



Philippians 4: 4-7 | Guided Prayer Script
by Carolyn Vanderheide

The following is a prayer Carolyn wrote and prayed during one of her Guided Prayer weeks. Feel free to use this as a guide for your own guided prayers. You may also use this guided prayer with your own group. [Any instructions for leaders are enclosed in these brackets.]

-----prayer begins below-----

Precious Daughter of the King,
May you know God's unconditional love for you, may you know His peace that surpasses all understanding and may you know the transformational power of His Spirit.
Jesus Loves You

[Read the following over twice]

These verses are a Command and a Promise.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7

Take three deep cleansing breaths. And as you do ask God to fill you with his Spirit. Lift your thoughts up to your Heavenly Father, fix your eyes on Jesus. He knows you and loves you. He is in control.

Picture yourself coming into God's presence.

(Be Still)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.

Heavenly Father, I thank you that you are always near and always ready to listen. Help me to hear your voice this day. Fill me with your Spirit. I want to pray instead of worry.

(Be Still)

Do not be anxious, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Place your palms down, share with God what you are anxious about today and picture your worries passing into God's hands.

I give you my worries.

(Be Still)

I place my family into Your hands

(Be Still)

I place my future into Your hands.

(Be Still)

He is ready to carry your worries.

Thank you that you see my anxiety and my tendency to worry. Lord, help me to change my worry into prayer. Rather than be anxious, I invite you into how I am feeling.

(Be Still)

As I lay down my worries and anxieties, I am thankful for . . .

(Be Still)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Place your palms face up, ready to receive what God has for you.

I acknowledge that I cannot fill myself with peace in my own strength or push the anxious thoughts away. Protect my mind and heart so that I do not go down a path of worry.

You are God and I am not. I trust you, help me to trust you more.

(Be Still)

Fill me with your peace. Breathe your life into me. Help me to receive from You.

(Be Still)

In Your name, I claim victory over my worry.

(Be Still)

I lift all these prayers to you in the Name of Jesus. Amen.