

Hello friend!

I hope that you find these Scripture + Prayer cards to be super practical for you and your kids!

My own child struggles with anxiety, and I created these cards because I needed a tangible way for her to engage with Scripture when she's worried. I included an explanation of the verse in kid-friendly terms, so she can really understand what she's reading. I also included a prayer because this helps her both practice surrendering her worries to the Lord, and gives her a sense of control over those worries.

You can print out these cards on cardstock and use them just as they are! Or, you can use these as a starting point and write these verses out in your own handwriting, on index cards for your kiddo. There's something about a parent's handwriting that gives a sense of familiarity and comfort for our kids.

If you have any questions, please email me at hello@anchored-women.com. I'm right there in this with you, and I'm cheering you on as you strive to parent your child in faith and with grace.

Blessings,

Kayse

'S BIBLE VERSES + PRAYERS

For when you feel worried.

You are a child of God! God's Word is true, and you can always ask Him for help. He loves you so much!

How these cards are laid out:

BIBLE VERSE

- REFERENCE -

Explanation

Prayer

**BE STRONG + COURAGEOUS. DON'T BE
TERRIFIED OR AFRAID. FOR THE LORD
YOUR GOD IS THE ONE WHO WILL GO
WITH YOU. HE WILL NOT LEAVE YOU OR
ABANDON YOU.**

- DEUTERONOMY 31:6 -

You can be brave because God is with you!

*Dear God,
Thank you for promising you will always be with me.
Please help me be brave and not afraid right now,
because you are here with me!*

**THE LORD IS MY LIGHT AND MY
SALVATION - WHOM SHALL I FEAR? THE
LORD IS THE STRONGHOLD OF MY LIFE -
WHOM SHOULD I DREAD?**

- PSALM 27:1 -

**You have nothing to fear because God is with us!
He shows us the way (light) and He saves us
(salvation). He is strong, even when we aren't!**

*Dear Jesus,
Thank you for being so strong and for saving me. I don't
have to fear because you are my God!*

**I WILL LIE DOWN AND SLEEP IN PEACE,
FOR YOU ALONE O LORD MAKE ME LIVE
IN SAFETY.**

- PSALM 4:8 -

You are safe. You can sleep in peace!

*Dear God,
Thank you for keeping me safe. Please help me sleep
peacefully tonight.*

**THE LORD GIVES HIS PEOPLE STRENGTH.
THE LORD BLESSES HIS PEOPLE WITH
PEACE.**

- PSALM 29:11 -

**God can make you strong and calm your heart. Ask
Him for help!**

*Dear God,
Please give me your strength and your peace. I need
your help right now.*

**BE STRONG AND LET YOUR HEART BE
COURAGEOUS, ALL YOU WHO PUT YOUR
HOPE IN THE LORD!**

- PSALM 31:24 -

You can have courage because you trust in God!

*Dear God,
Please help me to be brave and put my trust in you.*

**DO NOT BE AFRAID OR DISCOURAGED,
FOR THE LORD YOUR GOD IS WITH YOU
WHEREVER YOU GO.**

- JOSHUA 1:9 -

You are not alone!

*Dear God,
Thank you for promising to always be with me. Help me
to not be afraid!*

DON'T WORRY ABOUT ANYTHING, BUT IN EVERYTHING, THROUGH PRAYER, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

- PHILIPPIANS 4:6-7 -

Don't worry. Instead, pray and ask God for His peace!

*Dear God,
I feel worried about _____. Can you please take care of that for me? Will you take the worry out of my heart and give me your peace instead? Thank you!*

I AM ABLE TO DO ALL THINGS THROUGH CHRIST, WHO GIVES ME STRENGTH.

- PHILIPPIANS 4:13 -

It is God who makes you strong! Ask Him for help right now.

*Dear God,
Thank you for giving me the strength to do anything I need to do. Can you help me _____ right now?*

I HAVE TOLD YOU THESE THINGS SO THAT YOU MAY HAVE PEACE. IN THIS WORLD YOU MAY HAVE TROUBLE, BUT TAKE HEART! I HAVE CONQUERED THE WORLD.

- JOHN 16:33 -

Life might get hard, but you are saved, and no one can take that away!

Dear God,

I feel like life is hard for me right now, and that makes me sad. But thank you that you have saved me, and you promise to make everything right one day. I trust you!

THE NAME OF THE LORD IS A STRONG TOWER. THE RIGHTEOUS RUN TO IT AND ARE PROTECTED.

- PROVERBS 18:10 -

The Lord will always protect you. You can always trust in Him. He sees you as righteous because of Jesus!

Dear God,

Thank you that you call me righteous because of Jesus. Thank you that I can know you will always protect me.

**BUT THE FRUIT OF THE SPIRIT IS LOVE,
JOY, PEACE, PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS, GENTLENESS,
AND SELF CONTROL.**

- GALATIANS 5:22 -

**Peace (and everything else in that list!) comes from
God alone. You can ask Him for His peace today!**

*Dear God,
Please give me your peace through the Holy Spirit right
now. Thank you!*

**CAST ALL YOUR CARES ON HIM, BECAUSE
HE CARES FOR YOU.**

- 1 PETER 5:7 -

**You are a child of God, and He cares for you - in
fact, He loves you! You can tell Him your worries
and He will listen and help.**

*Dear God,
Thank you for caring about me and listening to my
prayers. Please help me _____.*