

# A PRAYER FOR THE ANXIOUS HEART

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**Dear Papa,**

You are the Prince of Peace,  
You give me peace on every side,  
And authorize a banquet in front of my enemies.  
Your Son died to make peace,  
And set me free.

I refuse to live like His work was in vain.  
May the spirit of fear be cast into the sea.  
I receive Your Spirit of power, love, and a sound mind.

Unravel my thoughts. Untangle my fears. Un-trouble my heart.

I take my thoughts captive  
And lead them into Your presence.  
They become prisoners of Truth.

No more spinning. No more deception.  
No more listening to false accusations.

I choose to think on what is true, noble, right and good.  
I present my requests to You with gratitude and thanksgiving.  
I cast all my cares on You because You care for me.

You exchange my worries for wisdom.  
You accomplish what concerns me today.  
All restlessness settles beneath the weight of Your glory.  
All anxiety melts in Your presence.

I take up my shield of faith; it is my companion.  
Oh Papa, I place all my trust and hope in You today.  
You are my Peace.

In Jesus Name,  
Amen.

(Scriptures: Phil. 4:6-8, Psalm 23, Eph. 2:14, 2 Tim. 1:7, 2 Cor. 10:5, 1 Pet. 5:7, Ps. 138:8, Eph. 6:16, Ps. 39:7)