

Prayer 2 – Anxiety at Night

FULL VERSION (KINGDOM STRUCTURE)

1. RELATIONAL ACCESS (FATHERHOOD)

Father, in the name of Jesus, we come before You tonight as Your children. You are our Father, and we have access to You through Your Son. We come boldly, not in fear, but in relationship with You.

2. WORSHIP / HONOR

You are holy, faithful, and true. You are not a God of confusion or fear, but a God of peace, power, and a sound mind. We honor You tonight and acknowledge that You are in control over all things.

3. KINGDOM ALIGNMENT

Let Your Kingdom come and Your will be done in our minds tonight as it is in heaven. There is no anxiety in heaven, no fear, no torment—only peace. So we align our thoughts, our emotions, and our hearts with Your Kingdom reality.

4. PETITION (WITHIN ALIGNMENT)

Your Word declares that You have not given us a spirit of fear, but of power, love, and a sound mind. So right now, we reject anxiety, worry, and every racing thought that is not from You.

You told us not to be anxious for anything, but to bring everything to You in prayer. So we bring every concern, every fear, every unknown, and every burden before You now.

When we are afraid, we will trust in You. Calm the mind. Slow every racing thought. Silence every internal noise that is trying to disturb our peace.

Let Your peace, which passes all understanding, guard our hearts and our minds in Christ Jesus.

5. FORGIVENESS / ALIGNMENT

Forgive us for allowing fear to take root. Forgive us for trying to carry what belongs in Your hands. We yield our thoughts to You now and submit every emotion to Your truth.

6. PROTECTION / DELIVERANCE

We come against every spirit of anxiety, fear, and torment that tries to operate in the night. Every oppressive thought, every mental attack—we reject it now.

We declare that our minds are covered and protected. No fear will dominate this space. No anxiety will rule this night.

7. DECLARATION

We declare that we have a sound mind. We declare that peace is our portion. We declare that fear has no authority here.

Our minds are settled. Our hearts are calm. Our spirits are at rest in You.

8. SEAL

We receive Your peace now. We rest in it fully.

In Jesus' name, Amen.

2-MINUTE VERSION

Father, in the name of Jesus, we come before You tonight as Your children. You are our Father, and we trust You.

You are not the author of fear, but of peace, power, and a sound mind. We honor You and acknowledge that You are in control.

Let Your Kingdom come and Your will be done in our minds tonight. We align our thoughts with Your peace.

Your Word says You have not given us a spirit of fear. So we reject anxiety, worry, and every racing thought right now.

We bring every concern to You. When we are afraid, we will trust in You.

Forgive us for carrying what belongs to You. We yield our thoughts and emotions into Your hands.

We come against every spirit of anxiety and fear. It has no authority here.

We declare that we have a sound mind. We declare that peace fills this space.

We receive Your peace now and rest in it.

In Jesus' name, Amen.