

30 Day Prayer Challenge for Stress and Anxiety

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Need a [prayer for anxiety](#) and anxious thoughts? This past year has been one of the most rapidly changing, chaotic periods many of us have ever experienced. When life's uncertainties threaten to steal our inner calm, may we draw close to the Prince of Peace, and may His peace, which surpasses understanding, sink deep into our souls, expelling our inner angst.

This 30-day anti-anxiety prayer challenge will fasten our hearts in Christ and His unshakable, never-changing truths—promises strong enough to carry us through our greatest difficulties. Make the prayers below your own, whether that means saying every word or using each day's focus as a prompt.

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Day 1: Prayer for Anxiety: Lord, give me a sound mind.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” ([2 Timothy 1:7](#))

Lord, when fearful thoughts swirl through my head, I know they don't come from You, nor do I have to give their voice weight. You have given me a sound mind, the mind of Christ ([1 Corinthians 2:16](#)), and the power and the strength to focus on truth. Because of Your Spirit within me, I am not a victim to irrational thinking or what-if scenarios. Instead, I will choose to meditate on every promise You've given me in Scripture. Your love, Lord, holds me firm and reigns over all I am.

Listen to how God used this verse to bring singer and songwriter Kylee Odetta freedom from debilitating anxiety [HERE](#).

Day 2: Give me reason to laugh.

“She is clothed with strength and dignity; she can laugh at the days to come.” ([Proverbs 31:25](#))

Laughter has such healing, stress relieving power. As an adored child of the victorious, joy-giving King, I always have a reason to laugh. Lord, fill my heart with humor, especially in the face of adversity. Sprinkle moments of fun throughout my day, and help me to grab hold of each one.

When tension increases and my thoughts refuse to slow, beckon me to step outside, to watch a clean comedy clip, or call that hilarious friend. In short, help me break away from life's challenges, even if for a moment, to strengthen my soul with whatever might brighten my day.

Day 3: Remind me of truth.

"Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness." ([Ephesians 6:14](#))

Thank You, Father, that I am well-armed for any battle I might face. In Christ, Your precious Son, You have given me every weapon necessary and available, each one held secure by my belt of truth. Your truth is my sword, able to slice through all accusation waged against me and all falsehoods that attempt to distract or confuse.

By Your truth, I can fight back the forces of evil and bolster my heart for every challenge ahead. When I'm frightened, draw me to Scripture more than the news or social media and sink every verse deep into my heart so that Your words become a part of me.

Learn how to counter your fears with truth [HERE](#).

Day 4: Prayer for Anxiety: Provide for my needs.

"And my God will meet all your needs according to the riches of His glory in Christ Jesus." ([Philippians 4:19](#))

No matter what happens in our economy, with my employment situation, or my bank account, I know You and You alone are my provider. You can meet my needs and those of my family's in miraculous and unexpected ways. In fact, You excel at this. Frightening and uncertain circumstances are merely the backdrop for Your most glorious acts.

In [Exodus 16](#), You rained food from the sky each day, enough to feed an entire nation. Through this, You taught them to depend on You. [1 Kings 17](#), You used ravens to feed Your prophet Elijah. During a drought, You fed a helpless widowed woman and her son, presumably for the duration of the drought ([1 Kings 17:7-16](#)). Generations upon generations later, through Your Son, You fed thousands, more than once, from a meal meant for one.

Day 5: Draw me to You.

"Come near to God and He will come near to you." ([James 4:8](#))

When fear rises within me, draw me to You, and remind me that You are indeed near. Sometimes my anxiety lies to me. It wants me to believe that, because I can't feel your presence in that moment, You are indeed absent. That You've turned away from me or are displeased with me. But I know that's not true. You know me fully—my weaknesses and concerns. You remember that I'm formed from dust, human, with all that entails.

I need You desperately, Lord, always, but when I'm frightened especially. So, remind me of Your presence. I know You are always with me. Scripture promises, the instant I take the slightest step toward You, You are already bridging the gap between us. You are a good, loving, and faithful Father who will never leave me.

