

Prayer-Journaling Prompts for when you feel Anxious

1. What is your favorite verse in Scripture about God's love? Why?
2. What is your favorite attribute of God and why?
3. What are your favorite Bible verses about strength and perseverance? Pray through those verses, asking God to make those a reality in your life.
4. Take time to express gratitude to God for His sufficiency and strength.
5. If you knew that all the power of heaven was behind you and truly rooting for you, what would you do?
6. God is so amazing! His wisdom fashioned each star in the sky and every molecule of the universe. How does knowing that He ardently loves you, has a purpose for your life, and desires good for you impact the way you see what is causing you overwhelm?
7. Take time to pray through the names of God, focusing on one or two that really speak to you and what you are struggling through.
8. Pray for another person who is going through a similar situation.
9. What is a song that God has been using to speak to you during this time of overwhelm and anxiety? Incorporate lines from that song in a prayer of trust and surrender to God.
10. Are there things in your life that are triggers for these anxious feelings? Prayerfully ask God if there are things in your life that you need to let go of, remove, or change.