

# Praying Scripture for ANXIETY

## SCRIPTURE

"There is no fear in love, but perfect love casts out fear." 1 John 4:18

## PRAYER

*Lord, Your Word says that perfect love casts out fear. I need Your love right now in a real and mighty way. These thoughts are threatening to overwhelm me. It feels like fear is so real. Please help me to feel Your love right now. It is hard to believe that Your love can cast out this anxiety that is in me. It is hard to feel Your love right now. I am trusting that Your love is stronger than my fear. Your love gives me hope. Help me to stand courageously in Your love as trust that it will take this fear. Your love is more powerful than my fears and it sets me free! Thank You! Amen!*

## SCRIPTURE

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

## PRAYER

*Lord, right now I am in the midst of anxiety. There are so many things that feel like they are overtaking me. You tell me to present my requests to You so here are all the anxious thoughts that are battling inside me right now. I lay down at your feet my (health, husband, child, money issue, fears, friends). Thank you Lord that You want to meet me here and take care of these for me. You love me and want to carry these for me. Thank You that You want to replace my anxiety with Your peace. Thank You that this peace guards my heart and my mind. Your peace calms my thoughts and stills my beating heart. Thank You for this wonderful promise. Help me to feel it full of that peace as I rest with a courageous heart. Amen!*

## ADDITIONAL VERSES TO PRAY

2 Timothy 1:7

Isaiah 40:31

Isaiah 41:10

Joshua 1:9

Matthew 6:31-33

Psalms 34:17

Romans 8:38-39



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# *Praying Scripture for* **DEPRESSION**

## SCRIPTURE

"The LORD is a stronghold for the oppressed, a stronghold in times of trouble." Psalms 9:9

## PRAYER

*Thank You Lord that You are my stronghold. Right now I feel overwhelmed with depression over the circumstances of life. They feel like they are oppressive and suffocating. You are my stronghold. You are the One that I can stand firmly on, knowing that this feeling will not overtake me. Help me to feel your presence and to be brave as I trust in You! Amen!*

## SCRIPTURE

"Come to me, all who labor and are heavy laden, and I will give you 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 11:28-30

## PRAYER

*Lord, this depression is so heavy. It feels like it weighs me down and threatens to pull me under. I need You today. It is hard to put one foot in front of the other. Your Word encourages me to take up Your yoke. I am trusting that You are gentle and that You will give me rest. This oppressiveness is more than I can bear. I need You to take this from me and to help me to feel the Holy Spirit walking with me. Right now I trust that You are taking care of me and replacing this heaviness with Your yoke. Your yoke frees me from striving. Thank you that I can rely on You and know that You hear my cry for help. Amen!*

## ADDITIONAL VERSES TO PRAY

Psalms 91:1-2

Psalms 23:1-3

Psalms 30:5

Psalms 34:17-18

Psalms 14:7-9

Isaiah 40:31

Isaiah 41:10

1 Peter 5:7

2 Timothy 1:7

Revelation 21:4

John 10:10



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# Praying Scripture for STRENGTH

## SCRIPTURE

"The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him." Psalms 28:7

## PRAYER

*Lord Jesus, You are my strength and my shield. When I feel weak and unable to face life's challenges, Your strength helps me to keep my head lifted. My heart knows that You can be trusted to give me strength. This situation will not overcome me. Thank You for not being surprised that I need Your strength right now. Your strength fills me and frees me to walk in courage. Help me to sing Your praises as I rest in You! Amen!*

## SCRIPTURE

"Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you." Deuteronomy 31:6

## PRAYER

*Lord Jesus, I come before you to pour out my heart to You. There is such an unknown facing me right now. I cannot see the future clearly right now! Lord, Your Word tells me to be strong and courageous. Right now I do not know how to do that. You tell me to not fear or be in dread. This seems more than I can handle! Your presence here with me gives me the courage I need to continue. Thank You for not leaving or forsaking me! Amen!*