Day 6: Fill my mind with those things that are lovely.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” ([Philippians 4:8-9](#))

I know I can't simultaneously focus on what feels hard and frightening and on what is good. But sometimes negative thoughts invade with such strength, I feel powerless to stand against them. In those moment, I need You. I need Your help and Your strength, so flood my mind and my heart, Lord with everything praiseworthy and soul-nourishing.

In gratitude, I will choose to pause, to reflect on every memory, verse, and glorious song You bring to mind. I'll meditate on the sunrise that lights up each day and twinkling star that shines through my night. But mostly, I'll think deeply on You, for You, my Lord, are lovely and admirable, pure, and true, and You are, and will always be, mine.

Learn how to victoriously choose faith when fear attempts to hold your mind captive [HERE](#).

Day 7: Shelter my heart with thanksgiving.

“Give thanks to the LORD, for He is good; His love endures forever.” ([1 Chronicles 16:34](#))

Throughout Scripture, You warn us not to forget who You are, what You've done, and what You've promised. The moment we do, our problems seem to

grow stronger, and You appear to grow weaker. I know this is far from true. You are the God of heaven's armies, the Creator of all things, who formed entire galaxies by a mere command. Sometimes, however, these truths appear to fade.

When I recount my blessings, however, You and Your miraculous acts sharpen back into focus. With every word of thanksgiving, I remind myself of Your heart and Your care. Through praise, I acknowledge that good that remains, even when life feels hard. So, Lord, flood and strengthen my heart with thanksgiving and fill my mouth with praise.

Day 8: Help me recognize what's false.

"Guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long." ([Psalm 25:5](#))

My fears are so deceptive, God. They tell me the problems in front of me are greater than the God that dwells within me, stands beside me, and surrounds me. They trick me into believing a virus or health concern has authority over life and death, when I know that power solely belongs to You. My anxiety says my financial security lies in the job market, my paycheck, or my savings account, instead of the God who always provides. I know You remain sovereign over all, but sometimes, I forget.

Unfortunately, there are days when I give more authority to the noise all around me than the steady and faithful voice of my God within. I need Your help. Close my ears, Lord, to everything contradictory to You. May Your voice ring the loudest, for I know You always speak truth. Your words always lead to peace and increased freedom.

Day 9: Help me see Your hand.

"If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you—you of little faith?" ([Matthew 6:30](#))

Each day, God, You, feed animals of all varieties across the globe. By Your power and providence, rain falls upon pastures and farmlands, and You bathe tender green leaves in sun. Our world continues to spin, with season after season and year following year, by Your command. But Your faithful attention reaches even farther than that, Lord, to my home, my family, and to my friends. Make me alert to all the ways You care for me, those I love, and our world. Each day, grant me glimpses of Your heart and Your hand.

Related: Listen Now to Our FREE Podcast Episode on [Finding Peace in Anxiety](#) with Nicole Unice:

Day 10: Prayer for Anxiety: Quiet my fears, Lord.

“The LORD your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing.” ([Zephaniah 3:17](#))

God, I pray against my fear, now, not just what I’m afraid of, but my very fear itself. Counter my anxiety. Beat it back and overwhelm it with Your love. Fill me so completely with You, no trace of fear may remain. I recognize some of the greatest battles take persistence, and You Yourself told me to pray without giving up.

Therefore, remind me to pray against fear often, whenever it arises. May I not grow weary or discouraged if I don’t see results immediately. Instead, bolster my heart to keep seeking, to keep asking, knowing that You do indeed hear my every cry and are, at this moment, doing a great work within me. I know You’re leading me to greater freedom with every prayer.

Day 11: Thank You for Your sovereignty.

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” ([Romans 8:28](#))

When circumstances don’t go my way, I’m comforted knowing Your plan for me remains firm. No matter what others do or say, You reign supreme. Scripture shows this again and again. Man’s sin and even my weaknesses can never thwart Your plans, and [Ephesians 2:10](#) reminds me that You formed Your plans for my life before I took my first breath.

