



*million praying moms*

**EVERYDAY  
PRAYERS  
FOR OVERCOMING  
ANXIETY & DESPAIR**

*Gina Smith*

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## **On Anxiety and Despair**

As I write this resource, the world is emerging from an extended season of quarantine due to a widespread pandemic. As a nation, we are also grieving continued racial unrest. We have experienced a number of setbacks. A little bit stunned and overwhelmed, we are wondering what could possibly come next.

When I was younger I thought I would have reached a level of maturity and strength by the time I entered the later seasons of life. The reality is that I have actually experienced the opposite. Life, time, and God have revealed how weak I am and how very much I need His strength each day. I am acutely aware of how much I have to be grateful for, but aging has brought with it different types of suffering—health issues, loss of loved ones, broken relationships, disappointments, and even some disillusionment. We all experience similar challenges this side of heaven. Life is not the way God originally intended it to be.

So how do we deal with hardships in this life? Let's find out together as we pray through God's Word.

(excerpted from Everyday Prayers for Overcoming Anxiety and Despair, by Gina Smith).

**“My tears have been my food day and night ... Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”**

**Read Psalm 42**

**Prayer:** Father, I am discouraged and overwhelmed, and sometimes it feels like You aren't even there. I am so very weary. Please help me to remember all You have done in the past, all that You have accomplished in my lifetime, and to put my hope and trust in You. When I focus on all You've done and who You are I am reminded that You are always present and working. I can rejoice in that reality.

**Reflections:**

1. Are there circumstances in your life that seem like they will never get better? Take some time to tell the Lord about it.
2. Reflect over the past several years. What are some ways that God has brought you out of overwhelming circumstances when you could see clearly what He was doing? Does that give you hope for what you are facing right now?
3. Write your prayer below.

**Extra Verses:**

Psalm 84:2

Psalm 143:6, 7

Psalm 63

John 7:37

**"I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him."**

**Read Psalm 40**

**Prayer:** Father, sometimes I feel like there is no stability in my life and nothing or no one on whom I can rely. Do you see me? Please help me find my stability and joy in You. Help me persevere so I can praise You and tell others of Your mighty works, and so others might be encouraged and strengthened by the work You are doing.

**Reflections:**

1. Do you ever feel like you just can't persevere in your daily callings even one more minute? What do you do when you are faced with that feeling?
2. Take some time to pray and ask God to give you the strength you need to persevere in this difficult time. The enemy of our souls is working over time to discourage you and get you to quit. Interrupt his efforts by crying out to the Lord for His strength!
3. Write your prayer below.

**Extra Verses:**

Genesis 49:18

Psalm 25:5

Psalm 25:3

Psalm 27:14

## About the Author

Gina Smith is a writer and author who has been married for thirty-two years to Brian, a college professor and athletic trainer. For over twenty years Gina and her husband served where her husband was a professor and dean of students as the on-campus parents to college students. There they raised both of their now-married children. In her spare time, she loves to write and contributes to several websites. Gina recently authored her first book *Grace Gifts: Practical Ways to Help Your Children Understand God's Grace*. She also writes at her personal blog, [ginasmith.com](http://ginasmith.com).

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