

PRAYERS FOR PEACE OF MIND

Scripture and
Encouragement
for Days of Anxiety,
Worry, and Stress

HOLLEY
GERTH

**PRAYERS
FOR
PEACE
OF MIND**



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You're Made for a God-Sized Dream

You're Going to Be Okay

What Your Heart Needs for the Hard Days

What Your Soul Needs for Stressful Times

What Your Mind Needs for Anxious Moments

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for Days of Anxiety, Worry, and Stress

HOLLEY GERTH


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INTRODUCTION

We all have anxious moments and stressful thoughts. Maybe yours happen when you watch the news, worry about a loved one, get ready for a big meeting, or stare at the ceiling in the night thinking about the future. Your heart might pound, your mind may race, or your sleep could get interrupted.

Your anxiety and stress might even make you wonder if your faith is weak or something is wrong with you. But neither is true. Anxiety and stress are an inevitable part of being human, but they don't have to control your mind. You really can live with more contentment and less worry, more inner peace and less fear, more joy and less stress.

God alone is big enough to carry your burdens, work out all your worries, and transform your anxious moments into soul-deep peace. His love for you is endless, his grace complete, and his plan for your life full of hope. He can set you free from anxiety one moment, one thought, one step at a time—starting right now.



God Meets You Where You Are Today

Then the LORD God called to the man,
“Where are you?”

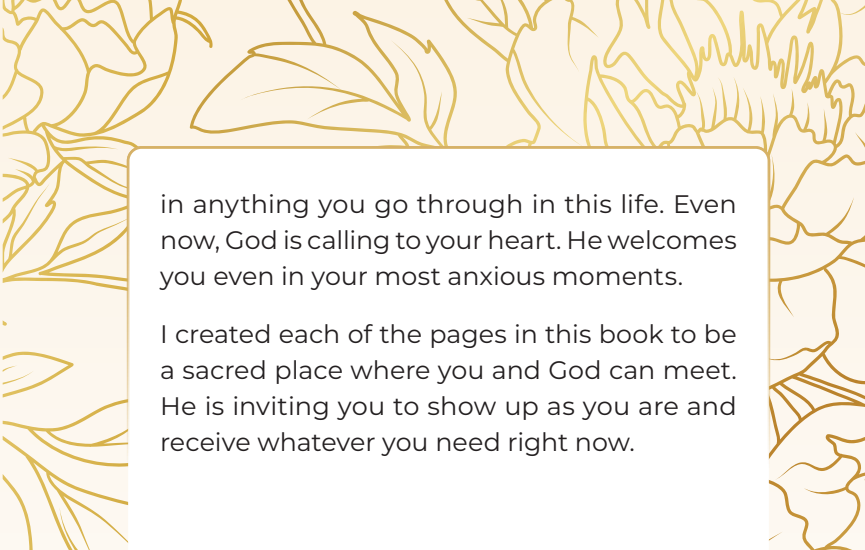
He replied, “I heard you walking in
the garden, so I hid.”

Genesis 3:9–10

God is asking you today, “Where are you?” No matter the answer, he already knows. What he’s really asking is, “Are you ready to let me meet you where you are today?”

God wants to free you from stress or anxiety, deliver you from fear, and bring you to a new place of knowing in an even deeper way how much you’re loved.

You never have to hide your emotions or what you’re experiencing from him. You don’t have to say “I’m fine” one more time. You are not alone

A decorative border at the top of the page features stylized, golden-brown line art of various leaves and flowers, including what appears to be a rose on the right side. The background is a light cream color.

in anything you go through in this life. Even now, God is calling to your heart. He welcomes you even in your most anxious moments.

I created each of the pages in this book to be a sacred place where you and God can meet. He is inviting you to show up as you are and receive whatever you need right now.

God, thank you for your great tenderness toward me. I'm so grateful you want to meet me where I am today. I need your help with my anxiety. Amen.



