



DEVOTIONAL GUIDE

PRAYER TO OVERCOME ANXIETY

This devotional guide was created to be a daily companion in your spiritual journey, helping you draw closer to God, find strength in times of challenge, and cultivate peace in the midst of your routine. With each reading, you will be inspired to reflect on the Word, renew your hope, and apply principles that transform not only your heart but also your everyday actions.

Erica Yanney

1

PREPARATION

- ☀️ Breathe deeply: Inhale counting to 4, hold for 2 seconds, exhale counting to 6.
- ☀️ Posture: Sit comfortably or kneel.
- ☀️ Silence: Close your eyes and focus on being in God's presence.
- 🧠 **Neuroscience:** breathing and posture activate the parasympathetic nervous system, which reduces stress.

2

PRAISE AND GRATITUDE

“Give thanks in all circumstances.”
(1 Thessalonians 5:18)

SHORT PRAYER:

“Father, I praise You because You are good and You take care of me. Thank You for the air I breathe, for life, and for everything You have already done for me.”

 **Science:** Gratitude activates brain areas linked to reward and well-being, reducing anxiety.

3

SURRENDERING ANXIETY

“Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)

SHORT PRAYER:

“Lord, here are my worries: [tell Him softly or silently]. I place them in Your hands, trusting that You are in control.”

 **Science:** Naming emotions reduces their intensity and strengthens the prefrontal cortex, which regulates fear.

4 TRUST IN THE PROMISES

“When you walk through the fire, you will not be burned.” (Isaiah 43:2)

SHORT PRAYER:

“Lord, I believe I am not alone. Even in the hardest moments, Your presence protects and guides me.”

 **Science:** Praying with faith activates brain regions of safety and belonging, reducing stress.

5 SILENCE AND CONTEMPLATION

Stay in silence for 2–3 minutes. Calmly repeat in your mind:

“JESUS, I TRUST IN YOU.”

 **Science:** Calm repetition, such as prayer phrases, increases alpha waves, promoting deep relaxation.

6

CLOSING

SHORT PRAYER:

“Thank You, Lord, because I can rest in You. Renew my strength, fill me with peace, and strengthen my faith. Amen.”

Suggested Routine

-  **Morning:** Say this short prayer when you wake up (5 minutes).
-  **During the day:** Whenever anxiety arises, breathe deeply and repeat: “I cast my anxiety on You, Lord.”
-  **Night:** Write your worries in a journal and finish by giving thanks.

Disclaimer: If you have chronic anxiety that intensely affects your daily routine, seek medical advice. The cause may involve organic issues and may require medication to balance your brain chemistry.