

OVERCOME **fear**
OVERCOME **anxiety**
PRAYER






BE **anxious** FOR **nothing**

but in everything by prayer
and supplication, with thanksgiving,
let your requests be made known to God;
and the peace of God,
which surpasses all understanding,
will guard your hearts and minds
through Christ Jesus.

PHILIPPIANS 4:6-8 (NKJV)





Jesus Christ, my Lord and Savior, I come before you right now. I surrender my thoughts to you. I put on the Helmet of Salvation –your salvation, Father. For in you Lord, I am saved.



I surrender to you continually
which gives me the renewing of
my mind –your perspective,
Father.

I thank you Lord that I am
coming to a place of sweet
surrender, communing with you,
talking with you, being guided
and directed by you.





Father, I know that your perfect love cast out all fear. I surrender into this place of relationship with you that guides me and leads me by the power of the Holy Spirit testifying to my spirit your truth.



Lord, I surrender to a teachable spirit to hear your voice. I surrender my imagination to be with you in that secret place that place of healing, that place of peace, that place of joy.





Father, I thank you as I continue day-by-day to put on the Helmet of Salvation knowing my thoughts are surrendered to you. I continually move in the direction of knowing you more intimately.



I continue meditating your word,
the Holy Bible, as these words
come alive and become written
on my heart.

Father, I continue to fight the
good fight of faith knowing that I
can rest in you.





As I encounter situations, circumstances, trial and tribulations, I am guided and directed by your voice.

I thank you Father that by the Holy Spirit whispering to my heart and my mind I learn to listen and to obey.



Lord, I know you can use me in your will and your way for your divine purposes. I pray for my brothers and sisters all over the world as they fight the good fight of faith. I stand with them in your name, your honor and your glory, Jesus Christ. Amen.





BE **anxious** FOR **nothing**

THE RECIPE FOR A STRESS-FREE LIFE **PHILIPPIANS 4:6-8**





"Fighting the good fight of faith in Jesus Christ one-day-at-a-time."



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