

Instructions:

Print this file on a standard sheet of paper (8.5x11), front & back. We recommend using cardstock for durability. Cut out the cards individually and stack them in a deck. Use these prayer cards anytime you feel like your thoughts need taming!

**WHEN YOU
BATTLE ANXIETY**

**WHEN YOU FEEL
OVERWHELMED**

**WHEN YOU
STRUGGLE WITH
GUILT**

**WHEN YOU ARE
PUZZLED BY
PAIN**

Dear God, your ways are perfect. Your will is good. You deserve all praise. You have promised perfect peace to those who focus on you. Help us fix our eyes on you. Show us who you are so we can trust you more.

When we battle anxiety, help us keep our thoughts on you. When we rush ahead to the next plan or responsibility, slow us down and bring us back to you and your goodness. Help us uproot the weed of anxiety and replant with your joy.

We are grateful for the gift of peace and release from anxiety found in you. Thank you for the examples of faith we see in the lives of our friends and families.

In your precious name we pray, amen.

Father in heaven, you are the God of King David and our God too. You reign forever and over everything.

Bring us peace when we are overwhelmed. Help us manage our thoughts and remember the battle belongs to you. We don't know how we can accomplish all the things we need to get done. Show us the activities and obligations we can say no to. Help us release the burdens that preoccupy our minds and keep you at bay. Come near.

God, please hear the cries of those who feel overwhelmed as they serve you. Remind them of your faithfulness.

Thank you for hearing our cries no matter where we are or what overwhelming giant we are facing.

In Jesus' name, amen.

God, you are abounding in forgiveness and mercy and goodness we cannot understand in this life. We worship you with our hearts and souls.

We confess our sins. As we struggle with guilt over past sin, remind us of your forgiveness. Please let us feel your mercy and rest in your faithfulness.

Walk closely with our friends and families so they can know your grace and forgiveness. Lift their burdens and point their faces toward you.

We give you thanks for the grace we do not deserve and for your mercies, which are new every morning.

In Christ's name, amen.

Dear God, you are great and mighty. You planned every moment of every life on earth. You know all and control all. You are Lord of all!

Remind us today that when painful things enter our lives, you have allowed them for a higher purpose. Help us appreciate the difficulties and challenges and place them in your hands. Please use our pain for your glory.

As our children learn more about you and your ways, help them realize you want only good for them. Teach them to pray and walk with you through good times and bad. Reinforce their faith today.

Thank you for weaving the events and circumstances in our lives—and yes, even the pain—to fit into your amazing plan.

In Christ's name, amen.

**WHEN YOU
CAN'T FIND JOY**

**WHEN YOU FEAR
GOD'S REJECTION**

**WHEN YOU ARE
LURED BY LUST**

**WHEN YOU
CAN'T GET NO
SATISFACTION**

Our Father in heaven, only you deserve all glory and praise.

You are our source of joy, peace, and love. Please help us choose joy by practicing picky thinking. Help us assess our joy level, believe that joy is possible, and still call out for help when we our joy falters.

We ask for your help to stay in the present moment. Please replace our contingent joy with courageous joy. Show us the joy that cannot be taken away.

Help us anchor our souls in Jesus and find complete joy.

We are so grateful that we are not in charge of our own lives. Thank you for your constant guidance.

In Jesus' name, amen.

Father, you are above all, know all, and see all.

May we not view you as a distant father but as one who has come to earth and understands the challenges and temptations of our lives. Be near us today and whisper reminders that you are close and holding us as your children. Help us rest in your unconditional love.

We are so grateful to know that nothing can separate us from your love. Help us, like Paul, to uproot our feelings of rejection and replant instead the reality of your love and provision.

Thank you for hearing us and listening to our pleas.

It's in Jesus' name we pray this, amen.

God, you assemble your people from all around the world. You are the Good Shepherd, who gathers and protects his flock.

Help us win the battle against lust. We crave things that don't belong to us. We struggle with habits and thoughts we know you don't want us to engage in. At times we feel powerless. Guide us to strong Christian friends to whom we can be accountable. Help us take every thought captive, make it obey Christ, and have victory over this battle.

Protect our homes and our families from destructive forces. Keep us safe and guard our hearts. Give us wisdom on how to make our homes pure and secure places. We are thankful you have given us communities of believers who help and encourage one another. Thank you for reminding us we are not alone. And thank you for being the God of fresh starts.

In Jesus' name, amen.

Father, you control our every circumstance, our every breath. Your power and majesty know no limits.

