

Prayer for Dealing with Anxiety
Prayer Cast June 6

Lord, I am anxious. I am having a hard time sitting still. I am short-tempered, quick to lash out at those I love; I want to run away and hide. Everything around me seems so loud, harsh, bright, and violent. In the deepest parts of me, I know You know this anxiety is not because I do not trust you. This is not about faith or belief. This is my physical, emotional, and psychological response to something very real in my life. Show me what I am truly anxious about as I pause and let Your Spirit speak to me.

As I wait for You to continue to help me in my anxiety, may I find hope and joy. May that hope console, heal, and give root to the courage that is within me, but that I cannot see in me right now. May the joy that you have for me to receive give me strength when I feel weak with all my anxieties

As I wait to feel this courage, may I remember that I am not alone in my anxieties. Open Your Word to me that I may see how Your people never lived an anxiety-free existence. May I see how Your prophets, poets, kings, disciples, and even those in your most inner circle all dealt with anxieties at some point. May I cry out to you in my toughest moments along with this cloud of witnesses when I am weary with my anxiety.

For those of us who know the specific circumstances that are leading to this time of anxiety, may we hold on. May we remember that circumstances change, and You will walk through this time with us until we are able to identify the resolution.

For those of us who deal with anxiety in a regular or continuous way, Lord may we not fall to discouragement. Most of us in this situation have heard many well meaning, but misguided words of “encouragement” that leave us feeling shamed, angry, frustrated, sad, and lost. Give us Your Words to counteract any wrong messages we receive from others or the messages we have created ourselves.

When we have loved ones who are struggling with anxiety, may we seek You before speaking a single word. May we be good listeners bathed in empathy, compassion, and love that comes from learning from Your example. May we have Your wisdom to ask the right questions, and have Your wisdom to know when to just sit quietly.

Lord, you do call us to not fear, to not be anxious, and to trust You. That’s not available to a lot of us at various times for various reasons. Always remind us in our greatest struggles with anxieties that You are right with us, holding us, and always working for us.

