

Lord I know you heal the brokenhearted.

Deep in my heart where my hurt lives,

will you flood those places

with your presence and power

and begin to heal my hurt

so I can experience your love

and better love others.

Amen.

PRAYER TO OVERCOME  
stronghold of **HURT**

# PRAYER TO OVERCOME stronghold of **ANXIETY**

Lord you say in scripture to cast all my anxiety on you.

You care for me, yet I am so spun up at times that I can only imagine what peace would be like.

Some of us need an intervention; someone to act as a counselor, helping us sort out our worries and fears.

Will you begin to repair me in this area?

God please give me an experience of the peace that passes all understanding.

Flood my heart with your presence in a way that I can lay hold of every day, turning to you in prayer, taking the time to allow you to dominate my thoughts.

I want to be more attached to you than my out-of-control anxiety.

Amen

PRAYER TO OVERCOME  
**stronghold of COMPARISON**

Lord, this stronghold where I compare my life to other people's lives ignores your unique call on my life.

You are all I need and your plan for me is what I want.

I want what you want for my life.

I want a strong attachment to you so that I can fully experience satisfaction in this life you have given me.

Forgive my wandering heart and fill me with gratitude and generosity.

Amen