

A PRAYER FOR THE MOM WITH ANXIETY

Dear Lord,

Thank you for this day. Thank you for loving me, for offering grace to me, for faithfully working in my heart even during my struggles.

Help me keep my eyes fixed on you and not the circumstances around me. Help me see my worth as you do - as a beloved daughter of the King. Speak peace into my heart and my mind. Calm my spirit. Give me an understanding of your purpose for me today.

Place the right people in my path today; people who will speak life and encouragement. Open my eyes to someone I can be a blessing to today. Let your strength shine through my weakness. Help me to be your hands and feet.

I pray Philippians 4:7 over this day, that your peace will transcend my understanding and will guard my heart and mind. Guard my thoughts and my heart, Lord; I offer them to You.

I also pray Philippians 4:8. Help me stay focused on what is true, noble, right, pure, lovely, admirable, and praiseworthy. Help me think on these things, and take captive any thoughts that are contrary to your purposes for me.

Help me to remember Philippians 4:19 and be confident that you will supply my needs - all of my needs - physical, spiritual, and emotional.

Thank you for your grace at work in my life, and help me to rejoice in you today. You are holy, righteous, merciful, and powerful in my life. Thank you for your peace. Thank you for the mercy you make new every morning. Thank you for empowering me for this day.

In Jesus name, amen.