

Prayer for an Anxious Heart, Mind and Body

Written by Kristen Ainsworth, Groups Minister

God of all comfort, I come to You now as Your beloved child in whom You take great delight.¹ You see and know everything going on in and around me right now. You tell me in Your Word that You are intimately acquainted with all of my ways.² And You know how my body is feeling.

You know the way anxiety manifests in my physical body through _____ .

You know the way anxiety manifests in my mind through thoughts of _____ .

You know the way anxiety leads my heart to fear that _____ .

I ask You now to meet me in a very tangible way in my body, mind, and heart.

Jesus, You say that Your yoke is easy and Your burden is light, and You beckon me to exchange my heavy burden for Your light one.³ I give You now the heavy burdens I'm carrying.

Jesus, You told Your disciples that You were leaving them with peace, and that they would never be alone because You were sending Your Spirit, the Comforter.⁴ I know that because I am Your follower, I, too, have this Spirit who is the Comforter.⁵ I ask now, Holy Spirit, that You would comfort my body, mind, and heart. Would You speak peace over me now, right here in this moment?⁶ I lay down the heavy burdens that cause me anxiety, and by Your grace, I will choose to trust You with my life today and in the days to come.⁷ I pray these things in the name of the Lord Jesus and by the power of His Spirit.

Amen.

¹ Ephesians 1:4–6

² Psalm 139:1–16

³ Matthew 11:28–29

⁴ John 12:16–18, 25–27

⁵ Romans 8:11

⁶ Psalm 27; Psalm 34:4; Psalm 46:1–3, 10

⁷ Mark 9:24; Isaiah 26:3; Romans 15:13