

WHEN YOU FEEL SCARED

“THE LORD HIMSELF GOES BEFORE YOU AND WILL BE WITH YOU; *he will never leave you nor forsake you.* DO NOT BE AFRAID; DO NOT BE DISCOURAGED.” - DEUTERONOMY 31:8

Dear God,

I FEEL SO WORRIED RIGHT NOW. WILL YOU PLEASE GIVE ME COURAGE? HELP ME TO TRUST YOU AND TO TAKE THE NEXT STEP FORWARD, EVEN THOUGH I'M FEELING SCARED. HELP ME TO REMEMBER THAT YOU WILL BE WITH ME WHEREVER I GO. *Amen*

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WHEN YOU FEEL NERVOUS

“TRUST IN THE LORD WITH ALL YOUR HEART AND *lean not on your own understanding;* IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT.”

- PROVERBS 3:5-6

Dear God,

I'M SO NERVOUS RIGHT NOW! I'M AFRAID I MIGHT MESS UP OR THINGS MIGHT NOT GO THE WAY I WANT THEM TO. PLEASE GIVE ME TRUST. HELP ME TO REALLY BELIEVE THAT YOU WILL MAKE MY PATH STRAIGHT, NO MATTER HOW THIS TURNS OUT. AND HELP ME TO RELY ON YOU, NOT JUST ON MY OWN THINKING OR SKILL. *Amen*

WHEN YOU FEEL REJECTED

"I PRAY THAT YOU . . . MAY HAVE THE POWER TO UNDERSTAND HOW BROAD AND LONG, HOW HIGH AND DEEP, IS CHRIST'S LOVE. YES, *May you come to know his love*—ALTHOUGH IT CAN NEVER BE FULLY KNOWN—AND SO BE COMPLETELY FILLED WITH THE VERY NATURE OF GOD."

- EPHESIANS 3:17-19

Dear God,

I FEEL LEFT OUT. IT REALLY HURTS WHEN OTHERS DON'T INCLUDE ME OR TREAT ME POORLY. HELP ME TO REMEMBER THAT I AM ALWAYS LOVED BY YOU. IN FACT, YOU LOVE ME SO MUCH, I CAN'T EVEN UNDERSTAND HOW BIG THAT LOVE IS! THANK YOU. AND PLEASE FILL ME UP WITH YOUR LOVE SO THAT I CAN HELP OTHERS WHO MIGHT BE HURTING TOO. *Amen*

WHEN YOU FEEL GUILTY

"IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST *and he will forgive us* OUR SINS AND PURIFY US FROM ALL UNRIGHTEOUSNESS."

- 1 JOHN 1:9-10

Dear God,

I FEEL BAD ABOUT MYSELF BECAUSE SOMETIMES I MESS UP. I DO WRONG THINGS. OR I DON'T DO THE GOOD THINGS THAT I SHOULD. I CONFESS THIS TO YOU AND AM TRULY SORRY. HELP ME TO KNOW IN MY HEART THAT YOU FORGIVE ME AND WANT TO GIVE ME A FRESH START. AND PLEASE HELP ME MAKE RIGHT CHOICES NEXT TIME AROUND. *Amen*

WHEN YOU FEAR FAILURE

“AND WE KNOW THAT IN ALL THINGS GOD WORKS *for the good* OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE. . . . WHAT, THEN, SHALL WE SAY IN RESPONSE TO THESE THINGS? IF *God is for us*, WHO CAN BE AGAINST US?” - ROMANS 8:28, 31

Dear God,

I'M REALLY SCARED THAT I MIGHT MESS UP. WHAT IF I MAKE A MISTAKE AND EVERYTHING GOES WRONG? HELP ME TO REMEMBER THAT EVEN IF I MAKE A MISTAKE, YOU WILL USE IT FOR A GOOD PURPOSE. HELP ME TO RELAX BECAUSE I KNOW YOU LOVE ME AND THAT YOU ARE FOR ME, NO MATTER WHAT HAPPENS.
Amen

WHEN YOU FEEL WORTHLESS

“FOR WE ARE GOD'S HANDIWORK, *created in Christ Jesus to do good works*, WHICH GOD PREPARED IN ADVANCE FOR US TO DO.”

- EPHESIANS 2:10

Dear God,

I'M FEELING REALLY DOWN ABOUT MYSELF TODAY. IT JUST FEELS LIKE I'M NOT GOOD AT ANYTHING AND I CAN'T DO ANYTHING RIGHT. BUT I KNOW YOU CREATED ME, AND YOU MAKE MASTERPIECES, NOT WORTHLESS JUNK. HELP ME TO REMEMBER THAT. AND PLEASE SHOW ME ONE “GOOD WORK” THAT I CAN DO FOR YOU TODAY. *Amen*

WHEN YOU FEEL LIKE YOU CAN'T DO IT

SO DO NOT FEAR, FOR I AM WITH YOU; DO NOT BE DISMAYED, FOR I AM YOUR GOD. *I will strengthen you and help you;* I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND. - ISAIAH 41:10

Dear God,

I DON'T THINK I CAN DO THIS. I JUST DON'T THINK I HAVE WHAT IT TAKES. YET THE BIBLE REMINDS ME THAT EVEN IF I'M WEAK, YOU CAN STRENGTHEN ME. YOU CAN HOLD ME UP WITH YOUR HANDS AND HELP ME DO HARD THINGS. PLEASE HELP ME TO REMEMBER THAT YOU ARE WITH ME AND YOU WILL GIVE ME EVERYTHING I NEED TO MAKE IT THROUGH.
Amen

WHEN YOU FEEL WORRIED

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS."

