

A person is shown from the chest up, holding a lit sparkler in their right hand and a small red object, possibly a cherry, in their left hand. The background is dark, and the sparkler is the main source of light, creating a bright, starburst effect. The person's face is partially visible, showing a smile.

# 30 DAY PRAYER CHALLENGE

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*Fighting Fear and Anxiety  
with the Promises of God*

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# Fear is one of the Enemy's favorite weapons. Worry, anxiety, fear...

It can all overwhelm us like a thick shadow of darkness, controlling our every move and decision. Yet reality tells us that so much of what we spend our time worrying about never even happens. Living under the weight of the “what if’s” is a hard place to dwell.

God has words of life - of truth - that he wants to speak into your fears. Soaking them in, praying them out loud until they became so familiar they replace the other things in your mind is the first line of defense against fear and worry. There’s nothing magical about words and verses, but there is power through them, because they’re God’s words.

If you’ve found yourself battling worry recently, this 30-day prayer guide will help you pray and

focus on God’s Word. Every day for the next 30 days, there will be a specific prayer to combat fear and anxiety. Some days there will be an opportunity to read a related article, or watch a short video. Other days you’ll be encouraged to journal or write down your thoughts on a related prompt. Every day will have at least one verse for you to study and pray through.

You can start this prayer challenge any day of the month, but it might be easier to start at the beginning of the month, just to keep track of the days. If you do miss a day, just pick up with the corresponding day and, if you have time, you can go back to the days you’ve missed.

God’s blessings and peace over you as you pray!

# DAY 1

## When you feel like you're in the storm – No matter what swirls around us, God promises to be our perfect peace.

He assures us He is constantly with us, strengthening and supporting us. Pray that God will help you to keep your eyes and focus on Him, not on the circumstances surrounding you. Ask Him to help you grow in your trust, believing He is faithful to see us through.

Mark 4:39-40, Isaiah 41:10, John 16:33

**Write:** In your journal, think of the top 5 or so things in your life right now that are causing you worry, fear, or anxiety. Give those things over to God now in prayer. Ask him to relieve your fears and help you remember His truth. Invite the Holy Spirit to begin to calm your soul by replacing the fear with the words of truth you just read. Write down the promises from the passages in Mark, Isaiah and John. When fear begins to creep in, re-read these promises and thank God for His steadfast love.

## DAY 2

# When you need God's peace over panic

The enemy will lure us towards panic and worry if we focus on all that is wrong in this world. But God offers us confident peace that can never be found in this life without Him. Ask for His help in choosing not to worry, but instead to pray, allowing His Spirit to guard your heart and mind in Him.

Philippians 4:6-9, Isaiah 26:3-4, John 14:27



# DAY 3

## When you're worried about finances

Often it's hard to trust God when money problems, debt, and loss mount up high. Yet God knows what concerns us, He understands our every need, and He is more than able to provide all that we lack. Pray that He will give you wisdom in every financial decision, that He would help you to be generous in giving, and to trust Him in providing for your family's needs.

Matthew 6:25-27, Hebrews 13:5-6, Philippians 4:19

**Read:** What Happened the Day I Said Goodbye to My Dream Home by Renée Davis

# DAY 4

## When you're anxious about the future

When the future feels uncertain, when things seem to change, or we find ourselves on a new journey in this life, we can start to feel the pressure and stress of it all weighing down heavy on our hearts and minds. But Christ reminds us not to worry about tomorrow. He assures us of His care for each and every day. Ask Him to help you let go of trying to figure everything out and to trust Him in today, knowing He is with you always, and will lead you every step of tomorrow.

[Psalm 56:3](#), [Matthew 6:34](#), [Luke 12:22-26](#)



# DAY 5

## When you're afraid for the safety of those you love

One of the biggest fears many battle is that something bad will happen to their loved ones. Yet reality is, we can't always be with them, nor can we always protect them from all that may come their way. But God is with them always, and He is Mighty. Pray that His protection would surround those you love, that His angels would guard their coming and going, and He would keep them safe from harm. Thank Him that we can release those we love into His care, knowing that He watches over His children, and covers them in His care.

Psalm 34:7, Psalm 121:3-8, Psalm 91:11

**Read:** [Trusting God with Our Children](#) by Kate Motaung

# DAY 6

## When you feel overwhelmed



When troubles overwhelm and worry sets in, it can feel like we can hardly breathe. It might seem as if we're drowning in the pressures and fears that life has thrown our way. God can cut through all that; He is powerful to work a miracle on our behalf. The same God who split the sea and healed the sick is the God who hears your prayers today. Tell him what concerns you, and thank Him that He is helping you this day. [Isaiah 35:4](#), [1 Corinthians 14:33](#), [Psalm 61:2-5](#)

**Watch:** [Why Are Women Overwhelmed and Stressed Out?](#) with Kate Harris



# DAY 7

## When you're facing defeat and discouragement

The voices in this world, the Enemy's lies, and even our own negative words can do a pretty good job of making us feel defeated and anxious. Choose to tune out from all that mess, and instead choose to listen to what God says about you. He reminds you that you are more than a conqueror. He tells you not to fear. Pray He will help you to have wisdom in whose voice you listen today, and that your thoughts would be focused on Him.

