

5 Prayers Every Parent Can Pray for Their Anxious Child

1. A Prayer for Peace in Their Mind

"God of peace, I lift up my child to You. Calm their racing thoughts and ease their worried heart. Let Your peace, which surpasses all understanding, guard their heart and mind in Christ Jesus. Replace fear with Your perfect love, and surround them with the quiet assurance that You are near. Amen."

2. A Prayer for Courage in the Face of Fear

"Lord, give my child courage when fear rises. Help them to face each challenge knowing You go before them. Remind them they are never alone and that You are their refuge and strength, an ever-present help in trouble. Build within them a brave heart and a steady spirit. Amen."

3. A Prayer for Rest and Sleep

"Heavenly Father, as night falls, I ask that You watch over my child. Let Your presence fill their room and settle their thoughts. Chase away anxiety and bring peaceful sleep. May they rest knowing You are holding them safely through the night. Amen."

4. A Prayer for Identity and Worth

"God, remind my child of who they are in You. When anxiety lies to them—telling them they're not enough—speak truth to their heart. Help them know they are loved, chosen, and never alone. May they walk in confidence, grounded in Your love. Amen."

5. A Prayer for Trusting God's Plan

"Lord, help my child learn to trust You when things feel uncertain. Teach them that You are working all things for their good, even when they can't see it. Calm their fear of the unknown and fill them with hope and trust in Your faithful plan. Amen."