## ADDITIONAL VERSES TO PRAY

Psalms 46:1-3

Proverbs 18:10

Nehemiah 8:10

Isaiah 41:10

Exodus 15:2

Isaiah 26:3-4

Joshua 1:9

John 14:27

Psalms 27:1-3

2 Timothy 1:7



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# Praying Scripture for P E A C E

## SCRIPTURE

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all." 2 Thessalonians 3:16

## PRAYER

*These times that we live in, Lord, are hard. There is unrest and a pandemic and it feels like the world is going crazy. Thank You that You are the Lord of peace. Peace is a part of Your awesome character and I can trust in You. May Your peace keep me from running to the things of this world that cannot give me peace. Your peace frees me to stand firm and courageous in light of what scares me. When I am full of Your peace I am able to stand. Amen!*

## SCRIPTURE

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."  
John 16:33

## PRAYER

*Oh Heavenly Father! Thank You that You want me to rest in Your peace. Peace is something I long for and accept from You with gladness! There is tribulation in this world. It seems that there is something new each day that threatens to upset this peace. In Your peace and I am free and full. My heart ceases trembling and I know I can face the hard. These things are scary, but You are bigger! Your peace cannot be taken away from me! Thank You! Amen!*

## ADDITIONAL VERSES TO PRAY

Romans 15:13

Matthew 6:31-33

Philippians 4:6-7

John 14:27

Colossians 1:11

Romans 5:3-5

2 Timothy 1:7

Psalms 46:1-3

Romans 8:38-39

1 Thessalonians 5:16-18



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# Praying Scripture for HEALTH

## SCRIPTURE

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10

## PRAYER

*There are so many things that are going on with my health (or a friend's health) Lord Jesus! You encourage me to fear and not be dismayed. Help me to stay fearless as I (my friend) face this struggle. The issues I am struggling with (or a friend is struggling with) are too big for me to handle. I need You right now. You say that You will strengthen me (or my friend). Thank You. Pour out Your strength right now. Help me (or my friend) to feel Your strength lifting me (or them) up. Thank You for Your promise to help. Thank that You promise to uphold me with Your righteous right hand. Help me (or friend) to have a heart that is full of You and Your love as I (they) walk through this process. Amen!*

## SCRIPTURE

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

## PRAYER

*My friend needs You, Lord Jesus. They are struggling with health issues and they have so many needs. Thank You that I can come before You and place these burdens in Your hands. There are so many things that I can think to ask for my friend Lord, but You know better than I. You know what they need and how best to meet that need. Lord, I ask that You would meet their needs and heal them. As they walk through this, may they experience Your presence in a real and tangible way. May they feel You pour out Your Spirit on them helping them be courageous through Your peace. Amen!*

## ADDITIONAL VERSES TO PRAY

3 John 1:2

Isaiah 33:2

1 Peter 2:24

John 14:27

Matthew 11:28-30

Isaiah 40:29

Psalms 30:2

Psalms 41:2-3

James 5:14-15



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# Praying Scripture for OTHERS

## SCRIPTURE

"And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy." Colossians 1:9-11

## PRAYER

*Thank You Lord for the privilege of praying for my friend. I lift them up to You today and ask that You would fill them with the knowledge of Your will. They desire to walk in Your will and I ask that You give them the spiritual wisdom they need today. I ask that You help them to walk in a way that pleases You. May they bear fruit that comes from walking with You daily. May they experience the fullness that comes from walking as Your creation! Help them to bravely walk in a way that brings You glory! Amen!*

## SCRIPTURE

"Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2

## PRAYER

*Lord Jesus, my friend is struggling right now. They have decisions to make that will affect so many in their lives. Give them Your wisdom. Lord, help me to know how to walk through this with them. I desire to give them advice that honors You and draws them closer to You. Help me to encourage them to be brave through the gifts You have given them. Lord, they may have needs that I know nothing about, burdens I do not see. Help me to be sensitive to them and to meet their needs. Use me Lord to encourage them. In Your name, Amen!*

