**Prayer in time of anxiety**

O Lord, hear my prayer and let my crying come before you.

Hide not your face from me in the day of my distress.

O God, out of the depths I call to you: hear me and help me.

When the cold hand of fear lies on my heart reach out to me.

All my familiar world is suddenly gone:

I am become like a sparrow solitary upon the housetop.

But you, O Lord, shall endure for ever,

and your name through all generations.

You will arise and have pity on Zion;

it is time to have mercy upon her; surely the time has come.

I am afraid for my family and my future;

I don’t know what will happen tomorrow and I can’t sleep.

Lord God, when I am overwhelmed cover me

with the wings of your compassion,

remind me of your love that is as strong as the mountains

and will outlast the sun and the stars.

On the cross the Lord Jesus showed us

a love that is wider than the heavens,

a love that carries us safely into your presence,

a love that empties death of power.

Though I grieve now in the evening of a bitter day,

I trust in the resurrection morning,

I trust in your care and love for those I love.

I know that our Redeemer is living,

and that he will bring us all together

into the place of peace and joy undying.

*(with verses from Ps 102 and Ps 130, and words from the Book of Job)*

**A prayer for those who are anxious**

God of peace, calm my inner storms,

God of comfort, take my hand when I am sinking,

God of faithfulness, hold me fast,

God of hope, break the grip of my fear.

*God and Father of our Lord Jesus Christ, show me I am not alone.*

*God of love, cast out all my fear.*

God of love, comfort me when I am lonely,

God of wisdom, show me a way forward,

God of strength, give me courage for tomorrow,

God of light, lead me out of inner darkness.

*God and Father of our Lord Jesus Christ, show me I am not alone.*

*God of love, cast out all my fear.*

God of all, you gave your Son to death for me,

God of all, you raised him to eternal life,

God my Father too, you promise life to me as well,

*God and Father of our Lord Jesus Christ, show me I am not alone.*

*God of love, cast out all my fear.*