What’s more, You’re growing me now, day by day and step by step, equipping me to become all You created me to be and to fulfill all You’ve assigned to me. This means I need not fear anything that comes, because You will turn it all, the enjoyable and the painful, the hard and the seemingly unsubstantial, for good.

Hear one woman’s story of finding the courage to surrender control when her life felt uncertain [HERE](#).

Day 12: Watch over me.

“The Lord watches over you—the Lord is your shade at your right hand;” ([Psalm 121:5](#))

Lord, You promised to watch over me, from the moment I rise to the moment I lay my head on my pillow at night and every moment in between. You see me when I sit, when I leave for work or wish I could. You’re alert to my every struggle and every obstacle I’ll face. You know it all and see all and love me through it all, and this brings me peace. When my world feels dark, even there, the light of Your perfect vision shines through.

I declare with confidence the words of King David in [Psalm 139:11](#)b-12, proclaiming, *“If I say, ‘Surely the darkness will hide me and the light become night around me,’ even the darkness will not be dark to You; the night will shine like the day, for darkness is as light to You”* (NIV).

Day 13: Protect those I love.

“But let all who take refuge in You be glad; let them ever sing for joy. Spread Your protection over them, that those who love Your name may rejoice in You.” ([Ps. 5:11](#))

You know how deeply I care for my loved ones, and how often I worry about them. But only You hold the power of life, their life and mine. What’s more, You died for them, and me as well. You, their Creator are for them, and as Scripture says, if You are for us, who or what could possibly stand against us? I claim this truth over my loved ones’ lives today, God, thankful that You stand bigger and stronger than anything that could possibly hurt, maim, or destroy.

And so, I ask You to watch over my family and friends. Be an impenetrable barrier that surrounds them wherever they go and carry them close to Your heart.

Day 14: Protect my relationships.

When conflict or relational challenges arise, insecurity and countless lies formed from past hurts can trigger anxiety. I’m afraid friendships will be broken or emotional intimacy hindered. Then there’s the stress related to distance already experienced, where I long for healing and reconciliation but worry this might never occur.

But You are the God of reconciliation, healing, and health. You change the hardest hearts and bring life where dysfunction and decay once flourished.

You Yourself said that it's not good for mankind to be alone ([Genesis 2:18](#)). This means You long for me to experience meaningful connection as much, if not more, than I do. When anxiety tells me otherwise, I will choose to hold tight to truth; I trust You to secure relationships I currently enjoy and lead me to healthy community when I feel alone.

Day 15: Thank You for remaining by my side.

"Where can I go from Your Spirit? Where can I flee from Your presence? If I go up to the heavens, You are there; if I make my bed in the depths, You are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast." ([Psalm 139:7-10](#))

Sometimes when anxiety hits, I feel isolated, as if no one experiences the fear I do and wouldn't understand, should I try to explain it. Yet, You know me fully and remain with me always, never to leave. Wherever I go, You are there, standing by my side in strength and love. Whatever I face, I never have to face it alone. You are my ever-present, ever-faithful Father, my constant companion, and my source of strength and peace.

Day 16: Fight this battle I'm facing.

"This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'" ([2 Chronicles 20:15b](#))

Throughout Scripture, when Your people felt helpless, caught in a hopeless situation, You quieted them with this promise: You, the God of heaven's armies, would fight for them. In [2 Chronicles 20](#), when a vast number of vicious warriors came against the nation of Judah, You spoke such powerful words, reminding them they needn't worry about their little strength and military force. They didn't need weapons or great skill. You promised to fight for them, and You did. You defeated their enemy by Your mighty hand.

You brought victory then, and I know You will again, because You, Lord, don't change. The God who fought for the ancient Israelites in [2 Chronicles 20](#) is the same God who is fighting for me now. This obstacle in front of me? It feels insurmountable. But my greatest enemy is like a weak and timid kitten before You, El Shaddai, God Almighty.

Day 17: Prayer for Anxiety: Be my defense.

