

# Prayer Guide



## 5 Prayers For Our Unsettled Spirits

[BillieJauss.com](http://BillieJauss.com)

*When I experience fear.*

Lord, I come to you with my  
fears. I am afraid.

However, I know you are  
with me.

I know you will never leave  
or forsake me.

I will not be afraid or  
discouraged.

You are in control and will  
take care of me.

My hope is in you, Lord.

**With you, I am  
Strong and Courageous!**

Read: Deuteronomy 31: 7-8

*When I am anxious.*

Oh Lord, my thoughts are speeding in directions that I do not want them to be.

Instead, I will celebrate you, Lord, each day.

Instead of worry,

**I will PRAY,**

thanking you Lord for all things.

I will leave my anxious thoughts with you.

I receive your peace that guards my heart and mind.

Read: Philippians 4: 4-7

*When I can't do one more thing.*

Lord, I know you have created me to do good works. Right now, I am out of the energy to do one more thing.

I pray, Lord, that **You will Renew my spirit** so that, I may find rest in your shadow, and rise up when needed.

Thank you Lord that your spirit lives in me and **you give me the strength** I need.

Read: Isaiah 41:10

*When I am tired.*

I am weary.

Thank you, Lord,  
that your arms are open,  
waiting to embrace me.  
I am running to you, Lord!  
I accept your embrace and  
want to grow more and  
more in love with you.

**I know you are with me,  
you love me, and  
you care about me.**

I receive your grace,  
strength, peace, and rest.

Read: Matthew 11: 28

*When I feel lonely.*

I am lonely and  
don't always see you  
during my troubles.

I feel so alone even though  
I have people around me.

**Jesus, You are with me  
wherever I go.**

I will be  
strong and courageous.  
I am confident that you are  
by my side.

Thank you, Lord for your  
presence in my life.

Read: Joshua 1:9

When I need HOPE!

Lord I confess,  
today I don't feel hopeful.

But God...

I know that you,  
my Lord, are my hope.

I believe you will  
restore my strength.

I cling to the plan  
you have for my life,  
for a hope and a future.  
I am expecting to see and  
hear you today.

Thank you, Lord.

Read: Jeremiah 29:11

