

# OVERCOMING FEAR AND DOUBT: A GUIDED PRAYER & AFFIRMATION GUIDE

*The Lord is my light and my salvation-whom shall I  
fear? Psalm 27:1*



DONNA WOOLAM

# Guided Prayers

## **Prayer for Trusting God's Plan:**

*Heavenly Father, I feel unsure about the future. Remind me that You hold all things in Your hands and that Your plans for me are good. Help me to trust You and walk forward in faith, knowing You will never leave me or forsake me. Amen.*

## **Prayer for Strength and Courage:**

*Lord, fear often tries to hold me back, but I know You have called me to live boldly. Fill me with courage to face the challenges ahead and remind me that I am strong through You. Amen.*

## **Prayer for Peace in Uncertainty:**

*Father, when my mind is overwhelmed with doubt, anchor me in Your peace. Let Your Word be my guide, and help me to stand firm in the knowledge that You are with me. Amen*

# Affirmations

*God has not given me a spirit of fear, but of power, love, and a sound mind. 2 Timothy 1:7*

*I am fearfully and wonderfully made. Psalm 139:14*

*I can do all things through Christ who strengthens me.  
Philippians 4:13*

**Write Your Own:**

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### Journey to Wholeness Facebook Community

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<https://www.youtube.com/@DonnawoolamTheLifeInspired>

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# DONNA WOOLAM

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My name is Donna, and I work with Christian women who have walked through a life-shifting experience and feel stuck. I can help, because I've experienced loss and discovered the way through the journey to wholeness.

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