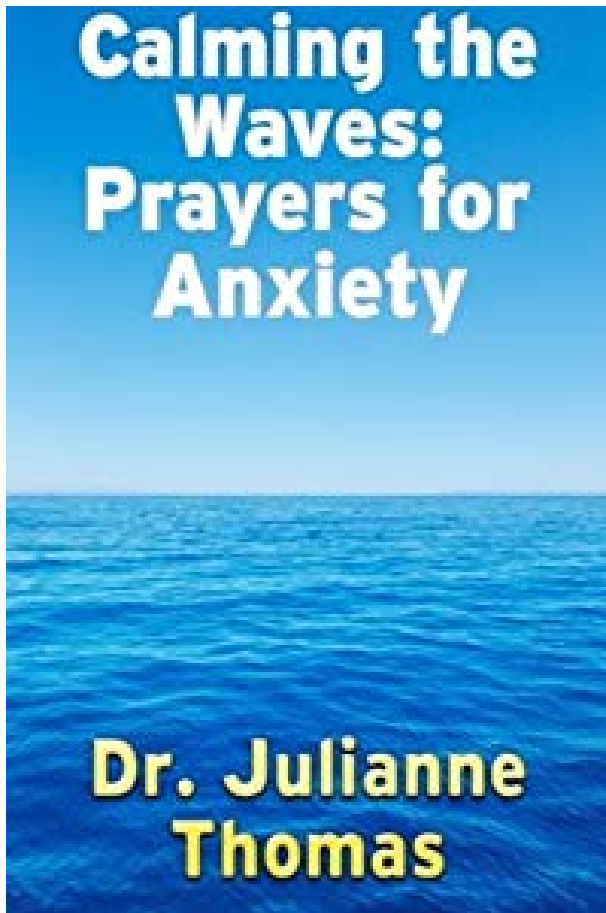


Calming the Waves: Prayers for Anxiety (Hymn-Inspired Prayers and Devotionals)



Genre:	Uncategorized
Published:	September 4th 2013
Pages:	38
Language	English
Author:	Julianne Thomas
Goodreads Rating:	4.75
ASIN	B00DR0KLO0

[Calming the Waves: Prayers for Anxiety \(Hymn-Inspired Prayers and Devotionals\).pdf](#)

[Calming the Waves: Prayers for Anxiety \(Hymn-Inspired Prayers and Devotionals\).epub](#)

Prayers and Devotionals for Anxiety Relief and Stress Management Like many people, I have struggled with worry and anxiety most of my life. As a doctor, I have also treated many patients who grapple with overwhelming worry, fear, phobias, stress, and anxiety. In my experience, prayer helps to relieve and reduce anxiety. I have written this Christian prayer book based on my personal experience of what has been helpful to me when I experience anxiety. Hymn lyrics have been included as inspirational quotes for each prayer and devotional entry because I have always loved hymns and have found tremendous comfort from their encouraging words. This prayer book focuses on casting all of your cares on God - all of your worry, fear, doubt, stress, and anxiety. Turning to God in prayer and relying on God's promises are powerful tools for overcoming anxiety and relieving stress. No matter how alone you may feel with your fears and worries, you are never alone. In an ever-changing world, God's promises never change. For Christian counselors, pastors, chaplains, or anyone involved in pastoral counseling, this book may be helpful to clients and/or church members who come to you feeling overwhelmed by life, stressed out, anxious, fearful, and/or depressed. Some of the specific topics addressed in this prayer book include: Insomnia caused by stress and anxiety Worrying about money Self-acceptance and self-esteem Grief and loss Loneliness and God's presence Finding God's peace in life's storms Living in the present moment God's provision in tough times Prayers for healing hurting

hearts Nature as a place for stress relief The power of gratitude to relieve worry Some of the hymns quoted within this eBook are: "Be Thou My Vision" "Moment By Moment" "Like a River Glorious" "Standing on the Promises" "Bed Quietness" "Still, Still With Thee" "How Firm a Foundation" "Leaning on the Everlasting Arms" "Abide With Me" May these hymn-inspired prayers and devotionals bring comfort and hope to hearts struggling with stress and anxiety.