

a prayer for times of anxiety

O God,
my mind is in turmoil and my thoughts race
as if they are being pursued.
my heart pounds, and i can't seem to catch my breath.
i need Your help, and i need it now.
please hurry - there's no one but You.
You alone are my Rock and my deliverer,
my fortress, and my refuge.

You are the safest place i know.
when i am in the fortress of You
i am safe from enemies of mind and heart.
when i am standing on the Rock,
these rocks in my stomach shrink.
somehow in Your Presence, thoughts slow,
and fears lose their power.

hear me and help me
as i pour out my anxious thoughts to You.
when my thoughts are racing,
help me to always run straight to You.
thank You for always being there, always being here,
a trustworthy and faithful Presence,
my refuge and everlasting Rock.
amen.

Make haste, O God, to deliver me. O Lord, make haste to help me. I am poor and needy. Hasten to me O God. You are my help and my deliverer. O Lord do not delay.

Psalm 70:1,5

You keep in perfect peace the one whose mind is stayed on You because she trusts in You. Trust in the Lord forever, for the Lord GOD is an everlasting Rock.

Isaiah 26:3,4

For God alone O my soul, wait in silence, for my hope is from Him. He only is my Rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory. My mighty Rock, my refuge is God. Trust in the Lord at all times O people, pour out your heart before God, for God is a refuge for you.

Psalm 62:5-8