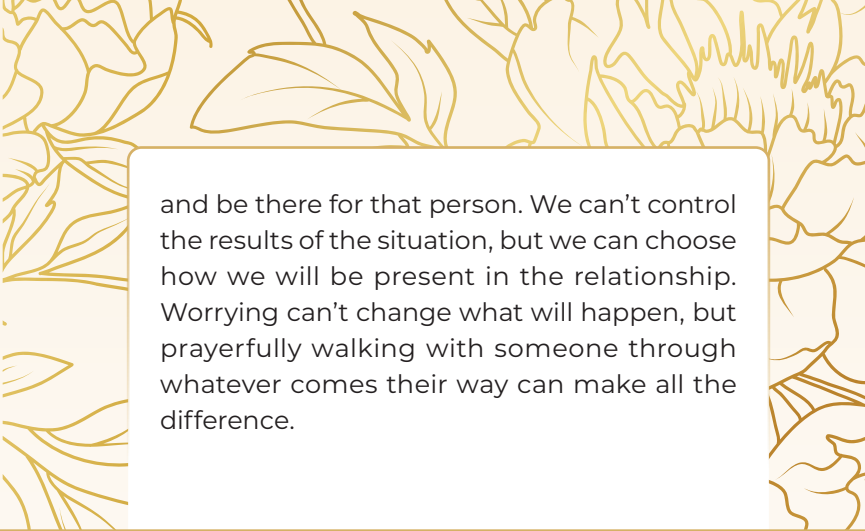
God Sees Everything in Your Life

But God heard the boy crying, and the angel of God called to Hagar from heaven, “Hagar, what’s wrong? Do not be afraid!”

Genesis 21:17

When we’re anxious about those we love, it feels as if their well-being depends on us. We have to keep them safe. We have to ensure they make the right choices. We need to control what happens. But the story of Hagar and Ishmael in Genesis reminds us that God is ultimately in charge of those we love. He is their Protector. He is their Provider. He is the one who will meet them in the dry, desert places where there seems to be no hope.

Instead of being anxious, we can take our concerns to God. Then we can comfort, encourage,



and be there for that person. We can't control the results of the situation, but we can choose how we will be present in the relationship. Worrying can't change what will happen, but prayerfully walking with someone through whatever comes their way can make all the difference.

God, thank you for loving the people in my life even more than I do. I'm especially concerned about _____.

Please take care of this person today in ways only you can. Amen.



God's Love and Promises Are Real

Lead me by your truth and teach me,
for you are the God who saves me.
All day long I put my hope in you.

Psalm 25:5

Anxiety often tells us, “If people really knew who *you* are . . .”

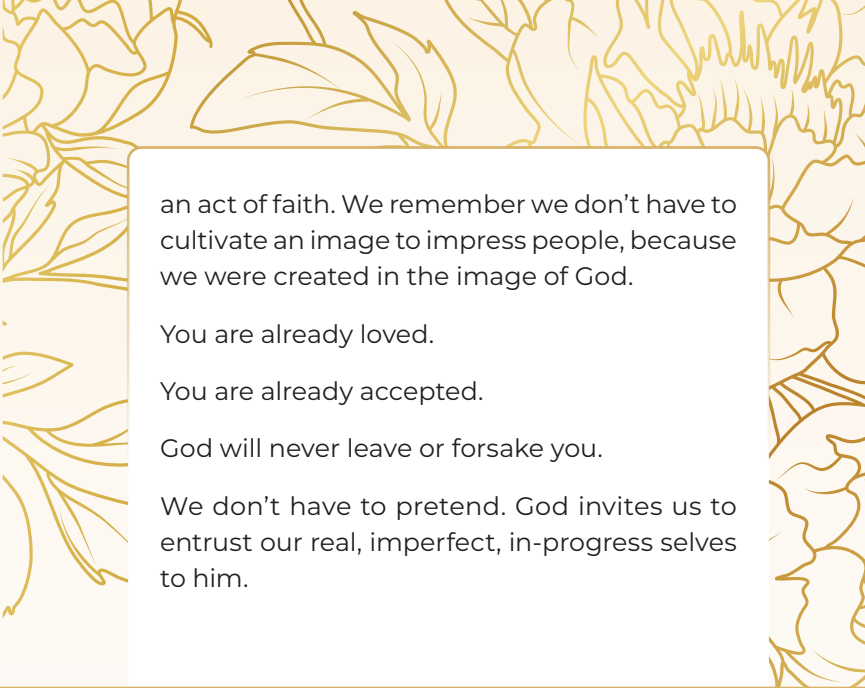
You wouldn't be loved.

You'd never be accepted.

You'd be alone and rejected.

So we act like everything is fine, overachieve to prove our worth, overspend to keep up with our neighbors, or simply never dare to let ourselves be deeply known.

