Heavenly Father,

Your word is trustworthy and worthy of all praise. Your word is true and we can rely on your promises.

When troubles come, please remind us to always trust you.

When life seems too challenging, may we be carried through by your grace.

Our bodies and hearts might less us down sometimes but you faithful lord always rescue us.

Clear our minds of worries and scary thoughts, knowing that you are always guiding us.

Steer us away from our doubts and teach us to focus you.

In Jesus' name we pray,

Amen