Lord, I come to You with my worries and burdens. Help me to trust You fully and rest in the peace that only You can provide. Guard my heart and mind. Amen.

Lord, I thank You for inviting me to cast my cares on You. Help me to remember that I don't have to carry these burdens alone. Sustain me, and let Your promise be my source of strength and stability. Amen.

Father, when my worries grow, remind me that Your love can bring me joy and peace. Help me to seek You first and trust in Your comforting presence. Amen.

Lord, I feel weary and anxious, but I know that You are my source of strength. Help me to place my hope in You so that I can find renewed energy and courage. Amen.

Lord, thank You for being my rock and my refuge. Help me to rely on You when anxiety takes hold and to trust that You are my fortress and my deliverer. Amen.

Lord, thank You for going before me and being with me always. Help me to trust in Your constant presence and not be discouraged. Amen.

Father, thank You for Your perfect love that drives out fear. Help me to rest in this love and allow it to fill my heart with peace. Amen.

Lord, thank You for being the God of all comfort.

Fill me with Your strength and help me to be a source of comfort to others. Amen.

Lord, as I walk through challenging times, help me to remember that You are with me. Thank You for being my Shepherd and my source of comfort. Amen.

Father, thank You for holding my hand and reminding me that I am never alone. Help me to trust Your steady presence and rely on Your strength. Amen.

Lord, when I am afraid, remind me to put my trust in You. Help me to surrender my fears and find peace in Your presence. Amen.

Jesus, let Your peace rule in my heart and guide my thoughts. Teach me to rest in Your presence and be thankful for the peace You provide. Amen.

Lord, thank You for Your Word that brings great peace and keeps me steady. Help me to meditate on Your promises and trust in them when anxiety comes. Amen.

Father, thank You for hearing my cries and responding with love and deliverance. Help me to trust in Your faithfulness and remember that I am always heard by You. Amen.

Lord, I thank You that Your grace is enough for me. Help me to embrace my weaknesses so that Your power can rest on me and guide me through times of anxiety. Amen.

Father, thank You for being my anchor in times of trouble. Help me to hold fast to the hope You have given me and to trust in Your unfailing promises. Amen.

Lord, thank You for caring for me so deeply and personally. Help me to trust in Your care and find peace in knowing that I am always seen and loved by You. Amen.

Father, thank You for Your unfailing love that supports me when I feel overwhelmed. Help me to lean on Your love and find joy in Your constant presence. Amen.

Lord, help me to keep my mind set on You so that I may experience Your perfect peace. Teach me to trust in You more each day. Amen.

Lord, thank You for being the God who sees me. Help me to find comfort in knowing that I am never alone and that You are always watching over me. Amen.

Father, help me to renew my mind with Your truth and not conform to the worries of this world.

Transform my thoughts so that I may see Your will and live in peace. Amen.

Lord, thank You for being at my right hand and giving me strength. Help me to keep my focus on You and find peace in Your presence. Amen.

I come to You with my anxieties and burdens. Grant me the rest that only You can provide and help me trust You with my worries. Amen.

Lord, thank You for being my shield and lifting my head high. Help me to trust in Your protection and find peace in Your presence. Amen.

Lord, thank You for Your command to be strong and courageous. Help me to trust in Your constant presence and face my anxieties with faith. Amen.

Father, even when my soul feels downcast, I choose to praise You. Help me to find hope and strength through worship and to remember that You are always with me. Amen.

Lord of peace, thank You for offering Your peace to me at all times. Help me to accept and dwell in it, knowing that You are with me. Amen.

Lord, thank You for being with me and guarding my steps. Help me to trust You fully so that I can experience sweet and peaceful rest. Amen.

Lord, thank You for the victory that comes through faith. Help me to hold onto this truth and overcome anxiety with the confidence that comes from being Your child. Amen.

Lord, thank You for Your joy that is my strength. Help me to carry this joy with me every day and let it sustain me through life's challenges. Amen.