

Prayer Resources shared by Robin Batten  
With the congregation of PCCT March 2020

A Prayer for Inner Peace

Lord, please put Your peace in my heart,  
I'm worried and anxious.  
My mind races and obsesses.  
I can't help thinking about my problems.  
And the more I think about them,  
The more depressed I become.  
I feel like I'm sinking down in the quicksand  
and can't get out.  
Calm me, Lord.  
Slow me down, put Your peace in my heart.

No matter what problem I have, Lord,  
You are bigger,  
You are more powerful than it is.  
I trust Your goodness and Your wisdom.  
So I place myself in Your hands.  
Please fill my heart with peace.

~ Author Unknown

Ever-present God,  
you walk with us  
through good times  
and bad,  
mountain top  
and valley deep,  
your footsteps our guide,  
hands our support.

Every-present God,  
you are close to us  
when life is smooth  
or rough,  
In wholeness  
and brokenness,  
your healing our hope,  
your touch our desire.

Ever-present God,  
bring comfort and peace  
and the warmth  
of your presence  
and I shall fear no thing,  
for you are with me,

always.

~ John Birch 2016 [www.faithandworship.com](http://www.faithandworship.com)

Today I am struggling, Lord.

Today it is not so easy to believe.

Today the voices of the world ring loud.

Today the center of my life is 'Me'.

Today please be the strength I need.

Today please be the hope I desire.

Today please be the voice I hear.

Today be the center of all I yearn to be.

~ John Birch 2016 [www.faithandworship.com](http://www.faithandworship.com)

A prayer for overcoming fear

Dear Father,

My heart and mind are flooded with fears.

Sometimes I am paralyzed, I feel unable to go on.

These fears are overwhelming, they remain with me day and night.

Yet I hold onto your truth.

You have told us not to fear, for you have overcome the world.

So I cling to you, I trust in your promises, that you will never fail me, never forsake me.

In moments of such crippling fear,

I choose to hold your hand.

I know you have experienced the most fearful places,

I know that you have risen again.

In you all promises meet and new life begins.

You are my Savior,

I hide in you,

Protected by your love,

And sheltered by your grace.

My Father.

Amen.

~ [www.lords-prayer-words.com](http://www.lords-prayer-words.com)

## A Prayer in Times of Fear

God, we make our prayers in silence, troubled by the fears in our hearts and anxieties in this world. Forgive all that we have yet to learn and when we feel panic and are tortured by insecurity. We can be paralyzed by the thought of tomorrow and what awaits in the days ahead. We are but children stumbling in the darkness and groping for Your hand. Do not hide Your presence from us or reject us in our weaknesses and fear. Guide us in the darkness toward Your loving light, and help us walk in peace. There are so many things to fear and so many fears that keep us lonely. Let us put our whole trust in You and come to wisdom and understanding – and all for love’s sake.  
*Amen.*

~ 2017 by Becca Stevens

Love Heals (page 188)

## A Prayer to Heal Stress

Loving God, please grant me peace of mind and calm my troubled heart. My soul is like a turbulent sea. I can't seem to find my balance so I stumble and worry constantly. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love God, and know that you will heal this stress. Just as the sun rises each day against the dark of night. Please bring me clarity with the light of God.

In your name I pray,

~Author Unknown

