

## **Worry Confession**

*Lord, I admit that I've allowed fear, worry, fretfulness, and anxiety to play a role in my life. When these negative emotions operate in me, I lose my peace and my joy. I am tired of living in this continual state of worry and fear about bad things that might happen.*

*Jesus, today I am making the choice to turn all these destructive thoughts over to You. I don't want to live this way anymore. I know this isn't Your plan for my life, so by faith, I cast all my concerns on You. I release them into Your hands, Lord, and ask You to take them right now. I pray this in Jesus' name!*

*Today, I confess that I am free from worry, fretfulness, and anxiety. These forces have no place in me. I have surrendered every care and concern to Jesus, and He has taken them from me. As a result, I am free of every burden, every weight, and every problem.*

*Jesus is my great High Priest, and He is interceding for me right now. With God on my side, I can enjoy life as He intended for me to enjoy it. I boldly confess that I am fear-free and worry-free and that anxiety has no place in me.*

*I declare this by faith in Jesus' name!*