



Father,

Thank You that You are the Unmovable Rock of my salvation (Psalm 18:2) and are far greater than my anxious and quavering heart (1 John 3:20). You tell me over and over again in Your Word, "Do not fear," but I forget easily and allow my heart to be heavy and weighted down with worry (Luke 21:34). Yuck.

My emotions can be like the storms of the sea — tossing this way and that. Yet I remember that no matter what is within my own heart, You are greater (Isaiah 55:9). In the very depths of my own weakness, I bow before You knowing that somehow my weakness is the very thing that initiates Your power (2 Corinthians 12:9). My weakness launches Your power to descend in strength (2 Corinthians 12:10). You tell me that You must increase and that I must decrease (John 3:30). So maybe getting comfortable in my own weakness is the very prerequisite for watching Your strength kick in (2 Corinthians 11:30). Selah.

Spirit of fear, you have no place in my life because anxiety never originates in God (2 Timothy 1:7). Jesus has given me all authority over the spirit of fear and your henchmen of despair, hopelessness, and worry (Luke 10:19; Mark 16:17-18).

Father, bind up the evil one as he calls the rulers of darkness onto the court of my mind and emotions. Thank You Lord for giving Your angels charge concerning me, to guard me in all my ways (Psalm 91:11). Thank You for sending out Your heavenly warriors as ministering spirits to help me in this area (Hebrews 1:14). Your invisible messengers bear me up every time I am about to trip (Psalm 91:12). Grant me boldness in prayer to tread upon the lion of doubt and the serpent of anxiety, treading them down until they are dust under my feet (Psalm 91:13; Psalm 18:37-42).

Grant me a glimpse of You each and every day, Lord (Psalm 17:15; 1 John 3:3). As You reveal Yourself, my focus will be riveted to Your splendor and fixed upon Your glory (2 Corinthians 3:18). May my eyes be so accustomed to seeing You that all else is undecipherable. Seeing You, the God of all peace, is the best way to know peace (2 Thessalonians 3:16). In Jesus' name I pray. Amen.