



Prayer journal

A seven day journal focused on prayers for the anxious heart

welcome!

We are so glad you are here! Dealing with anxiety can be crippling and makes it hard at times to navigate life. We also know that God's presence and Word can give us peace and calm our hearts, but prayer can be daunting. We may all struggle with prayer at one time or another, maybe even all the time.

This seven day prayer journal can be used as a daily template to enrich your own prayer life while dealing with anxiety. Each day will focus on using God's Word to pray and leave our worries with God because He can handle our burdens. We truly pray that this journal will be a tool to find peace in your heart, allow your faith to grow and prayer life to deepen.

a prayer for anxiety

“If I say, “My foot is slipping,” your faithful love will support me, Lord. When I am filled with cares, your comfort brings me joy.”

psalm 14:18-19

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, be with me today. Allow me to bring my worries to you, and lay them down for you to carry. Allow me to feel your presence, and comfort me when I need you most. You know exactly what I need today Lord, help me to trust that you will supply just that. I pray these things in Jesus' name, Amen.

a prayer for anxiety

“Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.”

joshua 1:9

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for these words. Our lives are so often filled with so many unknowns, which leads to us worrying about all the things. Help to remind me that I do not need to be afraid or discouraged. Because you are with me wherever I go, I can be filled with your strength and courage to be able to get through my day. Thank you Lord for all you have given me. I pray these things in Jesus’ name, Amen.

a prayer for anxiety

“Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don’t let your heart be troubled or fearful.”

john 14:27

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for these words Jesus gave us. And we thank you even more for the peace that you give us. We pray today that you will fill us with that peace, and allow our hearts to be settled from the constant motion that we are forever in. Allow us to not be afraid of what is to come, but know that you are with us every step of every day. Help us to remember that you will not abandon us, and that you will always be there for us. Thank you for the peace that you have given us. It is in Jesus’ name we pray, Amen.

a prayer for anxiety

“Therefore don’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.”

matthew 6:34

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for these words that Jesus spoke. We thank you for giving us your son. And we pray today that we can trust in you because of the sheer amount of love you have for us. Without your love you would not have given your son to die for us, the sinners of the world. We pray today that we can fully trust in you God, and through that our hearts may be settled. We pray all these things in Jesus’ name, Amen.

a prayer for anxiety

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard our hearts and your minds in Christ Jesus.”

philippians 4:6-7

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

Lord, we know we do not need to be anxious about anything, but it is so difficult at times for us not to be. We pray that you will remind us in those times that you are there for us. Help us to bring our worries and stresses to you. You know our every need God, and we pray that you will help us to remember that we can trust in you for providing that to us. We pray today that when we feel anxious that your peace will surrounds us. We thank you for giving us Jesus, and it's in His name we pray, Amen.

a prayer for anxiety

“Cast all your anxiety on him because he cares for you.”

1 peter 5:7

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

Lord, be with us today. Our burdens seem so heavy. We constantly feel like we are carrying around the weight of the world. Help us in those times to cast our anxiety onto you. We know you can handle everything we are dealing with, so we pray today that we can put our trust in you and allow you to take what we are carrying around with us. We know you care for us, and we thank you for being there for us when we need you most. We pray all these things in Jesus' name, Amen.

a prayer for anxiety

“Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.”

psalm 23:4

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for this week. While our anxiety may still exist, we pray today that you will allow the verses we have prayed through this week to be able to give us peace. Allow your spirit to work in us to cast your anxiety onto you, and be filled with only the peace that you can offer. We thank you for giving us Jesus and for allowing us to rest in you today. We pray all these things in Jesus' name, Amen.



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