Joshua 1:9, Psalm 43:5, Romans 16:20

**Read:** Dear You... A Letter for All of the Hard Days

by Ann Voskamp



# DAY 8

## When you feel desperate

For the days you can't see a way out of your troubles, when desperation raises its head, and you don't see an end in sight, know this: God is near. He reminds you that He's fighting for you. He tells us to stand strong in His armor and in the power of His word. Read out loud every word of the armor of God, pray that He would help you to lift your head straight up to Him, believing that He will see you through.

Psalm 34:4-7, Exodus 14:14, Ephesians 6:10-18

# DAY 9

## When life seems too chaotic and busy



When days feel full and busy, our time with God may get pushed out. Don't fall for that trap. Time with God will always keep our focus clear and help us move in the right direction. He is able to multiply your efforts and fill you with great peace and joy even in the midst of chaos. Ask for His help to spend time in His presence, pray that He will help you to say yes to the best, and let the other things go.

1 Peter 5:6-7, Luke 10:38-42, Psalm 46:10

**Read:** For the Woman Trying to do it All by Katy McCown

# DAY 10

## God reminds us to pray for our leaders, but He reminds us He still is Sovereign over all



Ask Him to help you not to worry about the things that are out of your control, but to be faithful and wise to support and pray for those leaders who might be godly influences in our land. Thank Him that our times are in His hands. Pray for His blessing and mercy over our nation.

John 14:27, Psalm 31:15, John 16:33

# DAY 11

## When you need a reminder that God fights for you

No matter what we face in this life, we are never in the battle alone. God goes before us, He's with us every step, and He leads the way ahead. Pray that you would stay alert in a dark world, that God will help you to stand strong in Him, and that you would daily sense His Presence covering you in all that you're up against.

Joshua 23:10, Deuteronomy 3:22, Romans 8:31-32

**Read:** [4 Powerful Ways to Fight with Joy Today](#) by Margaret Feinberg

# DAY 12

## When you feel all alone

When struggles come, fear and loneliness may often follow. The enemy wants nothing more than for you to feel like you're all alone. Be reminded that God sees you, right where you are, and He won't ever leave you to fend for yourself. Thank Him that He is strongly supporting you right now, that He sees right where you are. Believe His Word -- that He cares and you are never alone.

Genesis 16:13, Psalm 25:16-17, 2 Chronicles 16:9



# DAY 13

## When you're battling depression and darkness

This world can feel dark many days. And in troubling times, that darkness can hover closely. Yet God is still there. And He reminds us that He's greater than anything we face in this life. His power is the One who can set us free from the pit we sometimes sink down into. Pray for God's miraculous power to break through the darkness and cover you, lift you up, out of the place you may find yourself in today. Believe that nothing is impossible with Him, ask Him for His healing and grace to touch the deepest parts of your life.

Matthew 19:26, 2 Timothy 1:7, 1 John 4:4

**Read:** [9 Steps to Overcoming Anxiety and Depression](#) by Laurie Coombs

**Watch:** [3 Promises from Scripture to Remind You You're Brave Enough to Face Each Day](#)

# DAY 14

## When you're facing fear about a hard diagnosis



Some of the biggest life blows come in the form of a diagnosis. Cancer. Disease. Chronic illness. Disability. Pain. It can send us spiraling. Yet nothing takes God by surprise, and He reminds us in the midst of bad news, we still don't have to fear. We can trust Him. Pray that God will flood your heart with the assurance that He holds you and will carry you through the toughest times in this life. Thank Him in advance for His healing and strength. Believe His Word that assures you He is near to the brokenhearted and saves those whose spirits are crushed.

[Psalm 34:17-20](#), [Psalm 23:4](#), [Psalm 112:7](#)



# DAY 15

## When your mind is flooded with doubt and fear

Sometimes in the midst of pressures and stress, our minds can start spinning out of control. We find ourselves creating problems that don't even exist, doubt and worry can overwhelm us and take control. Pray that God will help you to take every thought captive in obedience to Christ, that you would choose to set your thoughts on Him, that His peace and rest will guard your heart and mind in Christ.

