

## When you are anxious

### Lord God

I have many problems and I worry so much.

O God help me to leave my fears with you, to accept help gratefully, to take advice humbly, to know that you see me as I really am, yet still love me.

Thank you, that in the midst of this storm I can know your peace.

O God help me to put my trust in you.

Amen.

## Helpful Bible verses

When you are lonely

Psalm 27; Hebrews 13:5

When in sorrow

2 Corinthians 1:3-4; John 14:27

When people seem unkind

Ephesians 4:32

When you worry

Matthew 6:19, 25-34

When you are discouraged

Isaiah 40; Psalm 126

When God seems far away

Psalm 139

For those who are bereaved

Psalm 23; John 11:25

When you grow bitter or critical

1 Corinthians 13

For one who wants to become a Christian

John 5:24

I am  
with you



*You may be worried, perhaps lonely or fearful*

**W**hy should this trouble come to me?  
How am I going to manage?

Who is there that cares about me?

Does God care? Is there a God?

God's comforting word to you is,  
'Fear not, I am with you. Do not be dismayed, I am your God. I will strengthen you. I will help you.'

Isaiah 41:10

May you know God's comfort and strength during this difficult time.

**O** God thank you for your care this night, for a new day and the promise of your presence with me; for the comfort of knowing you will help me.

Give me strength to do what has to be done, patience to bear what cannot be altered, courage to accept disappointment without complaining.

Help me put sad thoughts away this day, to think on pure and lovely things, and remember good things about others.

Amen.

### *God's response*

'For I know the plans I have for you,' says the Lord, 'they are plans for good and not for evil, to give you a future and a hope.'

'In those days when you pray, I will listen. You will find me when you seek me, if you look for me in earnest.'

Jeremiah 29:11-13