

Fears & Anxiety

Volume 2 Issue 11

Prayer Pointers ~ Scripturally based topical prayers

Section markers are for those who wish to pray these petitions daily, over a week's time, to allow their truths to permeate their prayers.

It has been said that some form of "Fear Not" appears in the Bible 365 times, because we need to hear it every day. When King David said "When I am afraid I will trust in You," (Ps. 56:3) he presupposed there would be times of fear in his life. These times become opportunities to choose to meet that fear with trust, and to meet anxiety with God's peace.

Many people will come to our prayer stations with different forms of fear, uncertainties and lack of peace. The scriptures are full of truths to mine and use in our prayers for their behalf, and to face our own times of fear, as well.

When we are enduring opposition which causes us to grow weary and tempts us to lose heart, help us to study Jesus, who He is, and how He endured all He suffered. Help us to be like Him and focus on the joy beyond the cross, keeping an eternal perspective.
Hebrews 12:2-3

When it feels like it is us against the world, help us to have the perspective of David—that with the Lord as our light and our salvation, we have nothing to fear. With the Lord as the strength of our life, we do not need to be afraid, rather we can be confident. Psalm 27:1-3

May we feel You as the Shield around us, bestowing glory on us and lifting up our heads. Help us, then, to be able to lay down and sleep peacefully, knowing You sustain us—not fearing even if 10,000 are coming against us.
Psalm 3:3-6

Give us confidence in Your goodness, the comfort that You are our refuge in times of trouble, and the assurance that You care for those who trust in You. Nahum 1:7

Teach us to *allow* Your peace to reign in us. Show us that this is a choice we make, depending on where we place our focus. Help us to keep our eyes on You and let Your word dwell in us with a richness that not only gives us peace, but brings that peace to others we encounter. Colossians 3:15-16

When our minds race and seem to be our very enemies, when it seems like everyone is staring and judging, when our emotions are twisting us knots and fear sets us trembling, feeling overwhelmed to the point of despairing of life and we just want to escape, answer our prayer, O Lord! Hear our cry! Help us to remember to cast all our cares on You, believing You will sustain us, and that You will never let Your children fall. Psalm 55:1-8, 22

When we feel like we've been alienated and exiled, may we not be dismayed. Help us to trust You

will come to save us. Grant us, again, the peace and security we once had. Fix in our hearts the truth that You have promised to be with us and to save us, even if what is happening is an act of Your discipline. Jeremiah 30:10-11

Sometimes it feels like we are tied up in knots we can't escape, being overwhelmed by floods and dragged down to the depths of despair. Lord, we call to You at these times, crying for Your help. Thank You for hearing our voice, and coming to our rescue. When our problems are too big for us to handle, and we are powerless to overcome them, be our support. Grant us the amazing understanding that You rescue us because You actually delight in us.
Psalm 18:4-6, 16-19

Thank You for the blessed truth that we are justified and have peace with You because of our faith in Jesus, who gave us access to the grace in which we stand. May this truth give us hope and strength to endure the suffering in our lives, and to go beyond merely enduring to living out the purposes of that suffering. In this way may our trials produce perseverance in us, and perseverance produce character so we have more hope. Deepen our hope in You so we are assured we will not be disappointed in the end because Your love is poured out into our hearts.
Romans 5:1-5

David found that he could purposefully quiet his soul by how he thought and what he focused on. Help us, like David, to not get ourselves all worked up about things which are not within our control, or none of our business. Instead, may we lean back in Your lap and rest in the peace of Your presence. *Psalm 131*

You have told us not to fear when You have sent us to do Your work, but this is not because there is nothing to fear. Your word says people will speak against us, we will be sharply assailed and stung, yet we are not to be terrified—rather be obedient. Give us Your courage and Your perspective so we can be obedient. *Ezekiel 2:6*

When we are in the midst of discipline, and all we feel are the furrows being plowed into our backs, help us to hold on to the promise it will bear fruit in peace when we have been trained by it. *Hebrews 12:11*

When we cry to You in anguish, answer us by setting us free. Assure us that You are with us so we will not be afraid. May we especially dispense with our fear of man, who are merely mortals as we are, knowing that in the end You will vindicate us. Help us to remember it is better to take refuge in You than to put our hope in men, even powerful ones. *Psalm 118:5-9*

You have promised to keep in perfect peace those who keep their minds steadfastly on You, trusting in You. Help us to always remember that You are our Rock eternal, and we can trust in You forever. *Isaiah 26:3-4*

When things are chaotic, help us to remember that You are not a God of disorder but a God of order and peace. *1 Corinthians 14:33*

We do not have to struggle for peace, because You have established peace for us. All we have accomplished You have actually done for us, so help us to rest in and depend on You. *Isaiah 26:12*

May we be glad and rejoice in Your love, knowing that You see our affliction and know the anguish of our souls. You do not hand us over to our enemies, but give us a firm foundation upon which to stand. Be merciful to us in our distress, O Lord, when our eyes grow weak from sorrow, and our bodies and spirits are weak from grief. You see when our strength is gone because of our affliction. Save us, then, by Your unfailing love. Let Your face shine upon us. May we not be put to shame, because we have cried out to You. *Psalm 31:7-10, 16-17*

When storms arise in our lives without warning and we call out to You to save us, rebuke both the raging sea and our lack of understanding of Your greater purpose. Help us not to doubt that You are sovereign, yet may we also not lose our wonder at the mighty ways You act on our behalf. You calm both the surging sea and our frantic hearts. *Matthew 8: 23-27*

Teach our hearts to always look up when we need aid, knowing help comes from You. Since You made heaven and earth, nothing we face is too great for You or outside Your plan or control. You never are inattentive or sleeping on the job. You won't allow us to slip, nor allow us to be harmed. You watch over us, all the time, constantly. *Psalm 121*

You often warn us that we will be called on to suffer, so we shouldn't be surprised when we do. You also encourage us not to be afraid of

what we will have to face in this world. You assure us that these trials all have their limits. Help us to be faithful, as You are, even to the point of death, so we may gain the crown of life You have reserved for us. *Revelation 2:10*

At those times we are in distress, may we cry out to You and refuse to be comforted until You answer us with Your unfailing love. May we persevere until we see Your salvation. May we be sustained by remembering Who You are and what You have done, and may that give us hope that, in Your timing, You will deliver us. *Psalm 77*

When we are in trials may we humble ourselves under Your loving, sovereign hand, allowing You to lift us up. May we cast all our anxieties about the situation upon You, and be assured You care about us. Help us to maintain self-control at these times so the enemy will not get the upper hand with us. *1 Peter 5:6-9*

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” *Psalm 139:23*

May our minds be controlled by the Spirit so we have peace. *Romans 8:6*

“May the God of hope fill you with all joy and peace as you trust in Him, so you may overflow with hope by the power of the Holy Spirit.” *Romans 15:13*

Remind us we are told to get rid of our anxiety by giving to them to You through prayer and thanksgiving, allowing Your peace to guard our hearts and minds in Jesus. *Philippians 4:6-7*