## ADDITIONAL VERSES TO PRAY

2 Chronicles 7:14

Romans 8:26

1 Timothy 2:1-2

Ephesians 6:18

Jeremiah 29:11

Romans 8:26-27

Philippians 4:6

Matthew 5:43-45

Hebrews 4:16

1 John 5:14-15



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# *Praying Scripture for* **GUIDANCE**

## SCRIPTURE

"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6

## PRAYER

*I need You, Lord, to guide me in what I need to do next. I trust in You with all my heart. This is too big and I do not have the wisdom to proceed. You have always been with me in the past when I needed to make decisions. You have never failed me and You will not fail me now. Thank You for how You have guided me in the past. I trust that You will make this clear for me as I continue to seek You. Help me to have a courageous heart to wait for You to move. Amen!*

## SCRIPTURE

"Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long." Psalms 25:5

## PRAYER

*Lead me in Your ways, Lord. Fill me with Your truth and help me to rest freely in Your salvation. It is You who sustains me and keeps me from rushing headlong into trouble. It is easy to think that I have all the answers, but without You, I am at a loss. May have a heart that is brave and seeks the true source of knowledge. In this struggle, help me to seek Your answers. I thank You, knowing that Your wisdom has already been given to me. Help me to be patient as I wait. May my attitude be one that brings You glory. Amen!*

## ADDITIONAL VERSES TO PRAY

Psalms 5:8

Romans 8:14

Psalms 61:2

Psalms 25:5

Luke 1:79

John 16:13

Isaiah 58:11

Galatians 5:16

Revelation 7:17

Psalms 139:23-24



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# *Praying Scripture for Your* **HUSBAND**

## SCRIPTURE

"Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!" Psalm 90:17

## PRAYER

*Thank You for my husband! Thank You for the privilege of loving him and caring for him. Lord, may You help him as he works for his family. May those who are observing his work look on him with favor. Help him to bravely be a man who loves You. Give him the wisdom and knowledge that he needs to do his best. May he turn to You for help as he goes through his day. May he turn to You as he strives to be a good husband and good father. Bless him as he seeks after You and Your favor! Amen!*

## SCRIPTURE

"Set your minds on things that are above, not on things that are on earth."  
Colossians 3:2

## PRAYER

*Lord, be with my husband today. Help him to set his mind on the things of You. May his thoughts be on Your goodness for him. May he think of the great love You lavish on him. May the things of the world not invade his thought life. Protect his mind from comparison. Keep impure thoughts far from him. Let his thoughts be on the fullness and freedom that comes as he is conformed more and more into the image of Christ. Amen!*

## ADDITIONAL VERSES TO PRAY

Proverbs 16:3

Philippians 4:8

Philippians 4:5-7

Romans 15:13

Proverbs 2:6-8

Hebrews 13:5-6

Psalm 91:1-2

Ephesians 6:4

James 1:5-6

Colossians 2:6-7



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# *Praying Scripture for Your* **CHILDREN**

## SCRIPTURE

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32

## PRAYER

*Thank You for my children. They are a heritage from You and I feel blessed to have them. Lord, soften their hearts to want to seek after You. Help them to be kind. Give them a heart that is tender to those around them. May they see and care for those in their home and in school. It is easy to get upset and not want to forgive others. Help my child to bravely forgive others and choose to love them. May they walk in Your ways and be full of Your goodness and love. Amen!*

## SCRIPTURE

"Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you." Deuteronomy 31:6

## PRAYER

*Lord, we live in a time that can be scary. I lift up my children to You and ask that You would just fill them with Your Spirit. Strengthen them to stand firm in You. Give them Your courage as they go to school. Give them courage as they face decisions that I am not able to make for them. Help them to not fear because they know You are with them. Let them know that as they go through their days, You will not forsake them. Let me rest knowing that You will not leave them or forsake them. Amen!*

## ADDITIONAL VERSES TO PRAY

Matthew 5:16

Matthew 22:37-39

1 Peter 5:8

Romans 12:2

Philippians 4:13

Philippians 4:19

Proverbs 3:5-6

Psalms 91:1-2

Psalms 16:11

Philippians 4:6



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