

## Prayer Title: Prayer For When I Feel Anxious

Opening	
<b>Thanksgiving</b> <ul style="list-style-type: none"><li>• <i>Thank the Father for who He is.</i></li><li>• <i>Thank the Father for another opportunity to meet with Him in prayer</i></li><li>• <i>Address him as Father, not as God.</i></li></ul>	Thank you Father for another day to come before you.
<b>Praise</b> <ul style="list-style-type: none"><li>• <i>Praise the Father for what he has done</i></li><li>• <i>Sing a song of praise</i></li></ul>	I praise you for being the God Who Sees. You see me in whatever state I am in and Your Loving Hand holds me and keeps me. I praise you for being the God Who Provides, You have already provided everything I need this day. You have never lost a battle and the battle belongs to you. I don't have to worry about what the future holds and I praise You for allowing me to turn over all burdens, worry, and anxiousness over to You.

<p><b>Forgiveness</b></p> <ul style="list-style-type: none"> <li>• <i>Ask the Father for forgiveness of your sin.</i></li> <li>• <i>Explain what you assume your most recent sins have been.</i></li> <li>• <i>Thank God that the sacrifice of Jesus Christ has blotted out your transgressions</i></li> <li>• <i>Promise to repent (not commit the same sin over and over again)</i></li> <li>• <i>If you have wronged someone else, schedule time to ask for their forgiveness</i></li> <li>• <i>If you are married, but you are involved in an argument with your spouse, stop and ask your spouse to forgive you so that your prayer won't be hindered</i></li> <li>• <i>If someone else has hurt you or said something about you falsely, state that you will forgive them</i></li> </ul>	<p>Father, please forgive me of my sins and cleanse me from all unrighteousness. If I have done or said anything to offend anyone, please reveal it to me and forgive me. I also forgive anyone of any offense they committed against me.</p>
<p><b>Your Case</b></p>	
<p><b>Statement</b></p> <ul style="list-style-type: none"> <li>• <i>Explain the problem or issue.</i></li> <li>• <i>State the steps that you've taken to resolve the issue in accordance with the Word of God.</i></li> </ul>	<p>Father, I am currently feeling anxious about situations and circumstances in my life. <b>[Explain the exact issue here]</b>. I have tried to address this anxiousness by <b>[list the steps you've taken]</b>.</p>
<p><b>Evidence</b></p> <ul style="list-style-type: none"> <li>• <i>Provide proof that the problem or issue is occurring.</i></li> <li>• <i>Provide up to three pieces of evidence</i></li> </ul>	<p>I noticed that this anxiousness I feel just won't leave me no matter what I try. It is affecting my mind and body in ways that are not healthy for me. I know the root of the cause is fear over the outcome of this situation I am facing.</p>

