

Today I am struggling with anxiety.

Today:

- * Philippians can help.
- * God has the answers I seek.
- * Praying from scripture anchors my heart in truth.
- * Today I will lift God's Word in prayer.
- * Scripture is a reminder of the beautiful promises of God's faithfulness.
- * Today I will draw nigh to God and He will draw nigh to me.

“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

Heavenly Father, thank You for another beautiful day in Your grace. The sun is shining through the trees today, but every day is not like today. Some days are overcast. Clouds cover the sun and its warmth isn't as strong as on a sunny day like today. Anxiety can be the same way. Some good days, some bad days. On the bad days it is hard to see the light of grace through the clouds. There are worse days that tears stream down my cheeks like rain. Father, it is on these days that I need You to press through the darkness and shine the light of Your countenance upon me. The days when the clouds are so thick a chill runs down my spine. These are the days I need You to send extra help to remind me to pray through the fear that grips my heart. The days I need a trusted friend to take me by the hand and reach through the barrier to the throne room on my behalf. These are the days I need extra grace.

Father, I am trapped in this terrible place today. Please help me feel the prayers of Your children crying out on me behalf as I try to lean closer to You today. I pray for Your sweet peace to surround me, fill my ears and mind with the whispers of glory, and stomp out the devil's fire that is raging against me. Grant me strength to fight the right way, through prayer and praise. When my heart is set on You, when my eyes are aimed upward, I know my whole perspective will change.

Father, thank You for never leaving me nor forsaking me, especially in these times of despair. In Jesus' name, Amen.