



Prayer for her



ANXIETY

Heavenly Father, I come before You with a heart weighed down by worries and anxiety. In this moment, I seek Your presence and comfort, knowing that You are my refuge and strength.

Guide my steps and calm my spirit, reminding me that I am never alone. Surround me with Your grace and help me to lean on You in times of trouble. May Your peace and love, which surpasses all understanding, keep me safe from the deceptions of the enemy.

Lord, I release my anxiety to You . . .

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Fill my mind with Your truth and goodness, knowing that You will follow me all the days of my life . . . leading me beside still waters and refreshing my soul.

In Your Divine Name I Pray, Amen. 

psalm 23