

SCRIPTURE PRAYERS FOR OVERCOMING FEAR

Grace Fox – author of *Moving From Fear to Freedom: A Woman's Guide to Peace in Every Situation*

Dear God, I feel afraid about _____ (finances, my kids' well-being, my marriage, violence in the world, cancer, etc). Help me, please, to change my focus from the uncertainty of what-ifs to the certainties of who You are—Maker of heaven and earth, the One who will not let me stumble and fall, the One who always watches over me. You watch over my soul and stand beside me as my protective shade. You keep me from evil and preserve my life. Lord, renew my mind with these truths and fill me with courage to face this challenge that appears so overwhelming. Thank You for loving me and keeping me in Your watchful care at all times. In Jesus' name, amen. (Psalm 121)

Dear God, I feel afraid about stepping into the unknown. I'm walking a path that's unfamiliar, and not knowing where it leads unnerves me. Despite my fear, I choose to trust Your promise to be with me. I claim the words You spoke to Joshua—"Do not be afraid or discouraged. For the LORD your God is with you wherever you go"—as Your words for me, too. And so, I thank You for Your presence, and I trust You to fill me with the strength and courage I so desperately need. In Jesus' name, amen. (Joshua 1:9)

Dear God, I feel afraid for a loved one who's suffering with _____ (cancer, depression, etc). *How long can she cope? What does her future hold?* Every time I think of her, my imagination carries me into territory where fear engulfs me and threatens to make me its captive. But I refuse to surrender to its power. Instead, I stand on the promise that overwhelming victory is ours through Christ Jesus who loves us. I believe Your word when You say that nothing—*nothing*—will separate us from Your love. I trust You to encompass her with Your care. Support her, carry her, hide her in the shelter of Your wing. I commit her—and my fears for her well-being—to You. In Jesus' name, amen. (Romans 8:37-39)

Dear God, I feel afraid of the pressures and stresses facing me today. I don't know how much longer I can cope with them or with the pace my life's assumed with work and family responsibilities. But this I know—You are my Shepherd, and You will supply everything I need. Please give me wisdom to sort priorities and the ability to make necessary changes so that fear of coming undone is replaced with rest and peace. In Jesus' name, amen.

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