

A Prayer Against Fear and Anxiety

Speak It Aloud · August 7, 2026



Lord Jesus, thank You. Thank You for Your presence in my life, and for the ability that I even have to know You. Thank You that You died on the cross for me, and that You paved a way for me to live without fear and anxiety. Father, I claim that today for myself.

And I ask that You would teach me — teach me to walk in Your ways, teach me to know Your path, teach me to know how to lay down anything that was never mine to carry. Shine Your light on it, Lord, and show me how to put it down. Show me how to let it go. Show me how to move forward in the strength and confidence that You died for us to have.

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

2 TIMOTHY 1:7 · NIV

So in the name of Jesus, I renounce the spirit of fear. It is not my inheritance. It has no legal claim on me. I break every agreement I have made with it — the ones I made knowingly, and the ones I made as a child before I had words for what I was agreeing to.

Father, I ask that You would speak to my anxious heart, that You would hold my anxious mind, and that You would still my anxious body — that Your Holy Spirit’s presence would override all sense of fear, especially fear that has no purpose.

Lord, forgive me for the ways I have tried to control what only You can hold. I lay down the planning that never ends, the checking that never satisfies, the managing that leaves me exhausted and still uncertain. I choose to trust You with what I cannot see.

“When I am afraid, I put my trust in You.”

PSALM 56:3 · NIV

Lord, I ask that You would give me Your peace and Your understanding — that You would give me eyes to see, ears to hear, and a heart to understand. Help me to know the truth of every situation I am facing.

And Father, I ask that Your east wind would blow across the enemy’s camp as he tries to steal peace from my heart. I ask that You would war against him, and that You would demonstrate again Your defeat and complete power over him. And I claim that in our lives today.

Lord Jesus, thank You. Amen.



SCRIPTURES TO STAND ON

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

ISAIAH 26:3 · NIV

“Cast all your anxiety on Him because He cares for you.” 1 PETER 5:7 · NIV

“The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom shall I be afraid?” PSALM 27:1 · NIV

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