



A PLACE TO PRAY.
A SPACE TO HEAL.



THE ANXIOUS HEART PRAYER JOURNAL



*Guided Pages to Process
Emotions, Write Prayers,
and Draw Closer to God.*



BIBLICAL PEACE™



BEFORE YOU BEGIN

How to Use This Journal

This journal was written as a companion to *How to Fight Anxiety with Biblical Truth*, giving you a place to actually practice what those chapters describe — bringing your anxious thoughts honestly to God, naming what is and is not yours to carry, and keeping a record of His faithfulness over time. It is meant to be lived with, not filled out perfectly.

Daily Prayer Pages. A simple place to name what is weighing on you, write a verse to stand on, pray, and note one thing you are thankful for.

Casting Your Cares Worksheets. A practical space, drawn from Chapter Four of the book, to separate what is genuinely yours to do from what is not yours to control.

The ACTS Prayer Guide. A classic four-part framework — Adoration, Confession, Thanksgiving, Supplication — for the days a blank page feels like too much.

Weekly Faithfulness Logs. A short weekly rhythm for recording, in specific terms, how you actually saw God's peace, provision, or presence show up.

Free Prayer Pages. Open, ruled pages for whatever does not fit a template — a longer prayer, a hard week, an honest letter to God.

There is no wrong way to move through this journal. Skip pages, return to them out of order, or leave some blank entirely. What matters is the honest posture underneath it — bringing your real anxious heart before God, again and again, exactly as the book describes.

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Philippians 4:6-7

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A PRAYER PAGE

Pour Out Your Heart

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

1 Peter 5:7

"Casting all your care upon him; for he careth for you."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A CASTING WORKSHEET

Cast Your Cares

DATE _____

“Casting all your care upon him; for he careth for you.” 1 PETER 5:7

Name one specific worry below, then sort it honestly: what part is actually yours to do, and what part is not yours to control?

THE WORRY

WHAT IS MINE TO DO

WHAT IS NOT MINE TO CONTROL

MY PRAYER OF RELEASE

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Psalms 46:10

"Be still, and know that I am God."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A GUIDED PRAYER

The ACTS Prayer

DATE _____

A

ADORATION

Praise God for who He is — His character, not just what He has done.

C

CONFESSION

Bring honestly before Him anything you have carried alone or let harden into mistrust.

T

THANKSGIVING

Name specific things, not general ones, that you are grateful for right now.

S

SUPPLICATION

Ask directly for what you need — for yourself and for others.

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Isaiah 41:10

“Fear thou not; for I am with thee: be not dismayed; for I am thy God.”

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A PRAYER PAGE

Pour Out Your Heart

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Psalm 34:4

"I sought the LORD, and he heard me, and delivered me from all my fears."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A WEEKLY LOG

Recording His Faithfulness

“It is of the LORD's mercies that we are not consumed... they are new every morning.” **LAMENTATIONS 3:22-23**

Each day this week, write one specific, concrete way you saw God's peace, provision, or presence — even in something small.

DAY	HOW I SAW GOD'S FAITHFULNESS
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

THIS WEEK, MY TRUST IN GOD GREW BECAUSE...

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

John 14:27

"Peace I leave with you, my peace I give unto you... let not your heart be troubled."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
2. _____
3. _____

A PRAYER PAGE

Pour Out Your Heart

A DAILY PRAYER PAGE

Bring It to Him

DATE _____

WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Psalm 55:22

"Cast thy burden upon the LORD, and he shall sustain thee."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

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Cast Your Cares

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WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

2 Timothy 1:7

“God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

TODAY I AM THANKFUL FOR

1. _____
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A PRAYER PAGE

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A DAILY PRAYER PAGE

Bring It to Him

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WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Psalm 94:19

"In the multitude of my thoughts within me thy comforts delight my soul."

MY PRAYER

☐ I have brought this to God, and I choose to leave it with Him (1 Peter 5:7).

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The ACTS Prayer

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A DAILY PRAYER PAGE

Bring It to Him

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WHAT'S WEIGHING ON MY HEART TODAY

A VERSE TO STAND ON

Matthew 11:28

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

MY PRAYER

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A PRAYER PAGE

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