



# **Five Scriptures to Pray When Anxiety Hits Hard**

*A Christ-Centered Prayer Guide for Overwhelmed Hearts*

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## **How to Use This Guide**

Anxiety often comes suddenly — racing thoughts, fear of the future, emotional heaviness, or spiritual exhaustion.

This guide is designed to help you:

- Pause instead of panic
- Pray Scripture instead of spiraling
- Re-anchor your heart in God's truth

Each section includes:

- A **Scripture**
- A **short reflection**
- A **guided prayer** you can pray out loud or silently

You don't need perfect words — God already knows your heart.

## ✦ Scripture 1: Proverbs 3:5–6

### When anxiety makes you feel out of control

*“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”*

#### Reflection

Anxiety often grows when we try to carry what only God can handle. These verses remind us that peace begins with surrender — not certainty.

#### Prayer

Lord, my understanding feels limited and overwhelmed right now. I confess that I’ve been leaning on my own strength instead of Yours. I choose to trust You — even when I don’t see the full picture. Lead me. Guide me. Make my path clear. Amen.

## ✦ Scripture 2: Psalm 23:1–4

### When fear and uncertainty feel overwhelming

*“The Lord is my shepherd; I lack nothing... Even though I walk through the darkest valley, I will fear no evil, for You are with me.”*

#### Reflection

God never promises a life without valleys — but He promises His presence in them. You are not walking through anxiety alone.

#### Prayer

Shepherd God, I feel afraid and unsure of what’s ahead. Remind me that You are with me — even here. Restore my soul and quiet my heart. I trust You to guide me step by step. Amen.

## ✦ Scripture 3: Philippians 4:6–7

### When your thoughts won’t slow down

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

#### Reflection

God invites you to bring *everything* — even the messy, repetitive worries — to Him. Peace is not something you force; it's something God gives.

## Prayer

God, my mind feels restless and heavy.  
Right now, I bring You every worry I've been holding inside.  
Thank You for listening and caring for me.  
Please guard my heart and mind with Your peace.  
Amen.

## ✨ Scripture 4: Isaiah 41:10

### When anxiety makes you feel weak or afraid

*"So do not fear, for I am with you; do not be dismayed, for I am your God."*

## Reflection

Anxiety tells us we are alone and powerless.  
God reminds us that His strength is greater than our fear.

## Prayer

Lord, I feel weak right now — emotionally and spiritually.  
Thank You for promising to strengthen and uphold me.  
Help me feel Your presence and trust Your power.  
I rest in You.  
Amen.

## ✨ Scripture 5: Matthew 11:28–30

### When anxiety leaves you exhausted

*"Come to Me, all you who are weary and burdened, and I will give you rest."*

## Reflection

Jesus does not shame the weary — He invites them.  
Rest begins when we come to Him just as we are.

## Prayer

Jesus, I am tired.  
I bring You my burdens, my worries, and my fear.  
Teach me how to rest in You and walk in Your peace.  
Thank You for carrying what I cannot.  
Amen.

## Closing Encouragement

Anxiety does not mean you lack faith.  
It means you're human — and deeply in need of God's grace.

When anxiety hits:

- Pause
- Breathe
- Pray Scripture
- Remember: **God is near**

## A Gift for You

This prayer guide is part of the **“Peace on Earth” Mini Course**, a free 3-day journey designed to help you experience God's peace through Scripture and guided audio devotionals.

👉 **Continue the journey:**

Register for: [“Peace on Earth”](#) — **A Free 3-Day Mini Course to Overcome Anxiety with God's Help**

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