[Psalm 62:5](#), [Philippians 4:8](#), [2 Corinthians 10:4-5](#)

# DAY 16

## When you feel like you've drifted or lost your way



When we start to feel distant from God, or feel like we've lost our way, God is still there. He waits for us to return and offers forgiveness and grace. Out of His Presence is anxiety and fear, but in Him, there is abundant life, purpose, and joy. Ask God's forgiveness for what you need to make right with Him, thank Him for covering of care, for His huge mercy and love. Pray for His help and wisdom in staying close to Him, believing there is protection and goodness there.

1 John 1:9, Psalm 103:12, John 10:10

**Read:** [5 Things that Cause Us to Drift Spiritually](#) by Chris Russell

# DAY 17

## When you find it too hard to forgive

Unforgiveness toward others or even toward ourselves can be controlling and consuming. It can breed bitterness and anxiety. Don't let it win. Pray that God will help you to let go of where you've been wronged, even when it's hard, choosing to forgive, determined to walk in love, knowing that His grace and forgiveness covers all. Pray that God will help you to release every past mistake to Him, and walk in the freedom and peace He brings.

Matthew 18:21-22, Colossians 3:13, Ephesians 4:32

**Watch:** How Do We Heal after Others Hurt Us?

# DAY 18

## When you're afraid of what others think of you



Sometimes we can let the fear of others or our desire to please people drive our thoughts and dictate our actions. That's never a wise path to follow, it will always lead to defeat and disillusionment. God reminds us that the fear of man is a trap, but His perfect love casts out all fear. Pray He would show you what changes you need to set in place today, so you care more about living for Him, and less about striving to please others.

1 John 4:18, Psalm 27:1, Proverbs 29:25

# DAY 19

## When you're facing giants

When the odds seem stacked against us and we're face to face with big obstacles, it can feel insurmountable. But often, this is the very place where God shows up strong on our behalf. He sees victory, when we see defeat. Pray that He will do what seems impossible on your behalf, that He would help you to stand strong in wisdom and faith, believing His Word that no weapon formed against us will prosper.

Psalm 118:6-7, Isaiah 54:17, Judges 6:12





# DAY 20

## When you need new strength in the journey

Even the best warriors get tired, battle-weary. None of us are immune to deep weariness and fatigue, it reminds us of our limitations. But He is forever strong and fills us afresh with His strength and power to stay on the journey. Pray for the fresh filling of God's Spirit in your life to combat worry and strengthen you in weakness. Ask Him to help you press on, making the most of every opportunity. Believe that He is able to do more than you could ever imagine.

Philippians 3:12-14, Isaiah 40:30-31,  
Ephesians 3:20-21



# DAY 21

## When the Enemy seems hot on your trail

Some days the enemy seems to be close behind, whispering lies, trying to bring discouragement, defeat, or temptation to trip us up. But God is our Hiding Place, our Refuge, and Deliverer. He reminds us He is with us, fights for us, and is the One who brings victory in our lives over the enemy's schemes. Ask God to help you to be alert and wise to the Enemy's schemes, thank Him for the victory He gives through His power. Thank Him that He is always with you and He is strong on your behalf against any opposition you face. Pray for His protection to surround you and your family like a strong tower.

[Psalm 32:7](#), [1 Peter 5:8-10](#), [Deuteronomy 20:4](#)

# DAY 22

## When you can't find your joy

Problems, worry, and stress have an incredible way of stealing our joy. Pray that God will renew your mind in Him, that His joy would fill your heart and be your strength today. Thank Him that true joy and peace are never dependent on our external circumstances, but are found in Him alone.

Psalm 30:5, Nehemiah 8:10, Psalm 94:19





# DAY 23

## When you need to be reminded of God's protection

In a world that can often feel like a scary place, fear and worry sometimes get the best of us. We long for God's protection, and for His constant Presence over those we love. His Word reminds us over and over not to fear, but to be confident He is near. Pray through the verses of Psalm 91, ask God for His protection and covering over your family and home. Pray for the peace of His Spirit to help you rest, knowing that with Him, we dwell in Safety. Thank Him that He is our Rock, our Shield, and Deliverer.

[Psalm 91](#)

**Write:** In your journal, make 3 columns: Promises, Truths, and Commands. Re-read Psalm 91 and write down every truth, promise and command that you read. Then meditate on these truths and promises, asking God to help you remember them in moments of fear.

# DAY 24

## When you forget how valued you are

Feeling unloved and undervalued can lead us to feeling insignificant in this life. It can stir up worry deep within that we have no lasting value or real purpose here. And it's not true. God has destined us with specific purposes and callings in this life. He loves us with an everlasting love and fills us with His hope, constantly reminding us that He is leading us. Pray you would be aware of His Presence, loving you, guiding you, directing you with purpose and hope. Ask God to help you see yourself as He sees you, His treasured child, cherished, and greatly valued.

