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PEACE FOR AN *Anxious* HEART

*Prayers and promises for worry, fear and the nights your mind will not
rest*

WESLEY A.M.E. ZION CHURCH
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PRAYER

PEACE FOR AN *Anxious* HEART

Prayers and promises for worry, fear and the nights your mind will not rest



IF YOU PICKED UP THIS BOOKLET, SOMETHING MAY BE WEIGHING ON you. Maybe it is money, or your health, or a child, or a feeling of dread you cannot even name. You are not weak, and you are not alone. The verse people looked up more than any other in recent years, all around the world, is a verse about fear.

Anxiety is not a sign that your faith has failed. Some of the strongest people in the Bible were afraid: Moses, Elijah, David, even Jesus in the garden. What they did with their fear is what this booklet is about. They brought it to God.

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

ISAIAH 41:10 · KJV

IN PLAIN WORDS

God says five things in one breath: *Don't be afraid. I am with you. I am your God. I will make you strong. I will hold you up.* Read it again slowly, and put your own name at the start.

WHAT THE BIBLE SAYS *about worry*



Jesus did not scold worried people. He gently pointed them to the birds and the flowers. God feeds the birds, who do not plant or harvest. God dresses the wildflowers, which do not work or sew. *"Are ye not much better than they?"*

MATTHEW 6:25-34

6 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? ²⁶ Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? ²⁷ Which of you by taking thought can add one cubit unto his stature? ²⁸ And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: ²⁹ And yet I say unto you, That even Solomon in all his glory was not arrayed like one of

these. ³⁰ Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? ³¹ Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? ³² (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. ³³ But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. ³⁴ Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

KING JAMES VERSION

IN PLAIN WORDS

Worry borrows tomorrow's trouble and adds it to today's. Jesus says: take today as it comes, put God's kingdom first, and trust Him with the rest. Tomorrow will have its own grace when it gets here.



"Behold the fowls of the air ... your heavenly Father feedeth them."

PEACE FOR AN ANXIOUS HEART

PRAY THEM AS THEY ARE

PRAYERS FOR *anxious* MOMENTS



WHEN FEAR COMES IN LIKE A FLOOD

Lord, my heart is racing and my mind will not slow down. I do not even know everything I am afraid of. But You know. You know me better than I know myself. Be my peace right now, in this minute. Breathe Your calm into me. Remind me that You are bigger than this, and that You have never once let go of me.

AMEN.



FOR WORRY ABOUT MONEY

Father, You know what is in my account and what is on my table. You know every bill and every due date. I have done what I can do. Now I am asking You to do what only You can do. Open a door. Send help. Give me wisdom to spend well and courage to ask for help when I need it. You fed Your people in the wilderness every single morning. Feed us too.

AMEN.





FOR WORRY ABOUT SOMEONE I LOVE

Lord, I cannot be with them every minute, but You can. Go where I cannot go. Watch over them where I cannot see. Protect their body, their mind and their soul. Bring them home safe, and bring them close to You. I trust You with the person I love most.

AMEN.



BEFORE THE DOCTOR, THE COURT OR THE
INTERVIEW

Lord, go into that room ahead of me. Sit beside me while I wait. Give me a clear mind and a steady voice. Whatever I hear today, I will not hear it alone. You were faithful yesterday and You will be faithful tomorrow.

AMEN.

SEVEN PROMISES *for fear*



1

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

PHILIPPIANS 4:6-7

Pray about everything, and say thank you while you do. God's peace will stand guard over your heart.

2

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 TIMOTHY 1:7

Fear is not from God. He gives power, love, and a steady mind.

3

Casting all your care upon him; for he careth for you.

1 PETER 5:7

Cast means *throw*. Throw your worries onto God — He actually cares about you.

4

What time I am afraid, I will trust in thee.

PSALM 56:3

David did not say *if* I am afraid. He said *what time* — when. Fear came, and he trusted anyway.

5

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27

Jesus gives a different kind of peace than the world gives. His does not depend on everything going right.

6

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

JOSHUA 1:9

God's command to be brave comes with a reason: He goes with you everywhere.

7

In the multitude of my thoughts within me thy comforts delight my soul.

PSALM 94:19

When thoughts pile up inside you, God's comfort is what brings joy back.

PRACTICAL HELP, WITH FAITH

WHEN ANXIETY WILL NOT LET GO



Prayer is powerful, and so is getting help. Faith and medicine are not enemies. God works through doctors, counselors and medicine just as He works through prayer. If worry is keeping you from sleeping, eating, working or enjoying your life for weeks at a time, please talk to your doctor — and talk to your pastor. Asking for help is not a lack of faith. It is wisdom.

1

STOP AND BREATHE

Breathe in for four counts, hold for four, out for six. As you breathe out, pray: *"Jesus, I give this to You."*

2

NAME IT

Write down exactly what you are afraid of. Fears shrink when they are written down instead of spinning in your head.

3

PRAY IT

Turn each fear into a request, the way Philippians 4:6 says. Add one thing you are thankful for.

4

DO THE NEXT RIGHT THING

Ask: *What is one small thing I can do today?* Make the call, pay the one bill, take the walk. Leave the rest with God.

5

TELL SOMEONE

Call a friend, a family member, or the church office at (215) 735-8961. Burdens are lighter when they are shared.

IF YOU ARE IN CRISIS

If you ever feel you might harm yourself, call or text **988**, the Suicide and Crisis Lifeline, any time, day or night. If you are in danger right now, call **911**. You matter to God and to us.

PSALM 46:1-3

46 God is our refuge and strength, a very present help in trouble. ²Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; ³Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

KING JAMES VERSION

SIT WITH IT

What am I most afraid of right now? (Write it down, then give it to God.)

Which promise in this booklet will I hold onto this week?

Who can I call when the worry gets heavy?



A PRAYER TO END WITH

*Lord, I choose to trust You. Not because everything is fine, but
because You are faithful. Keep my heart and mind in Your
peace, the peace that passes all understanding, through Jesus
Christ my Lord.*

AMEN.



“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

ISAIAH 41:10

WESLEY A.M.E. ZION CHURCH

“Big Wesley” · The Freedom Church · Founded June 6, 1820

SUNDAY SCHOOL	9:30 AM
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SUNDAY WORSHIP	11:00 AM
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