How do we stop repeating these patterns? We *return to the truth*. We can choose to do so as



an act of faith. We remember we don't have to cultivate an image to impress people, because we were created in the image of God.

You are already loved.

You are already accepted.

God will never leave or forsake you.

We don't have to pretend. God invites us to entrust our real, imperfect, in-progress selves to him.

God, remind me that I'm loved, I'm accepted, and you are with me always. You get the final word in my life, and what you speak is always true. Amen.



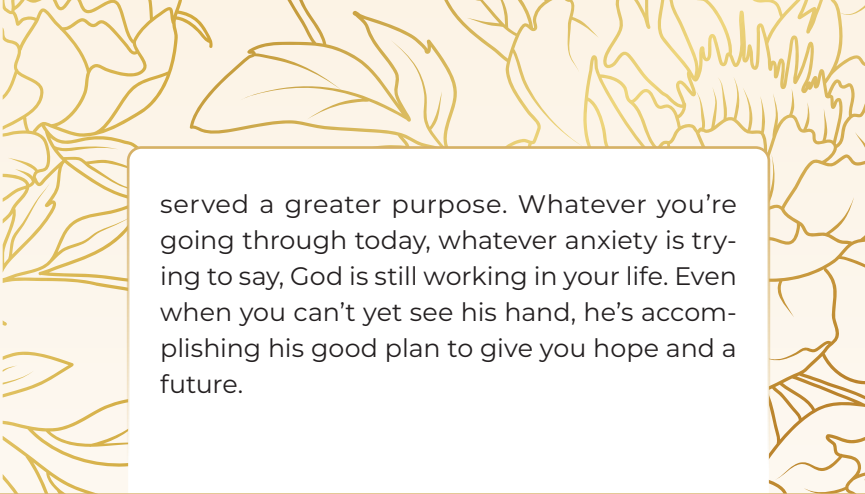
God Works on Your Behalf

You intended to harm me, but God intended it all for good.

Genesis 50:20

Jesus tells us, “Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world” (John 16:33). Although Joseph lived many centuries before Jesus, we still see this truth in his life. Joseph took heart by continuing to trust God was at work even when all the outward evidence seemed to indicate otherwise. He saw beyond what was possible from a human perspective and believed God would get him through whatever came.

Because Joseph persevered, God used him to save the lives of thousands of people, including his family. What seemed like pointless pain



served a greater purpose. Whatever you're going through today, whatever anxiety is trying to say, God is still working in your life. Even when you can't yet see his hand, he's accomplishing his good plan to give you hope and a future.

God, thank you for working all things together for good in my life. When anxiety tries to lie to me, help me hold on to truth and remember how much you love me. Amen.



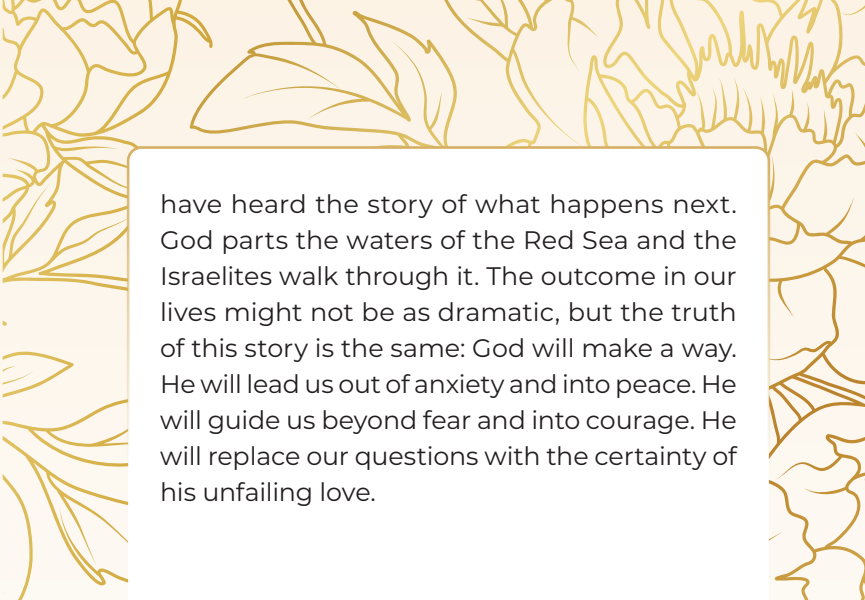
God Makes a Way for You

Don't be afraid. Just stand still and watch the LORD rescue you today. . . . The LORD himself will fight for you. Just stay calm.

