

## Praying the Words of Scripture to Talk Back to Our Fears

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### John 14:1

“Let not your hearts be troubled. Believe in God; believe also in me.”

*Oh God, I confess that my heart is troubled. I'm feeling afraid. But God, I believe in you and in your Son, Jesus. Help my heart to let go of my worries and fears. Protect me from the slings and arrows of the enemy, who wants to see me doubt and fret. God, I believe; help my unbelief!*

### Isaiah 43:2-3a

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.”

*Lord, you promise to be with me and that I won't be overwhelmed by my sufferings. The fear I'm facing is \_\_\_\_\_, but I believe that you are in control of this situation. You are sovereign. You are the Lord, my God, the Holy One of Israel. You are my Savior. Thank you for your protection and your presence. Help me to trust more fully in you, minute by minute, as I walk through these waters.*

### Psalm 34:4

“I sought the Lord, and he answered me and delivered me from all my fears.”

*Thank you, God, for answering me when I seek you. Thank you for delivering me from all my fears. When I'm prone to wander, seeking out my own ideas and dwelling on my own worries, help me to remember that seeking after YOU is the only reliable thing in a world full of doubts and changes.*

### Isaiah 26:3

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

*God, help me to keep my mind stayed on you. Keep my heart in perfect peace, and by your Holy Spirit embolden my faith. Open my eyes to see the ways you have already gone before me into this situation, and remind me that I can trust in you because you are faithful!*

### Psalm 23:4

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

*Heavenly Father, thank you for walking close beside me. No matter what I face, even the darkest and scariest of circumstances, I can trust that you are protecting me and comforting me. I love you, and I don't want to be afraid anymore.*

## Hebrews 13:5-6

“...God has said, ‘I will never fail you. I will never abandon you.’ So we can say with confidence, ‘The LORD is my helper, so I will have no fear. What can mere people do to me?’”

*God, you have said you will never fail me. You promised you will never abandon me. Your word is always true, and you always keep your promises! Help me to say with confidence that I have NO FEAR because you are my helper. Remind my heart that mere people can't do anything to me if my hope and my focus is on eternity with you.*

## Lamentations 3:57

“You came near when I called on you; you said, ‘Do not fear!’”

*Almighty God, you are a God who sees and who hears your people. You draw near when I call on you. You are not far off or distant. Holy Spirit, lead me in the truth. Help me to recognize the lies that fear tries to whisper. Give me ears that will only hear Your voice telling me “do not fear!”*

## Colossians 3:15

“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”

*Jesus, rule in my heart with your peace. Help me to live in peace with my brothers and sisters, and help me to find thanks and gratitude in all things. Thank you for \_\_\_\_\_...*

(When we begin to thank God for everything we can think of, we often find that the worries we may have been carrying at the beginning of our prayer time have evaporated by the end of it.)

## 1 Peter 5:6-9

“So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.”

*Lord, you are the mighty God whose power created the universe. Thank you for loving me and saving me – thank you for caring about all my worries and cares. I am worried about \_\_\_\_\_, and I want to give that fear to You. Help me to stand firm, and give me strength to hold on to faith. I know that Christians all over the world are facing trials and suffering, and I pray for \_\_\_\_\_...*

(If you aren't aware off the top of your head of prayer needs for the persecuted church, Voice of the Martyrs offers a Global Prayer Guide and resources at their website <https://www.persecution.com/>)