

# Prayer to Rebuke Fear and Anxiety

## Scripture Foundation

### 2 Timothy 1:7

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

### Philippians 4:6–7

“Be careful for nothing... and the peace of God... shall keep your hearts and minds.”

### Psalms 56:3

“What time I am afraid, I will trust in thee.”

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## Instruction

Pray this when fear feels overwhelming or anxiety begins to dominate your thoughts. Begin with trust before resistance.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. I acknowledge that fear does not come from You.

If anxiety has taken root in my thoughts, I bring it before You now.

I refuse to allow fear to govern my decisions. I refuse to allow anxiety to dictate my reactions.

Your Word declares that You have given me power, love, and a sound mind. I receive that truth.

I cast my concerns before You. I release control. I surrender outcomes to Your will.

If fear has been magnified by circumstances, correct my focus. Teach me to trust You when I do not understand.

I resist panic. I resist obsessive thinking. I resist dread.

Establish steadiness in my heart. Establish clarity in my mind. Establish discipline in my thinking.

I choose trust over fear. I choose prayer over panic. I choose Scripture over speculation.

Jesus Christ is my peace.

In His name,  
Amen.

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### **Closing Declaration**

Fear does not rule me.  
My mind is sound and anchored in truth.  
I trust the Lord completely.

OVERTHROWING ALTARS