<p><b>Confession</b></p> <ul style="list-style-type: none"><li>• <i>Say what the Word of God says about your situation</i></li><li>• <i>Say two to three scriptures that include promises God made to you as a believer</i></li><li>• <i>Say two to three scriptures that include covenant rights you have as a child of God and citizen of the heavenly kingdom of God</i></li></ul>	<p>Father, Your Word declares that You have not given me a spirit of fear but of power, of love, and of a sound mind. So, I claim that my mind is sound and calm and all anxiousness is cast down along with the fear that drives it.</p> <p>Father, Your Word declares that You will keep me in perfect peace if I keep my mind focused on You. So, I choose to focus on You and Your awesome love for me. You knew I would be facing this issue, and You are here with me protecting, loving, and surrounding me.</p> <p>Father, Your Word declares that I shouldn't be anxious about anything, but I should bring my cares to you with thanksgiving and You will hear me and Your peace which surpasses all understanding will keep my heart and mind through Christ Jesus. So, I am laying all anxiousness at Your feet and leaving it there. I operate from a place of peace in my mind, body, and Spirit.</p>
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<p><b>Request</b></p> <ul style="list-style-type: none"> <li>• <i>Ask the Father to move on your behalf, but don't tell Him how to do it.</i></li> <li>• <i>Provide two or three examples of how God moved on the behalf of people in the Bible that experienced a similar problem</i></li> <li>• <i>Ask the Father to show you other actions you can take now to be the change you want to see</i></li> <li>• <i>Ask God to assign his angels to help accomplish what it is you are praying about</i></li> <li>• <i>If necessary, bind the adversary and his principalities that are at work behind the scenes causing chaos</i></li> <li>• <i>Ask the Holy Spirit to reveal to you additional steps you can take to resolve the issue</i></li> </ul>	<p>Father, help me to trust You to handle what concerns me. Father, help me to operate from a position of peace and faith in You and Your Word.</p> <p>Father, I ask that you watch over me the way you watched over Moses in the desert when he was anxious and ran away after committing murder.</p> <p>Father, I ask that you remind me that I am not alone and provided for like you did for Hagar and Ishmael when they left Abraham's home.</p> <p>When faced with great trials in my life, remind me to pray like Jesus prayed in the Garden of Gethsemane before he was taken away to be tried. Help me to pray fervently and effectively about everything and worry about nothing.</p> <p>Lord help me increase my prayer life. Lord help me to increase my faith by reading and studying your Word and encouraging myself. Instead of worry and fear, Lord put a song of joy, life, peace, and praise in my heart.</p> <p>When the enemy tries to attack me with fear, anxiety, stress, and worry, allow your precious Holy Spirit to remind me that I am more than a conqueror through Christ Jesus. I don't walk in fear because you never gave me that. I walk by faith. In You I live, move and have my being. In You there is no fear, just perfect LOVE and an abundance of peace. Everywhere I go there is peace. I was made in Your image. Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Calmness, Self-Control and Fearlessness are a part of my spiritual DNA and I refuse to let the enemy turn me into someone I am was never designed to be by causing me to worry. Lord, I surrender all fear, worry and anxiousness over to You.</p>
<p><b>Closing</b></p>	
<p><b>Thanksgiving</b></p> <ul style="list-style-type: none"> <li>• <i>Thank the Father in advance for his answer to your issue/problem</i></li> <li>• <i>Use a name of God that relates to your plea. (Example: Jehovah Jireh)</i></li> </ul>	<p>Thank You Lord and Father for being my victory over worry, stress, fear and anxiousness. You are my Jehovah Nissi. I know You are watching over me. Your angels are assigned to help me. Even though I can't see you, I know You have already seen my end from the beginning. This too shall pass and I will live to tell a story of victory and have a glorious testimony.</p> <p>Thank You for Your Precious Holy Spirit, leading me and guiding me. Thank You for reminding me to exude the characteristics of the Holy Spirit which is my true nature and to reject all fear.</p>

<p><b>Wait</b></p> <ul style="list-style-type: none"><li>• <i>Wait patiently and silently for a few moments.</i></li><li>• <i>Meditate on the answer.</i></li><li>• <i>Visualize your situation being resolved.</i></li><li>• <i>Remind yourself that the problem or issue is temporary and fleeting.</i></li></ul>	
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## Scripture References

Provide 3 to 5 scripture references to support your confession (promises, covenants, rights as a citizen of kingdom of heaven)

Scripture Location	Text Notes
Philippians 4:6-7 (NIV)	6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
2 Timothy 1:7 (KJV)	For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
Colossians 3:15 (NIV)	<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.
Isaiah 26:3 (AMP)	“You will keep in [a]perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You—in both [b]inclination and character], Because he trusts and takes refuge in You [with hope and confident expectation].
Psalms 127:2 (AMP)	It is vain for you to rise early, To retire late, To eat the bread of anxious labors— For He gives [blessings] to His beloved <i>even in his sleep</i> .
Jude 24-25 (KJV)	<sup>24</sup> Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, <sup>25</sup> To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.
Romans 8:37-39 (NIV)	<sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, <sup>[b]</sup> neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
John 10:8-30 (NIV)	<sup>28</sup> I give them eternal life, and they shall never perish; no one will snatch them out of my hand. <sup>29</sup> My Father, who has given them to me, is greater than all <sup>[a]</sup> ; no one can snatch them out of my Father’s hand. <sup>30</sup> I and the Father are one.”
Galatians 5:22-23	<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

Provide 3 to 5 scripture references of examples of how the Father moved on the behalf of other people in the Bible that experienced a similar problem/issue.

