

# Prayer for Stability During Anxiety, Depression, or Mental Distress

## Scripture Foundation

### Philippians 4:6–7

“The peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

### Psalm 42:11

“Why art thou cast down, O my soul? ... hope thou in God.”

### 2 Timothy 1:7

“God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

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## Instruction

Pray this while also seeking wise support when needed. God works through Scripture, prayer, counseling, community, and medical care.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. You see my thoughts. You understand the weight of my emotions.

If anxiety overwhelms me, calm my mind.

If depression weighs on me, steady my heart.

If mental distress clouds my thinking, bring clarity.

I refuse to hide what I am experiencing. I bring it honestly before You.

If there are unresolved wounds contributing to this struggle, reveal them gently and guide me toward healing.

If chemical imbalance, stress, trauma, exhaustion, or life pressure is affecting my mind, give wisdom for proper care.

I reject shame attached to mental struggle. I reject the belief that seeking help is weakness.

Your Word says You give a sound mind. I receive steadiness, even when emotions fluctuate.

If patterns of emotional instability have existed in my family line, I bring them under the authority of Jesus Christ. I do not assume, but I surrender every influence to You.

Stabilize my thoughts. Regulate my reactions. Restore hope where it feels thin.

Teach me to speak truth over myself. Teach me to take small steps of obedience even on difficult days.

Surround me with wise counsel. Strengthen me to reach out when needed.

My mind belongs to You. My future belongs to You.

I trust You in this process.

In the name of Jesus Christ,  
Amen.

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### **Closing Declaration**

God guards my mind with peace.

I am not defined by mental distress.

I walk in hope, stability, and truth.