Exodus 14:13–14

When anxiety tries to overcome us, it can feel much like it did for the Israelites as Pharaoh's army chased them after they left Egypt. We look at overwhelming circumstances, and suddenly questions come to our minds. "Why is this happening to me? What have I gotten myself into? I should have seen this coming!" In those moments, we can follow Moses's example.

First, he acknowledges the fear the Israelites are experiencing. Then Moses offers truth—the Lord will rescue the people. Most of us



have heard the story of what happens next. God parts the waters of the Red Sea and the Israelites walk through it. The outcome in our lives might not be as dramatic, but the truth of this story is the same: God will make a way. He will lead us out of anxiety and into peace. He will guide us beyond fear and into courage. He will replace our questions with the certainty of his unfailing love.

God, nothing is too difficult for you. No circumstance is too challenging, no obstacle too big, no situation beyond your solutions. When anxiety leads me to question the future, help me trust that you are working in ways beyond what I can even imagine. Amen.



God Gives You a New Song

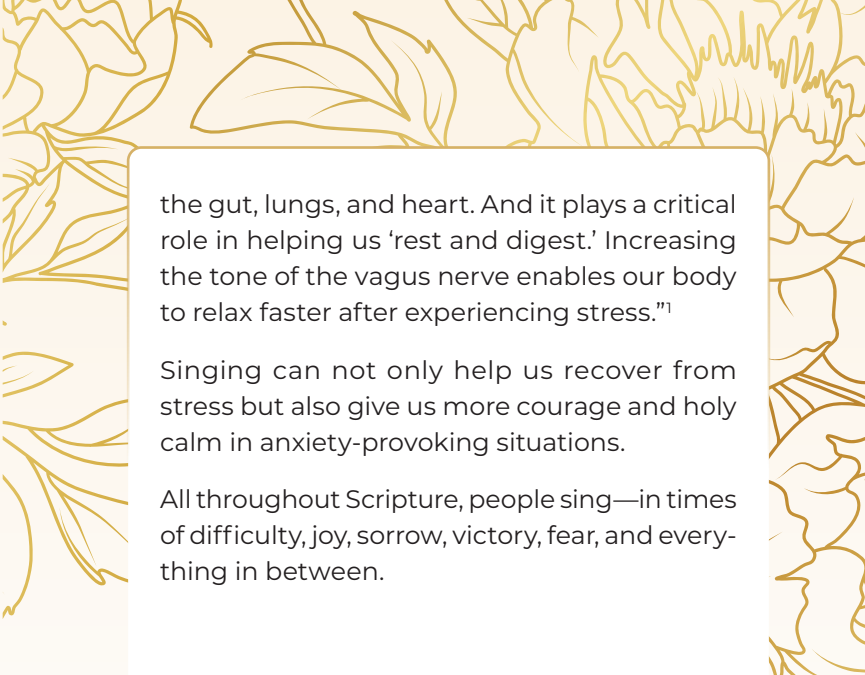
I will sing to the LORD,
for he has triumphed gloriously;
he has hurled both horse and rider
into the sea.

The LORD is my strength and my song;
he has given me victory.

Exodus 15:1–2

When I look at the discoveries made about the human brain and nervous system, I feel a sense of awe. Only God could create every part of us so perfectly, giving us everything we need to not just survive but thrive.

It turns out that when we sing, it stimulates and strengthens our vagus nerve. Counselors Yana Hoffman and Dr. Hank Davis explain, “The ‘wandering’ or vagus nerve is the longest cranial nerve in the body. It connects the brain and



the gut, lungs, and heart. And it plays a critical role in helping us ‘rest and digest.’ Increasing the tone of the vagus nerve enables our body to relax faster after experiencing stress.”¹

Singing can not only help us recover from stress but also give us more courage and holy calm in anxiety-provoking situations.

All throughout Scripture, people sing—in times of difficulty, joy, sorrow, victory, fear, and everything in between.

God, you are the song of my heart,
the focus of my worship, the one
who causes words of praise to rise up
within me. Give me a new song to sing,
one of calm and courage. Amen.