

Christian Meditation Script For Anxiety

In moments when I face feelings of anxiety and worry, I find that my soul feels refreshed and become calmer when I dwell on the goodness of God and the many things, He has done for me. I believe that His love and power is greater than what may be troubling me.

And the same applies to your situation as well. The God we love is greater than anything in life we may face. And He loves us infinitely and unconditionally, always being ready to show His presence in our lives.

Take some time to meditate on the words of Psalm 63 and allow it to guide your prayer. Feel free to add specific requests and praises:

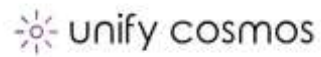
“O God, you are my God; earnestly I seek you; my soul thirsts for you;
my flesh faints for you, as in a dry and weary land where there is no water.
I have looked upon you in the sanctuary, beholding your power and glory.
Because your steadfast love is better than life, my lips will praise you.
So I will bless you as long as I live; in your name, I will lift up my hands.

Lord, you are my God. I feel like I am parched – thirsting, and longing to be made new. I feel crippled by the worries and cares of this world. In many ways, I feel as if I am drowning in anxiety and fear.

But you, God, are the One who can quench my thirsty soul. You are the One who faithfully loves me. You are the Life-Giver, and You alone are the One who can make me feel new and refreshed again. It is in Your Presence that I am made whole.

I praise You because of Your abundant and unfailing mercies. For as long as I am alive, I will lift up my heart, voice, and hands to worship You.

“My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips,
when I remember you upon my bed and meditate on you in the watches of the night;
for you have been my help, and in the shadow of your wings I will sing for joy.
My soul clings to you; your right hand upholds me.”



Lord, You satisfy my every need – body, soul, and mind. I cannot do anything less than praise You for all that You have done for me. Whether I am awake or asleep, I know I can rest knowing that You are with me, keeping me safe in the midst of trouble. Guarding my soul.

You lift me up when life tears me down. You have long been my Help and Comforter. Continue to comfort me. Calm my fears and anxious thoughts. Help me to cling to Your unfailing love. Give me the strength to face whatever may come my way. You alone are my strength and protection.

“But those who seek to destroy my life shall go down into the depths of the earth;
they shall be given over to the power of the sword; they shall be a portion for jackals.
But the king shall rejoice in God; all who swear by him shall exult,
for the mouths of liars will be stopped.”

Lord, you are aware of the struggles in my life. You know my fears – whether found in the physical pains inflicted by others or the hurtful events and sorrows that have troubled my life. You know my anxious thoughts. You know each of these enemies, whether in the mind and heart or physical.

Guard my heart and mind. Protect me from anything that may seek to destroy me.

I know that You will pursue justice in my life. I have nothing to fear in Your Presence. All evils and troubles will pass away. All enemies and troublemakers will vanish. You are my refuge and the One in whom I can trust. Save me, protect me, fill my life with Your strong and comforting Presence.

Amen.