

GUIDED PRAYER

MOMENTS OF ANXIETY I CAST IT ON YOU

Father, this anxiety feels heavy, but You said I can cast my cares on You. Help me breathe deeply, slow down, and remember You're near. Replace my worry with Your truth.

I choose to trust You in this moment.

Amen.



LORD, I'M ANXIOUS ABOUT...

Describe what's causing stress or fear:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I KNOW YOU CARE ABOUT ME BECAUSE...

Remind yourself of God's love and faithfulness:

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What action or thought helps you let go?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What do you want more of—peace, hope, trust, etc.?

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Amen.