“The name of the Lord is a fortified tower; the righteous run to it and are safe.” ([Proverbs 18:10](#))

When others come against me in slander or accusation, I’m tempted to cower and or lash out in anger. When those in authority rise against me or discredit my work, I immediately feel as if my future is threatened. But they are mere humans, created by You, and You alone are my strong tower and defense.

You, not my strength, solutions, or plans and schemes, stand against all that comes against me. What’s more, You’re more secure than the tall strongholds erected deep in the heart of the fortified cities of old. You hold victory in store for all who love You, and I do love You, Lord.

Day 18: When others reject me, anchor me in You.

“For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will.” ([Ephesians 1:4-5](#))

I know I’m not supposed to allow other people’s opinions and poor behavior to enslave me or hinder my obedience to You. I know, Lord, that You created my inmost being. I am certain of Your love and the price You paid to draw me near. You alone determine my worth, and You declared it so clearly through Your death and all You willingly suffered on my behalf. What could ever possibly increase my value, Lord?

But sometimes, when others treat me with disdain or push me aside, I struggle to hold tight to who I am in You. I need Your help. May Your truth and nothing else define me, Lord. Mortar the cracks and expel the lies in my heart that might cause me to view myself through any lens other than Your love and grace.

Day 19: Show me the root of my fears.

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way of everlasting.” ([Psalm 139:23-24](#))

When anxiety hits, the surge of emotions can appear to come without provocation. Other times, I assign a cause incorrectly, or at least, superficially. This leads me to fight surface level battles without ever really

getting to the source of my fears, to the deep wounds and core needs beneath my reactions.

Take me deep, Lord. Unveil the hidden recesses of my heart. Shine your light on every shadow, every crevice in need of Your touch and Your grace, and then flood each pocket with love and truth.

Day 20: Fill me with Your Spirit.

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.” ([Galatians 5:22-23](#))

When I try to fight my fears alone and seek peace and joy in my strength, I fail. Neither can I find these amazing gifts through my circumstances. While this truth might initially leave me feeling unsettled, pricking my [pride](#) and desire for control, ultimately, it leads to relief. I’m so thankful that my joy and peace come from beyond myself and my experiences and flows directly from You.

Fill me with Your Spirit, Lord, with the full measure of You, crowding out, completely, every ounce of anxiety and fear.

Day 21: Grant me Your peace.

“Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” ([John 14:27](#))

Jesus, You alone are the Prince of peace. You not only brought peace, deep healing and reconciliation between man and God, but You deposited this precious gift into the hearts of all who love You, as well. As You promised the night before You died, You would gift us peace, and not give as the world gives, with a surface level tranquility that is here today then vanishes tomorrow.

Your peace, shalom in the Hebrew, which refers to a deep sense of wholeness, extends to our depths and endures for all eternity.

Day 22: Help me discern Your voice.

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’” ([Isaiah 30:21](#))

When decisions loom and uncertainty hits, my thoughts begin to spin. What if I turn left when I should turn right, stand still when You want me to move, or

keep walking when You tell me to pause? However You lead, I find peace simply in knowing that You, my God and faithful Father, are the one guiding me. I need that assurance now. I need to know that You truly are speaking to me and that You will make Your way clear.

You're bigger than my ability to hear, and I know, even when I mishear Your voice, You continue to guide me, lovingly nudging me toward Your very best, because You are patient and kind, always. You don't expect perfection; You're simply asking for my heart.

Day 23: Strengthen my inner being.

"I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." ([Ephesians 3:16-19](#))

Lord, thank You that You not only stand beside me and remain with me, but You also live within me. The moment I turned to You for salvation, You made Your home inside me, giving me full and constant access to all of You—all Your peace, love, power, and strength. Fill me now, to capacity, with all the fullness of You, until there's no room for fear.

Day 24: Give me the discipline and courage to self-care.

"Like a city whose walls are broken through is a person who lacks self-control." ([Proverbs 25:28](#))

I know I need to take time to relax, to exercise, to breathe, and to pray. Sometimes, however, I get caught on life's expressway, and forget that I need to jump off. Other times, external pressures and other people's expectations keep my feet running. I think I can keep up, but as the pace and my stress increases, so does my anxiety.

