

# Let's Pray

Theme: NO FEAR!

## Verse:

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you.

- Isaiah 41:10

## Prayer:

Creator God - you are mine. You are my God. You tell me this! You are mine. I am the richest woman in the world, because I have a devoted God who is all-powerful and promises to be with me. There is nothing beyond your ability. Nothing you cannot do. You are all powerful and you are GOOD. I see this in your creation. I hear it in the Scriptures and in the story of the coming of Jesus. You care. You care for us. You care for me.

Thank you for being my safety net, my hedge of protection, my strong tower, my shield against darkness, confusion, fear, lies, anger, anxiety, emptiness... With you at my side, I don't need to be afraid.

Thank you that you promise to strengthen me - and I am desperate for that now. I am acutely aware of my weaknesses and limits and my need for your strength. The knowledge that you are MY God reassures me already. It strengthens me all the way to my core. I know that my needs will not go unanswered.

Thank you that you help me, that you hold on to me, that you never let me go or leave me alone to fend for myself. You are WITH ME. You are MY GOD. And because of that, I WILL NOT FEAR no matter what the world throws at me. You are bigger than it all, and you are with me. Because of you I am not afraid!

I praise you my God. I praise you and thank you for the strength, the help, the beautiful and unwavering presence that you have chosen to give me. And you do not change your mind or your ways. I am safe with you. I am loved by you. I am perfectly provided for in your presence. I praise you for who you are - MY GOD. What a blessing to call you mine!!!



# Let's Pray

## **Claim it! Truths about who we are:**

I am safe.  
I am engraved in the palm of God's hand.  
I am cared for and helped by God.  
I am provided for.  
I am not afraid.

## **Breathing Meditation:**

I take in and give out the gifts of MY God! We overflow with the gifts of God - May the peace and strength God fills us with spread to all those in our presence this week! God is as close as our very breath, and the giver of each one that we take. Use it to be still and know God deeper.

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out. The purpose of meditating on God's word is to allow the truths to go deeper into our mind and heart and to quiet our mind enough to truly grasp them, and then to hear more from God.

I am not afraid. God is my strength. God is my help. God is with me. God is love. I am safe.

I breathe in His Presence. I breathe out His peace. I breathe in His Strength. I breathe out His joy. I breathe in His help. I breathe out His healing. I breathe in His courage. I breathe out His power.



*"Behold, I have engraved your name upon the palms of my hands."*