAINST THE LIES OF SATAN & GUIDE ME TO YOUR TRUTH.

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." John 10:10

"When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come." John 16:13

LORD, HELP ME USE THIS TO BRING YOU GLORY & DRAW OTHERS TO YOU!

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11