



PRAYERS FOR ANXIETY & WORRIES

A Sanctum Veritas Devotional



Sanctum Veritas

Welcome

In moments of anxiety and worry, it is easy to feel overwhelmed, restless, and uncertain. Yet even in these moments, God gently invites us to come to Him—to lay down our burdens and find peace in His presence.

*This **Prayer for Anxiety & Worries** guide was created to help you turn to God when your heart feels heavy and your mind feels troubled.*

Through prayer, we are reminded that we are not alone, that our fears are seen, and that God's peace is greater than anything we face.

These pages are meant to guide you into a place of calm, trust, and surrender. Whether your worries feel small or overwhelming, bring them before God with honesty and faith. He listens, He cares, and He walks with you through every moment.

May these prayers bring comfort to your heart, quiet your thoughts, and fill you with the assurance that God is near—holding you, guiding you, and giving you peace beyond understanding.

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*“Cast your cares on the Lord
and He will sustain you;
He will never let the
righteous be shaken.”*

— Psalm 55:22



REFLECTION

Moments of anxiety and worry can feel overwhelming, filling the mind with noise and the heart with unease. Yet even in these moments, God gently calls us to pause, breathe, and turn back to Him.

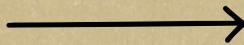
Take a quiet moment to be still. Allow yourself to slow down and become aware of God's presence with you—steady, calm, and unchanging. You do not need to carry everything on your own.

Reflect on what is weighing on your heart. What thoughts continue to return? What fears or uncertainties feel heavy within you? Bring each of these honestly before God. He sees, He understands, and He cares deeply for you.

Let this be a moment of surrender. Release your worries into His hands, trusting that His peace is greater than your fears and His love stronger than your anxiety.

In this stillness, allow God to calm your mind, comfort your heart, and remind you that you are safe in His care. You are not alone—He is with you at every moment.

Prayer for
Anxiety &
Worries



*Lord, in this moment, I choose to turn to You.
Help me to release what I cannot control
and to trust in Your perfect plan for my life.*

*Calm my anxious thoughts and quiet my
heart.*

*Fill me with Your peace that surpasses all
understanding.*

*Remind me that I am safe in Your presence
and that You are always with me.*

*When fear tries to take hold,
strengthen my faith.*

*When I feel overwhelmed,
remind me to rest in You.*

*Teach me to surrender my worries into Your
hands,
knowing that You care deeply for me
and that nothing is too small or too great for
You.*

*Surround me with Your comfort,
guide me with Your wisdom,
and fill my heart with hope and assurance.*

*I trust You, Lord, even in the unknown.
I place all my anxieties before You,
and I choose to rest in Your peace.*

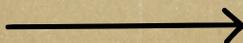
Amen.

Take a MOMENT

In times of anxiety and worry, God gently invites you to pause and come back to Him. This is your moment to slow down, breathe, and rest in His presence.

Take a few deep breaths and allow your mind to quiet. Become aware that God is near—calm, steady, and holding you in His care. You do not have to carry everything alone.

Reflect on the following:



What thoughts or worries have been weighing heavily on my mind?

What fears am I struggling to let go of?

When did I feel overwhelmed, and how can I invite God into those moments?

What can I surrender to God and trust Him with today?

Take this quiet moment to place each of these before God. Trust that He listens with love, understands your heart, and gently replaces your anxiety with His peace.



Closing Prayer



*Heavenly Father,
Thank You for this quiet moment of prayer.
Thank You for meeting me in the midst of
my worries and for reminding me that I am
not alone.*

*As I move forward, help me carry the peace
You have placed in my heart.
When anxious thoughts return, remind me
to turn back to You
and to rest in Your presence.*

