



PRAYER FOR ANXIETY AND STRESS

Oh Lord, let me hear you.
My soul is weary.
Worry, fear, and doubt surround me,
On every side.

Yet your sweet mercy cannot be held back
From those that cry out to you.
Hear my cry.

Let me trust in your mercy.
Show me how. Free me.
Free me from anxiety and stress.
That I may find rest in your loving arms.
Amen.



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