



Living with Clinical Anxiety: Options for Spiritual Help

If your trigger is lack of control:

Read:

Psalm 23:4: *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

Matthew 6:26: *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

Pray:

[The Novena of Surrender](#)

Seek intercession from:

Mary, the Mother of God

If your trigger is the fear of change:

Read:

Malachi 3:6: *For I the Lord do not change; therefore you, O children of Jacob, are not consumed.*

James 1:17: *Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.*

Pray:

[The Magnificat](#)

Seek intercession from:

St. Pio of Pietrelcina (Padre Pio)



If your trigger is negative self-talk

Read:

Jeremiah 1:5: *Before I formed you in the womb, I knew you.*

Psalms 139:13-14: *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.*

Pray:

[The St. Michael Prayer](#)

Seek intercession from:

St. Teresa of Calcutta

If your trigger is fear of surrender/the unknown

Read:

Mark 14:35-36: *And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will."*

Proverbs 3:5-6: *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

Pray:

[The Prayer for Detachment](#)

Seek intercession from:

St. John of the Cross



If your trigger is current events/personal circumstances

Read:

Romans 8:37-39: *No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

Psalm 57:1: *Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.*

Pray:

[The Divine Mercy Chaplet](#)

Seek intercession from:

St. Maximilian Kolbe

To find a Catholic counselor in your area, visit CatholicTherapists.com.

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