



### ETERNAL HOLY GOD

I come to you burdened with worries, fears, doubts and troubles. Calm and quiet me with peace of mind. Empty me of the anxiety that disturbs me, of the concerns that weary my spirit, and weigh heavy on my heart. Loosen my grip on the disappointments and grievances I hold on to so tightly. Release me from the pain of past hurts, of present anger and tension, of future fears. Sometimes it's too much for me Lord, too many demands and problems, too much sadness, suffering and stress.

Renew me spiritually and emotionally. Give me new strength, hope and confidence. Prepare me to meet the constant struggles of daily life with a deeper faith and trust in You. Let your love set me free, for peace, for joy, for grace, for life, for others, forever. Amen.