

# Week 2



## PRAYER FOR ANXIETY

Praises be to the God of Abraham, Isaac and Jacob

Lord bless me and protect me, Lord smile on me and be gracious to me

Show me favor and give me your peace. (Numbers 6:24-26)

Lord help me not to worry, because you go before and you follow me, You have your hand on

me. (Ps 139:5)

When doubts fill my mind, comfort me with renewed hope and cheer (Ps 94:19 NLT)

Lord you are my refuge and strength, an ever-present help in times of trouble (Ps 46:1)

Thank you, Lord, for making me strong and courageous. I will not be afraid or discouraged.

Lord help me to remember that you are NOT a million miles away, but you are with me

wherever I go. (Jos 1:9)

Let me keep my eyes on you and not my problems.

Lord I know all things are possible to those who believe, I believe but please forgive my

disbelief. (Mark 24-25)

Lord, I declare, victory over my health, finances, relationships, career and problems. In the name of Jesus and by the power of his blood, I am free.

Amen

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## REPLACING LIMITING BELIEFS

**What has stopped you achieving your purpose up until now?**

### **Replace with positive Empowering Statements:**

Once you have your list, re-write all these negative limiting beliefs about yourself, into positive

empowering statements as to what God says about you.

#### **For example:**

- I am not sure if it's possible... becomes...
- I know it's possible because... (I have seen others achieve similar goals).
- I do not know how to xyz ... becomes...I am learning how to xyz.
- I am not good enough .... becomes.... I am good enough.

Cross through the old negative belief and ensure that the positive empowering belief is written beautifully, then place it somewhere you will see it every day. This may be by your bed, on your mirror, on your fridge. Make these new empowering positive statements part of your daily routine. Every time you repeat a thought, you strengthen the neural pathway in your brain, making it stronger and more real in your mind. We are what we repeatedly do, so make sure you are focusing in on what serves you, not blocking your path with any negative limiting beliefs. This is your time to take action, to take responsibility for focusing your thoughts on what you want, choosing what to give your attention to and therefore the reality you wish to create.

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## REPLACING LIMITING BELIEFS

**Write Empowering Statements Here**

A series of horizontal lines for writing.