



PRAYERS FOR AN ANXIOUS HEART

A SERIES IN THE PSALMS

Anxiety & Fear

PRAYERS FOR AN
ANXIOUS HEART

Anxiety & Shame

PRAYERS FOR AN
ANXIOUS HEART

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

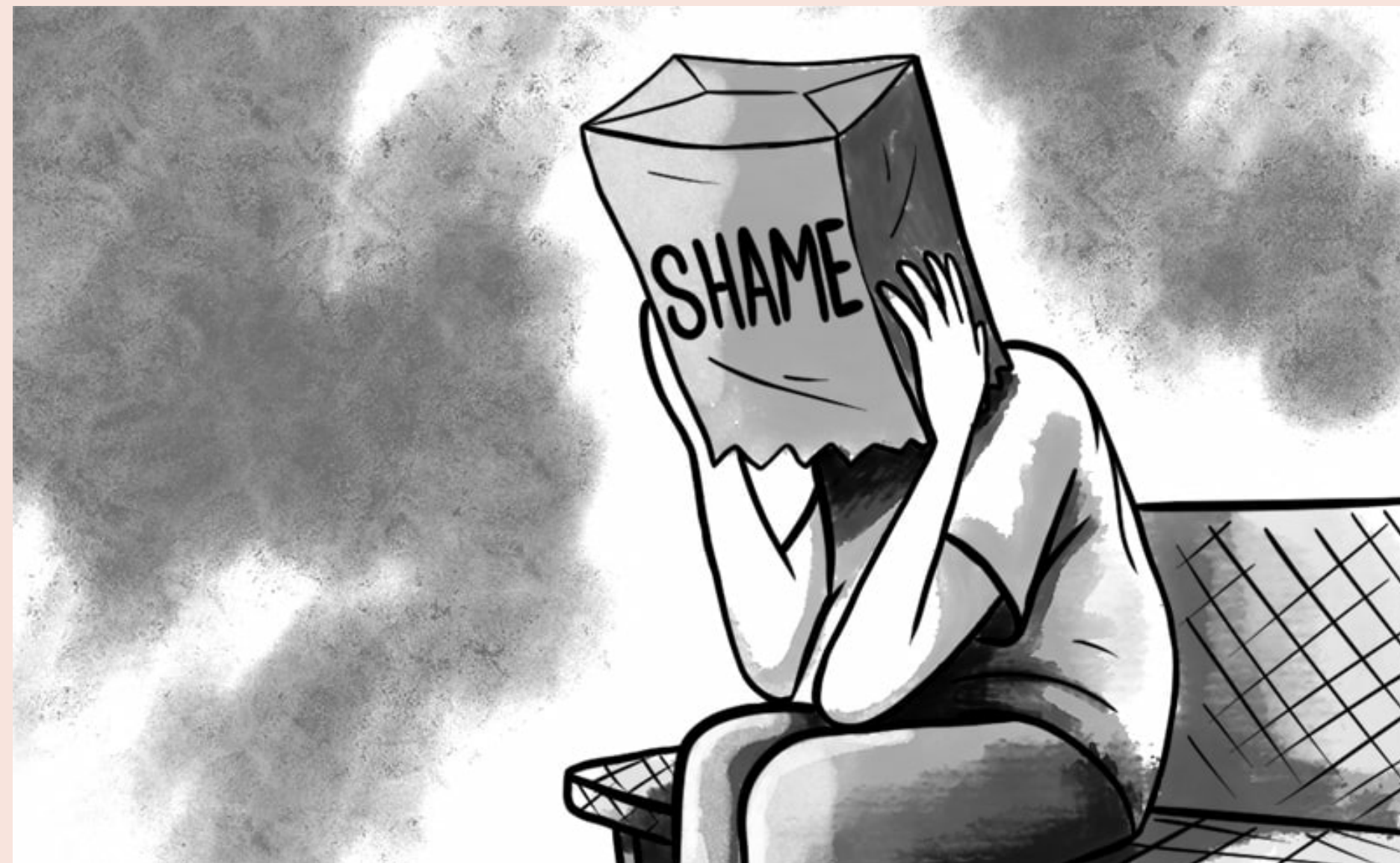
Psalms 51:10-12

Shame

Shame is the feeling of being
fundamentally flawed or unworthy



Shame



PRAYERS FOR AN
ANXIOUS HEART

Shame Cycle



PRAYERS FOR AN
ANXIOUS HEART

Anxiousness & Shame

“I’ll never measure up.”

“I’ll never get past my addiction”

“Why try, I’ll just fail again.”

God doesn't bring Shame,
He takes it off of us.

PRAYERS FOR AN
ANXIOUS HEART

When we feel anxious over shame, we have an identity issue that we need to confront.

Speak out God's truth over
an incorrect belief in order
to heal it and reshape that
belief.

PRAYERS FOR AN
ANXIOUS HEART

God's Character and Nature

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalms 139:13-14

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10 NLT

For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins.