I want to learn to hit pause before my pulse and blood pressure raises. Teach me to slow down, to laugh, and to tend to my soul. Increase my resiliency and improve my mental health with every quieting act.

Day 25: Lift my gaze.

“Set your minds on things above, not on earthly things.” ([Colossians 3:2](#))

No matter how uncertain life feels today, I know, in You, my eternity is secure. Jesus, before You left earth, You promised to prepare a place for Your followers. A beautiful, joyful place free from fear, pain, and human need. One day soon, God, I will walk upon streets of gold, surrounded by pure light and love.

I know all You have waiting for me is beyond anything I can imagine. If only I would contemplate heaven more, I'm certain my anxieties would lose their power. I would remember that my greatest challenges today are but temporary and limited in power. They can never diminish all the blessings You have in store for me.

Day 26: Grant me the assurances I crave.

“Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved.” ([Psalm 55:22](#))

I'm trying to walk by faith, hold tight to truth and surrender all my anxieties and fears. I also trust that You do indeed hold my future, Lord. You are my provider, sustainer, defender, redeemer, and ever-present help who remains forever and always near. But as I wait for Your aid, give me something tangible I can hold tight to; please speak words of assurance to my heart.

Thank You for hearing my every prayer, my every care, and for being present in my every need.

Day 27: Help me to remain focused on today.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” ([Matthew 6:34](#))

In [Matthew 6](#), You explained Your faithful care so beautifully. You told me not to worry and why I have no reason to, for the God who nourishes the flowers and tends to the birds watches over my every need. What's more, You already know what's ahead, and You've already prepared for my tomorrow.

Help me to rest in that. To trust in that, knowing that You will perfect all that concerns me. ([Psalm 138:8](#)). Therefore, I can remain focused on today, living fully present in the present. Whenever my thoughts drift toward tomorrow, or next year, or even two decades from now, remind me to redirect them onto

today. The more I practice controlling my thoughts, the easier it will be to do so in the future, and the greater my joy and peace.

Day 28: Grant me restful sleep.

“He makes me lie down in green pastures, He leads me beside quiet waters.” ([Psalms 23:2](#))

Whenever I read [Psalm 23](#), and the analogy of sheep faithfully led by their shepherd, I’m reminded of Your care for me. You are my shepherd, who provides for all of my needs, and You always will. You lead me by day, and then at night bring me back to the safety of Your pen, where You Yourself guard the gate.

No one and nothing can touch me, Lord, without first getting past You. When thoughts tumble through my mind at night, still them with that truth.

Day 29: Help me live in grace.

“Therefore, there is now no condemnation for those who are in Christ Jesus,” ([Romans 8:1](#))

Why do I rehash past sins and mistakes again and again? Whenever I do this, my heart declares me guilty, though You have washed me clean. Because of Your death and resurrection, I am not condemned and have no reason for shame. This is true when others declare me guilty, as well. While I must take responsibility for my actions, seeking forgiveness from those I wrong, I will not allow their response to enslave me.

Because of Your grace, I choose to learn from my past, making it a stepping stone to greatness rather than a trap to defeat. I can walk in complete freedom, Lord, because You have set me free.

Learn how to rest more deeply in grace [HERE](#).

Day 30: Show me when to get help.

“For the Lord gives wisdom; from his mouth comes knowledge and understanding;” ([Proverbs 2:6](#))

You guide us toward increased freedom in so many ways, Lord. Sometimes, Your healing comes in a moment, and other times over a lifetime as we steadily follow Your lead. Just speak the word, or even cast a thought, and all my anxiety will be banished for good. You remain sovereign over every cell,

my neurons and biochemicals included. But You've also provided for me in numerous other ways. Often, freedom comes through a combination of things as we rely on You, practice self-care, and seek help from others, counselors and doctors included.

Thank You for giving me access to caring and capable mental health professionals, each one created by You. Grant me wisdom regarding which route is best for me and the courage, diligence, and perseverance to follow Your lead.