Scripture Location	Text
Matthew 6:25–34	<b>“Do Not Worry About Your Life”</b> <b>Matthew 6:25–34</b> This is one of Jesus’ clearest teachings against anxiety.

	<p>Jesus told people not to be consumed with worry about:</p> <ul style="list-style-type: none"> <li>• Food</li> <li>• Clothing</li> <li>• The future</li> <li>• Daily needs</li> </ul> <p>He pointed to birds and flowers as examples of God’s care.</p> <p><b>Key Verses</b>          “Therefore I tell you, do not worry about your life...” — Matthew 6:25          “Can any one of you by worrying add a single hour to your life?” — Matthew 6:27          “Seek first His kingdom and His righteousness...” — Matthew 6:33</p> <p><b>What Jesus teaches:</b></p> <ul style="list-style-type: none"> <li>• God already knows your needs</li> <li>• Worry cannot change outcomes</li> <li>• Trust God one day at a time</li> </ul>
<p>Psalm 56:3           Psalm 42:11           1 Samuel          17:46-48</p>	<p><b>David — Overcame Fear While Hiding From Enemies</b>          David often faced overwhelming anxiety while fleeing from King Saul and later from his own enemies. Yet he repeatedly turned to prayer and worship instead of despair.</p> <p><b>Key Scripture:</b>          “When I am afraid, I put my trust in You.” — Psalm 56:3</p> <p>Another powerful passage:          “Why, my soul, are you downcast? ... Put your hope in God.” — Psalm 42:11</p> <p><b>How he overcame anxiety:</b></p> <ul style="list-style-type: none"> <li>• Prayed honestly to God</li> <li>• Worshiped during distress</li> <li>• Remembered God’s past faithfulness</li> </ul>
<p>1 Kings 19:3</p>	<p><b>Elijah — Overcame Fear and Exhaustion After Burnout</b>          After a major spiritual victory, Elijah became fearful, emotionally exhausted, and wanted to give up.</p> <p><b>Key Scripture:</b>          “Elijah was afraid and ran for his life.” — 1 Kings 19:3</p> <p>God responded gently by giving him:</p> <ul style="list-style-type: none"> <li>• Rest</li> <li>• Food</li> <li>• Encouragement</li> <li>• Renewed purpose</li> </ul> <p><b>How he overcame anxiety:</b></p> <ul style="list-style-type: none"> <li>• Rested physically</li> <li>• Listened for God’s voice</li> <li>• Accepted God’s care and direction</li> </ul>
<p>Philippians          4:6-7</p>	<p><b>Paul the Apostle — Chose Prayer Instead of Anxiety</b>          Paul endured imprisonment, persecution, uncertainty, and suffering, yet taught believers how to overcome anxiety spiritually.</p> <p><b>Key Scripture:</b></p>

