

DESTINY OF SUCCESS®

THE PRAYER COLLECTION

Prayer for

Peace

in an

Overwhelming
Season

A Scripture-Centered Prayer for Quieting Anxious
Thoughts and Returning Your Heart to Truth

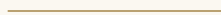
Speak Life. Believe Bigger. Walk in Purpose.

AN INVITATION TO PEACE



“Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.

And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].”



PHILIPPIANS 4:6-7

AMPLIFIED BIBLE

Peace for this moment.

Overwhelm can make every concern feel equally urgent. This resource helps you return to the present, separate facts from fear, and ask for the support you need. Prayer can accompany professional medical or mental-health care; it does not replace it.

God of peace, meet me in this crowded moment. My thoughts are moving quickly, my body is tired, and I feel the weight of what is happening and what might happen. I do not hide any of it from You.

Help me return to the present. Slow my breathing, soften my clenched muscles, and remind me that I only have to meet this moment right now. Show me what is truly urgent and what can wait.

I bring You the facts of my situation and the fears attached to them. Give me honesty to distinguish between the two. Where a feared outcome is possible, give me wisdom to prepare without living inside the prediction.

Guard my heart and mind in Christ. Redirect thoughts that circle without helping. Lead me toward words, environments, and people that support peace and truth rather than intensify panic.

Give me permission to rest, eat, pause, ask for help, and reduce what can be reduced. Show me the one action that would bring order or care to this day. Keep me from judging myself for having limits.

Thank You for being near in pressure, not only after it passes. I entrust the next hour, the next conversation, and the next decision to You. Let Your peace steady me as I take one step at a time. Amen.



Return to what is true.

WHAT FEELS OVERWHELMING RIGHT NOW?

Name everything competing for your attention. Circle the one concern that requires attention first. Cross out anything that is not yours to solve today.

FACTS VERSUS FEAR

In the first column, write only what you know. In the second, write the feared stories or predictions. Then choose one peaceful action supported by the facts.

WHAT I KNOW

WHAT I FEAR

CLOSING CONFESSION

God is near in this overwhelming season. I do not have to solve every concern at once. I return to the present, receive wise support, and take one peaceful, faithful step at a time.

Scripture quotation taken from the Amplified® Bible (AMP), Copyright © 2015 by The Lockman Foundation. Used by permission.
www.Lockman.org

© 2026 Destiny of Success®. All rights reserved. Created by Tiffany Shabazz.

For personal use. May not be copied, resold, republished, altered, or distributed for commercial purposes.