






7 Prayers for Women to Overcome Being Overwhelmed


 Lord, meet me where I am. I am anxious, but you knew I would be in this place. You know me. You made me. You love me more than I know. Guide my spinning mind and exaggerated fears to where you desire them to be. Use this anxious moment to change me so I may glorify you through it all. I am grateful you understand my innermost being and desire to use me for your glory. In Jesus' mighty name. Amen!


 Lord, thank you for the calm and quiet you promised even in the middle of my life's chaos. Help me remember that you are with me when life feels like it is spinning out of control. Help me embrace the peace and comfort you offer so freely. I will trust you and the promises you give me in your Word. I will steady my mind and spirit in your presence. In Jesus' mighty name. Amen!

 Lord, today I will rely on your strength. I am stronger than I seem. I will embrace your courage. I am braver than I believe. I will lean on your understanding and knowledge. I am smarter than I think. In you, I have all these things. In Jesus' mighty name. Amen!

 Lord, help me see what I should prioritize today. I get overwhelmed with all the things I need to do. I expect too much from myself and feel like a failure when I cannot complete all the tasks. Today I will listen for your still, small voice whispering in my soul to help me see what is essential and what is excess. First, I will fix my eyes on you. In Jesus' mighty name. Amen!

 Lord, open my eyes and show me your calming voice in the middle of the storm that is raging in my life. You can stop the storm, but even if you don't, I will believe you are working for my good through it all. Teach me the lessons I need to learn and help me rely on you more in every circumstance. In Jesus' mighty name. Amen!

 Lord, I give all my negative thoughts to you. These emotional toxins are engulfing my mind and keeping me far from you and what you've called me to do, to honor you. I will replace these with your words. Guide me to the exact scripture needed to replace these toxins. Help me move from the deceptive thoughts to the truth. In Jesus' mighty name. Amen!

 Lord, give me the courage to step out in faith and let go of what I can see and try to control. Please quiet my anxious heart. I bring you every worry (name what you are worried about). I will stand in your peace. In Jesus' mighty name. Amen!