	<p>“Do not be anxious about anything, but in every situation, by prayer and petition... present your requests to God.” — Philippians 4:6–7</p> <p><b>How he overcame anxiety:</b></p> <ul style="list-style-type: none"> <li>• Practiced continual prayer</li> <li>• Focused on gratitude</li> <li>• Trusted God’s peace even in hardship</li> </ul>
<p>Mark 4</p>	<p><b>“Peace, Be Still”</b>  <b>Mark 4:35–41</b></p> <p>While crossing the sea, the disciples panicked during a violent storm. Jesus was asleep in the boat.</p> <p>The disciples cried out in fear:          “Teacher, don’t you care if we drown?”</p> <p>Jesus calmed the storm instantly.</p> <p><b>Key Verse</b>          “He got up, rebuked the wind and said to the waves, ‘Peace! Be still!’” — Mark 4:39</p> <p>Then He asked:          “Why are you so afraid? Do you still have no faith?” — Mark 4:40</p> <p><b>What Jesus teaches:</b></p> <ul style="list-style-type: none"> <li>• His presence is greater than the storm</li> <li>• Fear often rises when faith weakens</li> <li>• Jesus brings peace in chaos</li> </ul>
<p>John 14</p>	<p><b>“Do Not Let Your Hearts Be Troubled”</b>  <b>John 14:1–27</b></p> <p>Before His crucifixion, Jesus comforted His anxious disciples who were afraid of losing Him.</p> <p><b>Key Verses</b>          “Do not let your hearts be troubled. You believe in God; believe also in Me.” — John 14:1</p> <p>“Peace I leave with you; My peace I give you... Do not let your hearts be troubled and do not be afraid.” — John 14:27</p> <p><b>What Jesus teaches:</b></p> <ul style="list-style-type: none"> <li>• His peace is different from worldly peace</li> <li>• Faith calms troubled hearts</li> <li>• God’s presence remains even during uncertainty</li> </ul>
<p>Matthew 26           Luke 22</p>	<p><b>Jesus in Garden of Gethsemane</b></p> <p>Even Jesus Himself experienced deep anguish before the cross.</p> <p><b>Key Verse</b>          “My soul is overwhelmed with sorrow to the point of death.” — Matthew 26:38</p> <p>Yet He prayed:          “Not My will, but Yours be done.” — Luke 22:42</p> <p><b>What this teaches:</b></p> <ul style="list-style-type: none"> <li>• Bringing distress to God is biblical</li> <li>• Prayer strengthens us during fear</li> <li>• Surrender brings spiritual peace</li> </ul>

<p>Exodus 2-3</p>	<p><b>Moses Flees to the Desert</b>                  The story begins in Exodus 2. Moses had grown up in Pharaoh’s household but knew he was Hebrew. One day he saw an Egyptian beating a Hebrew slave, and in anger he killed the Egyptian and hid the body.                  When Moses realized people knew what he had done, he became afraid.</p> <p><b>What Moses Was Likely Facing</b></p> <ul style="list-style-type: none"> <li>• Fear for his life</li> <li>• Shame over his actions</li> <li>• Uncertainty about his future</li> <li>• Isolation from everything familiar</li> <li>• Confusion about his purpose</li> </ul> <p><b>How Moses Overcame Anxiety</b>                  God did not abandon Moses in his fear. Instead, He:</p> <ul style="list-style-type: none"> <li>• Reassured him of His presence</li> <li>• Gave him signs and miracles</li> <li>• Sent Aaron to help him speak</li> <li>• Repeatedly reminded Moses that He would be with him</li> </ul> <p><b>Key Promise</b>                  “I will be with you.” — Exodus 3:12                  Over time, Moses grew from a fearful fugitive into a courageous leader who confronted Pharaoh, led Israel through the Red Sea, and guided the nation through the wilderness.</p> <p><b>Main Lesson from Moses’ Story</b>                  Moses shows that:</p> <ul style="list-style-type: none"> <li>• Fear does not disqualify someone from God’s purpose</li> <li>• God often develops people in hidden seasons</li> <li>• Anxiety and insecurity can become places where God builds dependence and faith</li> <li>• God’s calling is sustained by His presence, not by human confidence alone</li> </ul> <p>Moses fled in fear, but the desert eventually became the place where God prepared him for leadership.</p>
<p>Genesis 16</p>	<p><b>Hagar Flees Into the Wilderness</b>                  Hagar was an Egyptian servant in the household of Abraham and Sarah. Because Sarah had been unable to have children, she gave Hagar to Abraham so that Hagar could bear a son. Hagar became pregnant with Ishmael, but tension and conflict quickly developed between the two women.                  Scripture says Sarah treated Hagar harshly, and eventually Hagar fled into the wilderness alone.</p> <p><b>Key Scripture</b>                  “So she fled from her mistress.” — Genesis 16:6                  Imagine Hagar’s situation:</p> <ul style="list-style-type: none"> <li>• Pregnant</li> <li>• Alone in the desert</li> <li>• Vulnerable and uncertain</li> </ul>