[Jeremiah 29:11](#), [Isaiah 43:1-4](#), [Zephaniah 3:17](#)



# DAY 25

## When you need to remember that God is in control

No matter what we face, God hasn't lost control. It may seem like life is too chaotic and uncertain, but God is steadfast, immovable, and strong. He doesn't change based on our circumstances. Nothing takes Him unaware. And He can turn around for good whatever hard times we walk through in this life. Pray that God will work out all things for good in your life, that whatever trial has caused worry and fear, He will turn it around to bring glory to Himself. Trust that He is able to show Himself strong on your behalf. Lay down all that concerns you, and allow Him to carry it for you.

[Romans 8:28](#), [Matthew 28:20b](#), [Psalm 46:1-2](#)

**Read:** [Escaping the Anxiety Trap](#) by Amy Carroll

# DAY 26

## When you feel like God's forgotten you



If you're living and breathing today, you can be assured God still has great purpose in store for you. His faithfulness is great and His mercies are new every morning. He has not, and will not, ever forget you. His timing is not always on our timetable, His ways and thoughts are higher than ours, but we can know that our times are safe in His hands. Pray that God's grace for this day would surround you, reminding you that He has good still in store. Thank Him that He is faithful to complete all He has prepared for you to walk in. Thank Him that His timing is perfect and ask for His help to trust His ways, even when you can't fully see or understand.

Lamentations 3:22-23, Philippians 1:6, Isaiah 55:8-9

# DAY 27

## When you're afraid of making a wrong decision

Sometimes the fear of making a wrong decision can leave us stuck, unable to make any decisions at all. We're afraid of making a huge mistake, so we don't do anything. But God doesn't want us to live driven by fear. He promises He will guide our steps and help us in every decision in life. Pray He will give you wisdom in every circumstance, guidance for every decision. Trust Him in every open door and every closed door to. Believe that God has your best at heart and is faithful to lead you as you trust in Him. [Psalm 32:8](#), [James 1:5](#), [Proverbs 3:5-6](#)

**Read:** [A Prayer to Know God's Will for Your Life](#) by Rachel-Claire Cockrell

# DAY 28

## When you feel weary and burdened



We were never intended to carry the load of cares that we so often do. We're not equipped for the types of burdens we try to shoulder on our own. But He is. And He promises to give us strength and rest as we give our burdens to Him. Pray that God will help you to lay it all down, again. Thank Him that He knows our weakness and helps us in our needs. Pray for His rest and assurance today, that He will care for all that concerns you. Ask Him to fill you with His peace.

Matthew 11:28-30, Psalm 55:22, Isaiah 40:28-29

# DAY 29

## When you feel too broken

When you feel like you can't go on - when you feel like the pieces of shattered life and problems will not ever be able to be adequately fixed - there is deep fear that sets in. Though times of brokenness may forever change our lives, our God is Healer and Restorer of the broken. He is able to make all things new. Pray and trust God to take every broken piece of your life and put it together into a new and beautiful design. Choose to set aside fearful, anxious thoughts, and set your mind on what is true. Thank Him that His grace is sufficient and His power is made perfect in weakness.

[Isaiah 49:13](#), [2 Corinthians 12:9](#), [Hebrews 4:16](#)



# DAY 30

## When you need assurance of your eternal security

Fear of the unknown, fear of dying, fear of where you will spend eternity - this can sometimes bring crippling anxiety in life. When we believe in Christ Jesus and have given our lives to Him, recognizing His death on the cross on our behalf and accepting the forgiveness and new life He offers, we have a future and a hope in heaven with Him. Nothing can change that truth. No one can snatch us out of His hand. Pray that God will help you to trust Him, confess your need for Him as Savior and Lord, believing that He is with you always and is preparing a place for you in eternity as well. Thank Him for His great gift of love and sacrifice on your behalf. Thank Him that your life is hidden in Christ and you have no reason to fear. [Romans 8:38-39](#), [1 Corinthians 2:9](#), [John 10:28-29](#)

**Write:** Look back on the list of anxieties or fears you wrote down from day 1. Take a moment to reflect- how has reading and praying through God's promises this month helped you put those fears in their proper place? How has God spoken to you through His Word? Take a minute and write down or pray aloud a prayer to God of thanksgiving, thanking him for his steadfast love, his unending grace and the promise of eternity with Him.





# CONGRATULATIONS!

**You just spent an entire month faithfully praying for your God to calm your anxiety with his promises.**

We would love to hear from you—how has this prayer challenge transformed you? Leave a comment and let us know!

Debbie McDaniel is a writer, pastor's wife, mom to three amazing kids (and a lot of pets). Join her each morning on Fresh Day Ahead's Facebook page, for daily encouragement in living strong, free, hope-filled lives. Find her also on Twitter and at her blog on Crosswalk.com.

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