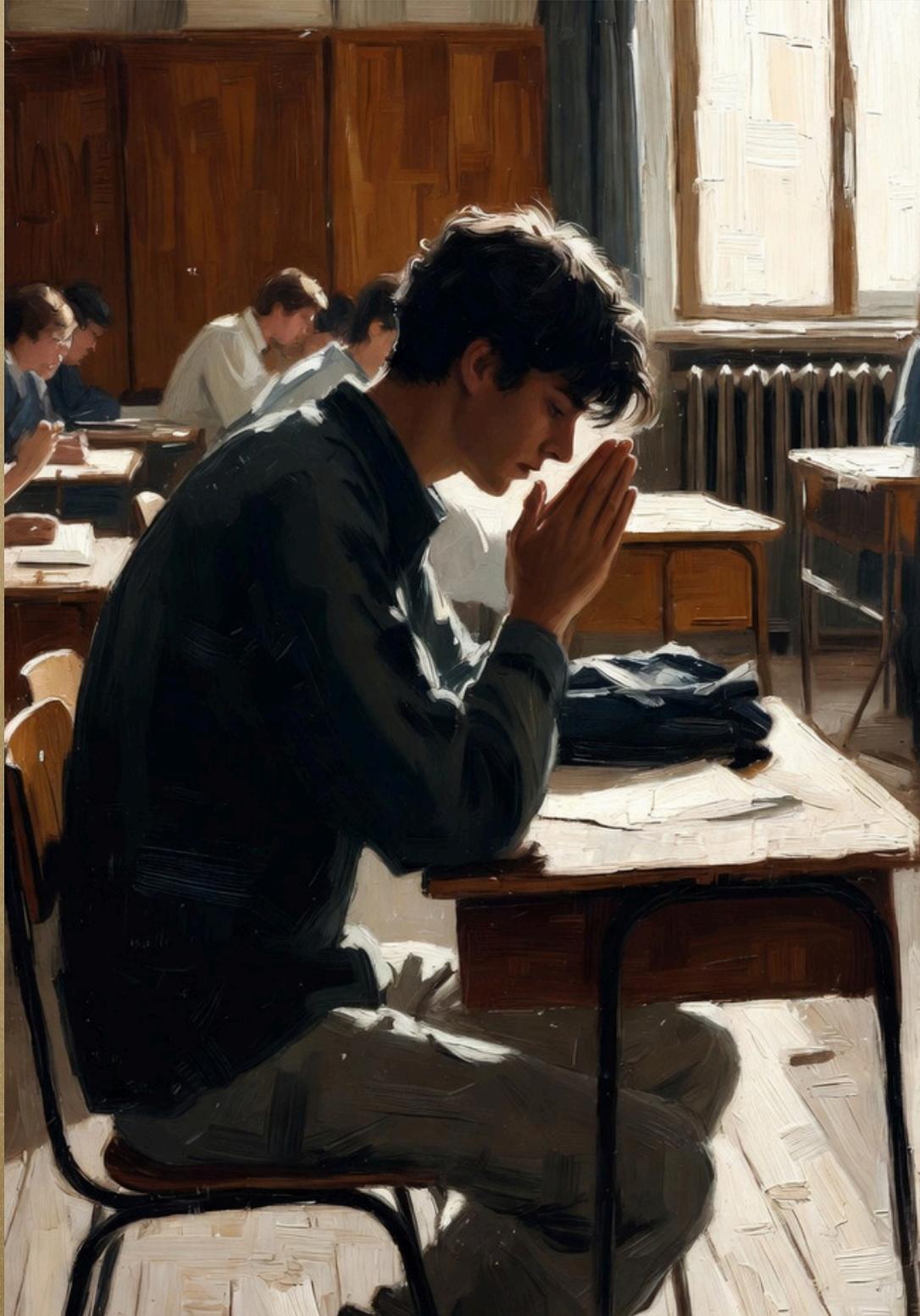
*Give me strength when I feel overwhelmed,
clarity when my mind feels unsettled,
and faith when fear tries to take hold.*

*Help me to trust in Your plan,
even when I do not understand,
and to believe that You are working all
things for my good.*

*Calm my heart, steady my thoughts,
and fill me with Your peace that surpasses
all understanding.*

*I surrender every worry, every fear, and every
uncertainty into Your hands.
Stay with me, Lord, guide me, and keep my
heart anchored in You.*

Amen.



*"Surrender your worries to
God, and let His peace fill
your heart."*

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Continue Your Prayer Journey

Thank you for taking this time to pause, reflect, and place your worries before God. In moments of anxiety, turning to Him is an act of faith; one that opens your heart to His peace.

As you move forward, may the calm and comfort you found in prayer remain with you. Remember, you are never alone; God is always near, ready to guide and strengthen you. Even in uncertainty, He is at work; quieting your heart and leading you with love.

At Sanctum Veritas, our mission is to create meaningful Catholic items that inspire prayer, reflection, and devotion in everyday life.

Discover handcrafted rosaries, devotional jewelry, and Catholic resources designed to help you grow in faith and keep prayer close to your heart.

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