

ANXIETY MANAGEMENT PRAYER GUIDE

Breathing with Trust in God's Plan

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7 (NIV)

Prayer:

Lord, I cast my cares onto You. Help me release every worry into Your hands, trusting that You care for me deeply. Remind me that I am never alone, and Your love surrounds me. Help me breathe in Your peace and breathe out my fears. Amen.

Try This Deep Breathing Exercise:

- Breathe in deeply through your nose for a count of 4.
- Hold for a count of 7.
- Exhale slowly through your mouth for a count of 8.
- Repeat this cycle 3-5 times, visualizing God's peace entering as you inhale and your anxiety leaving as you exhale.

Trusting God's Peace Over Panic

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." — John 14:27 (NIV)

Prayer:

Jesus, I receive Your peace today. In moments when fear and panic overwhelm me, remind me of the peace You freely give—peace that the world cannot offer. Help me rely on You, knowing that You are greater than any situation I face. Amen.
Calming Technique:

Try This Body Relaxation Exercise:

- Sit in a comfortable position and close your eyes.
- Starting from your head, consciously relax each muscle group—forehead, neck, shoulders, arms, down to your toes.
- As you release tension in each area, repeat the words, "I trust in God's peace."
- This will help your body physically relax, mirroring the spiritual release of anxiety into God's hands.

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Finding Rest in God's Strength

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?" — Psalm 27:1 (NIV)

Prayer:

Father, when my strength is gone, remind me that You are my stronghold. I seek refuge in You, knowing that Your power is made perfect in my weakness. Fill me with Your strength today as I place my trust in You. Amen.

Try Progressive Muscle Relaxation:

- Tense and then slowly relax different muscle groups (e.g., hands, arms, legs), while repeating a calming scripture in your mind.
- Focus on letting go of tension as you physically relax, trusting that God's strength supports you through anxious times.

Ending the Day with Peace

"In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety."
— Psalm 4:8 (NIV)

Prayer:

Lord, as I end this day, I release all my worries and anxieties to You. I trust You to keep me safe as I sleep. Let Your peace surround me and fill my mind with rest, for You are my shelter and my comfort. Amen.

Try This Nightly Reflection:

- Before bed, spend a few moments reflecting on God's faithfulness throughout the day.
- As you lie down, imagine resting in His arms, repeating Psalm 4:8 as you breathe deeply and slowly.

Whenever anxiety arises, remember that God invites you to experience His peace. Through prayer, scripture, and these calming techniques, you can find strength and comfort in His presence. Surrender your anxieties to Him daily, knowing that He is your refuge and peace. Feel free to print this guide or keep it with you during moments of anxiety, and remember—God's peace is **always** near!