We confess that we struggle with contentment. We find ourselves complaining about one thing or another, desiring what we don't have instead of being grateful for what we do have. Please help us manage our thoughts, rid us of this attitude, and help us, instead, recognize the bounty of blessings you have given us.

Help us lead our families in achieving contentment, rather than chasing after the things culture says will provide satisfaction. Give each of us strength to resist the pull of the world. Guide our hearts and minds to find our satisfaction in you alone.

Thank you for quenching our spiritual thirst and comforting our souls.

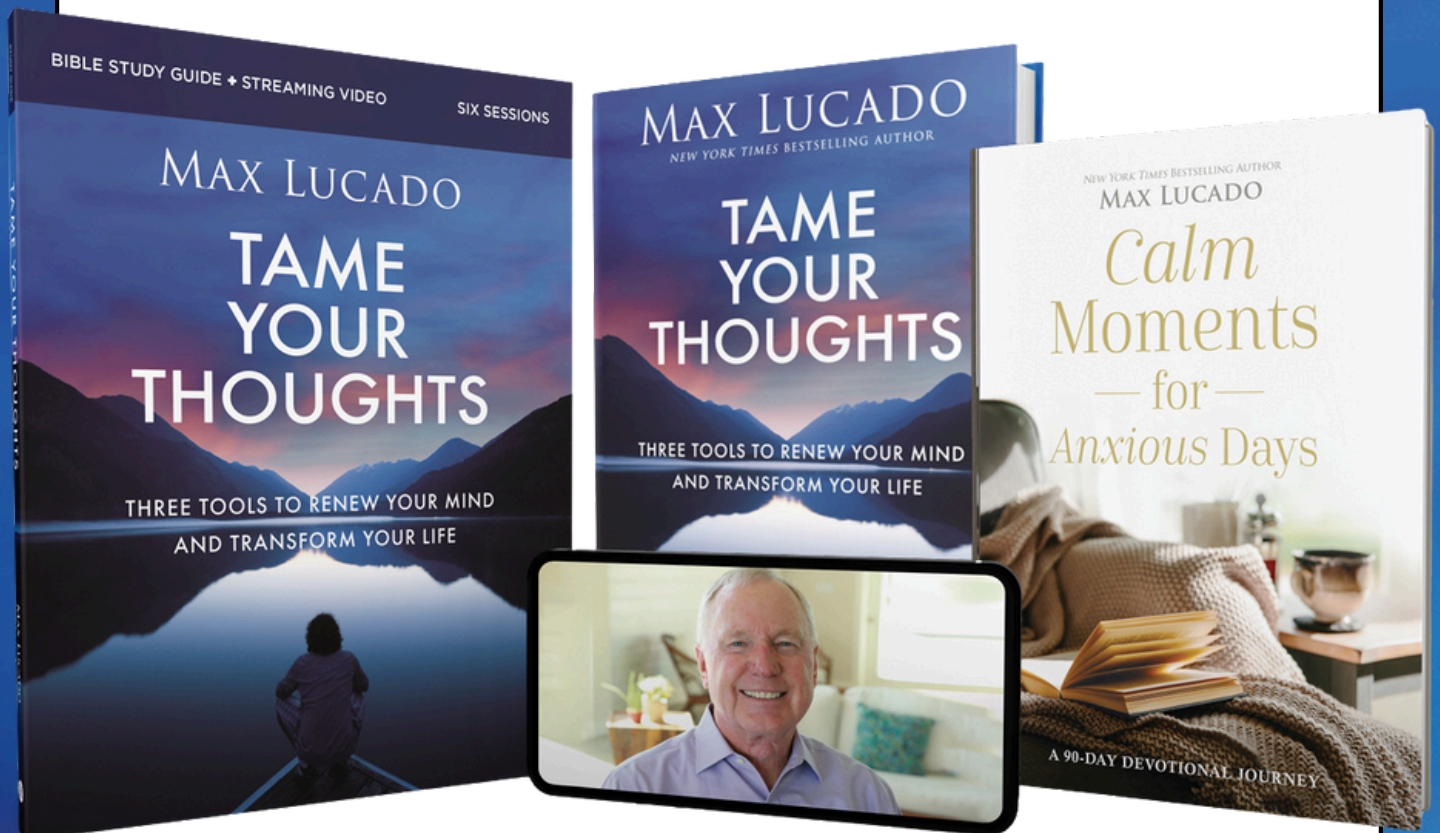
In Christ's name, amen.

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