

# PRAYER FOR OVERCOMING FEAR AND WORRY

Heavenly Father, because I know You care for me I also know that I can cast all my cares upon You. Forgive me for being afraid and worrying. I know I don't have to bear my burdens alone. Thank You for inviting me to come unto You. Thank You for Your wonderful promise of rest. I receive Your rest as I lay down my burdens of fear and worry. When I look at my life as I know I should, I realize I have no reason for worry whatsoever. Nothing shall be able to separate me from the love of God which is in Christ Jesus our Lord – not things past, nor present, nor things yet to come. Thank you, Jesus, for reassuring me that You are working Your purposes out in my life and that You are the Master of circumstances. You have promised to supply my needs.

There is no fear in Your love because Your perfect love casts out all fear. You have told us, Father, not to fear because it is Your good pleasure to give us the Kingdom. I resolve never to lose sight of the precious promises of Your Word.

Lord, You have commanded me not to fear or worry about anything. Instead, You want me to spend my time in prayer and supplication, letting my requests be known unto You with thanksgiving. Lord, I am so thankful that You have provided prayer and praise as practical outlets to prevent us from worry.

I will take no thought for tomorrow, for tomorrow will take care of itself. I will take one day at a time, Lord, because You have shown me that this day's trouble is enough for one day.

Standing on the promises of Your Word, I come unto You now. Lord Jesus, I receive Your love as I pray, and I place all my worries and cares in Your hands, knowing fully that You take care of everything that is given to You. Thank You for caring about me so much. I love You, Lord.

**Scripture References:** *I Peter 5:7; Matthew 11:28; Romans 8:38-39; Philippians 4:19; I John 4:18; Luke 12:32; Philippians 4:6-7; Matthew 6:34; II Timothy 1:12*

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