

A prayer when your mind will not rest

God, my thoughts are moving faster than I can carry them. You know the questions, the imagined outcomes, and the fear underneath all of it. I do not want to pretend I am calm; I want to bring You what is real.

Here is the worry I keep returning to. Help me see what belongs to today and what I have borrowed from tomorrow. Give me wisdom for the action that is mine, courage to ask for help, and grace to release what I cannot control.

Quiet does not come easily right now, so meet me in the noise. Remind my body that I am here, remind my heart that I am loved, and remind my mind that every frightening thought is not a prophecy. Lead me toward good care and safe people when I need more support than I can give myself.

Keep my thoughts in Your truth. Give me peace for this breath, this hour, and this next step—not because every question is answered, but because I do not face them alone. In Jesus' name, amen.

From "A Prayer for Anxiety and Overthinking: Give Your Worries to God"
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