	<ul style="list-style-type: none"> <li>• Rejected and mistreated</li> <li>• Fearful about the future</li> </ul> <p>She likely felt invisible and forgotten.</p> <p><b>God Sees Hagar</b></p> <p>While Hagar was in the wilderness, the Angel of the Lord found her beside a spring of water.</p> <p>Instead of ignoring her pain, God spoke directly to her with compassion and guidance.</p> <p>The Lord told her:</p> <ul style="list-style-type: none"> <li>• To return safely</li> <li>• That her son would become a great nation</li> <li>• That God had heard her suffering</li> </ul> <p><b>Key Scripture</b></p> <p>“You are the God who sees me.” — Genesis 16:13</p> <p>Hagar gave God the name:</p> <p><b><i>El Roi</i> — “The God Who Sees Me”</b></p> <p>This is powerful because Hagar was a servant woman, isolated and overlooked by society, yet God personally pursued her and cared for her.</p> <p><b>What Hagar’s Story Teaches About Fear and Anxiety</b></p> <p>Hagar’s story reveals that:</p> <ul style="list-style-type: none"> <li>• God sees people who feel forgotten</li> <li>• God cares about emotional pain and fear</li> <li>• God meets people in wilderness seasons</li> <li>• God provides both spiritually and physically</li> <li>• Fear does not hide someone from God’s compassion</li> </ul> <p>Even in isolation and uncertainty, Hagar discovered that God was near, attentive, and faithful.</p> <p>Her story is a reminder that people may overlook us, but God sees clearly and responds with mercy and provision.</p>
<p>2 Kings 6</p>	<p><b>The Syrian Army Surrounds the City</b></p> <p>The king of Aram (Syria) was at war with Israel. Every time he planned an attack, God revealed the plans to Elisha, who warned Israel ahead of time.</p> <p>Frustrated, the Syrian king sent a large army with horses and chariots to capture Elisha in the city of Dothan.</p> <p>During the night, the army completely surrounded the city.</p> <hr/> <p><b>The Servant Becomes Terrified</b></p> <p>Early the next morning, Elisha’s servant went outside and saw the massive enemy army surrounding them.</p> <p>He panicked and cried out:</p> <p>“Oh no, my lord! What shall we do?” — 2 Kings 6:15</p> <p>The servant only saw danger, defeat, and hopeless circumstances.</p> <hr/> <p><b>Elisha Responds With Faith Instead of Fear</b></p> <p>Elisha answered calmly:</p> <p>“Don’t be afraid, for those who are with us are more than those who are with them.” — 2 Kings 6:16</p>

	<p>At first this probably sounded impossible because visibly, the enemy army greatly outnumbered them. But Elisha understood something the servant could not yet see: God's protection was already surrounding them.</p> <hr/> <p><b>God Opens the Servant's Eyes</b> Elisha prayed: "Lord, open his eyes so that he may see." — 2 Kings 6:17 Then God opened the servant's spiritual eyes. Suddenly he saw the hills filled with:</p> <ul style="list-style-type: none"><li>• Horses</li><li>• Chariots of fire</li><li>• Heavenly armies surrounding Elisha</li></ul> <p>The servant realized they had never truly been alone or defenseless.</p> <hr/> <p><b>What This Story Teaches About Fear and Anxiety</b> This passage teaches several powerful truths: <b>God's Presence Is Greater Than Visible Problems</b> The servant focused on the physical threat, but Elisha focused on God's unseen power. <b>Fear Shrinks When Perspective Changes</b> The situation did not immediately change — the servant's vision changed. <b>Faith Sees Beyond Circumstances</b> Elisha trusted God's protection even before deliverance appeared. <b>God Is Near in Overwhelming Situations</b> Even when surrounded, God's people were never abandoned.</p> <hr/> <p><b>Main Theme of the Story</b> The core message is: What we can see is not the whole reality. Fear often comes from believing we are alone against impossible situations. Elisha reminds us that God's power, protection, and presence are far greater than anything coming against us.</p>
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