Romans 3:23-24

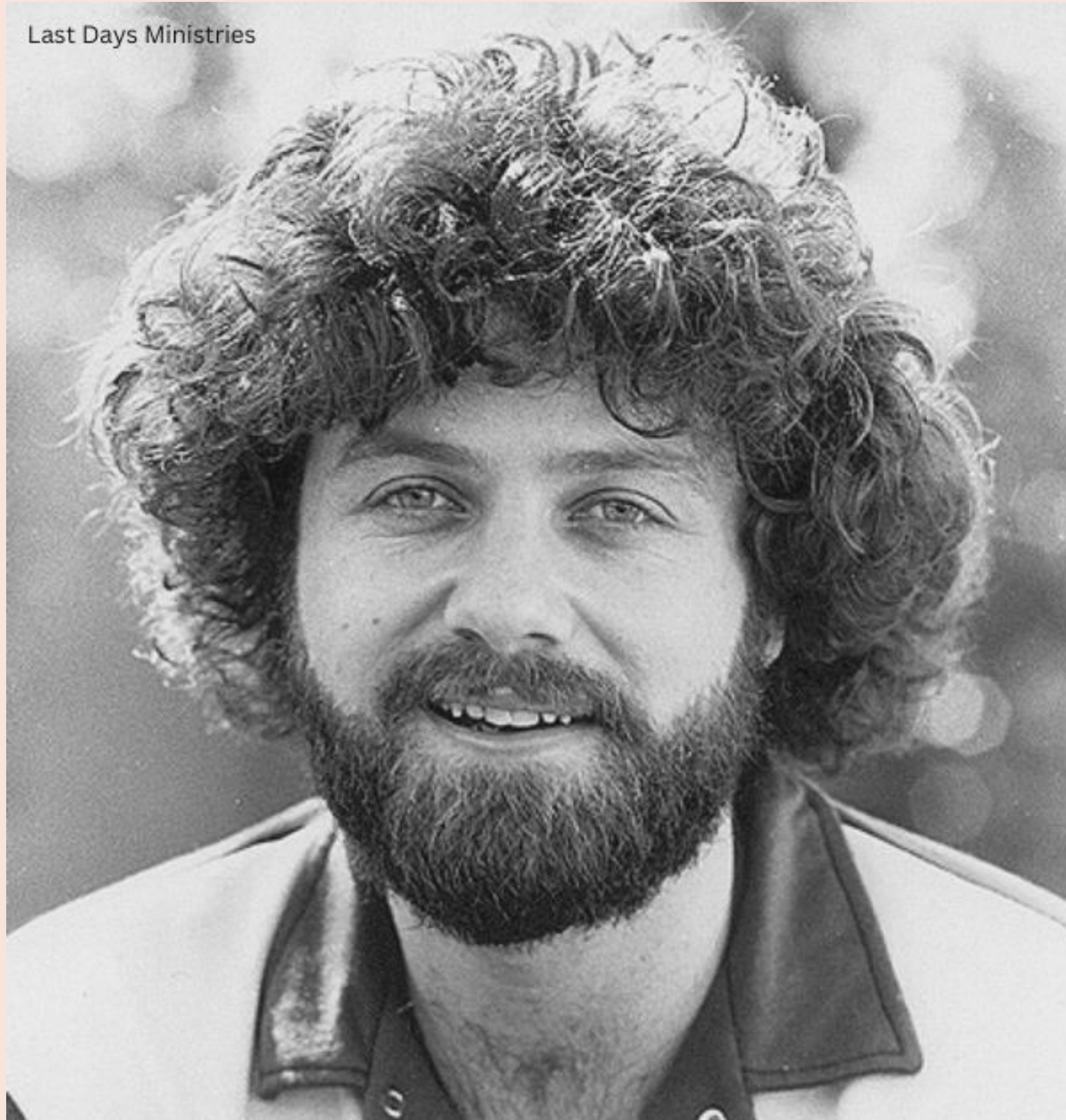
Conviction

Conviction (through the Holy Spirit) tells us our behavior is coming short of the standard of who God created us to be.

Shame tells us that we are short of the standard and that there is no hope of fixing that.

Psalm 51 is connected to 2 Samuel 12

David is confronted by Nathan and figures out he's busted for murdering Uriah and stealing his wife. David is convicted and admits to his poor choices.



KEITH GREEN

(1953-1982)

CHRISTIAN MUSIC PIONEER

**"THE ONLY THING THAT I WANT TO
ACHIEVE IS TO HAVE THE LORD
TELL ME WHEN I STAND BEFORE
HIM, 'WELL DONE, THOU GOOD
AND FAITHFUL SERVANT!'"**

**PRAYERS FOR AN
ANXIOUS HEART**

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalms 51:10-12

Confronting Shame

When we face shame, we must remember that it is in God's nature to forgive and redeem, and His nature is far greater and more permanent than the behaviors we see within ourselves.

The Ship of Theseus



PRAYERS FOR AN
ANXIOUS HEART



The idea is that a ship over time requires repairs. Piece by piece, the ship is repaired, one plank, one sail, one part at a time. The question then becomes, if all the pieces have been replaced, is it still the same ship it was when it was first sailed? If not, at which point did it become another ship?

PRAYERS FOR AN
ANXIOUS HEART

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 5:17

New Creation

It's not easy, but if can allow Jesus to replace our shameful, rotten planks in our lives, He can begin to restore the beautiful life He had planned from the start.

As we surrender ourselves to God, He replaces our shame with rejoicing. As David proclaims in verses 12–13, we will experience the joy of salvation and proclaim the goodness of God. True restoration goes beyond forgiveness. We become transformed by the power of the Holy Spirit. We are not only forgiven but are also empowered by the Spirit to walk in newness of life.

**PRAYERS FOR AN
ANXIOUS HEART**

Father, I am weighed down by the burdens of my wrongdoing. I am so sorry for the sins I have committed against you. Please remove from me the stains of my transgressions and make me new again, according to your love. Thank you for redeeming me and giving me your likeness. Thank you for the joy of your salvation. In Jesus's name, amen.

**PRAYERS FOR AN
ANXIOUS HEART**



PRAYERS FOR AN ANXIOUS HEART

A SERIES IN THE PSALMS