- PHILIPPIANS 4:6-7

Dear God,

I AM SO WORRIED RIGHT NOW. EVERYTHING FEELS HEAVY. BUT WORRY DOESN'T REALLY HELP CHANGE ANYTHING. SO HELP ME TO MAKE REQUESTS TO YOU INSTEAD OF TRYING TO FIGURE IT ALL OUT MYSELF. AND HELP ME TO REMEMBER ALL THE GOOD THINGS I CAN BE THANKFUL FOR. PLEASE GIVE ME YOUR PEACE, GOD.
Amen

WHEN YOU FEEL LIKE EVERYONE
IS MAD AT YOU

"THE LORD YOUR GOD IS WITH YOU, THE MIGHTY WARRIOR WHO SAVES, *He will take great delight in you;* IN HIS LOVE HE WILL NO LONGER REBUKE YOU, BUT WILL REJOICE OVER YOU WITH SINGING."

- ZEPHANIAH 3:17

Dear God,

IT FEELS LIKE EVERYONE IS ANGRY AT ME RIGHT NOW. **WILL YOU PLEASE BE WITH AND HELP SAVE ME FROM THIS SITUATION? SHOW ME IF THERE'S SOMETHING I NEED TO DO TO MAKE THINGS RIGHT. AND IF I'VE DONE MY PART TO FIX THINGS, HELP ME TO REMEMBER THAT YOU LOVE ME, YOU DELIGHT IN ME, AND YOU DO NOT REBUKE ME. . Amen**

WHEN YOU FEEL OVERWHELMED

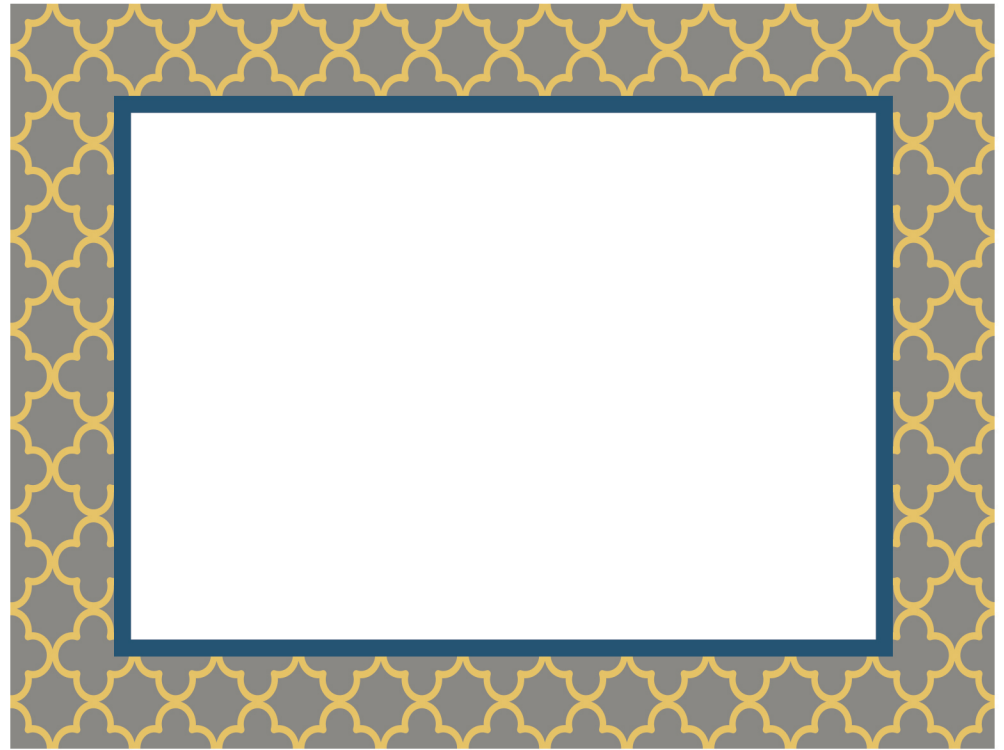
"CAST YOUR CARES ON THE LORD
AND he will sustain you;
HE WILL NEVER LET THE RIGHTEOUS
BE SHAKEN."

- PSALM 55:22

Dear God,

EVERYTHING FEELS OUT OF CONTROL RIGHT NOW AND I DON'T KNOW WHAT TO DO. **HELP ME TO REMEMBER THAT I DON'T HAVE TO HANDLE THIS ON MY OWN. I CAN BRING THESE CARES TO YOU, GOD. THANK YOU FOR YOUR PROMISE TO SUSTAIN ME, TO TAKE CARE OF ME. PLEASE GIVE ME PEACE AND HELP ME NOT TO FEEL SO SHAKEN BY THESE WORRIES.**

Amen



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