



# Catholic Prayers & Scripture Passages for the Anxious Person

## The Memorare:

Remember, O Most Gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided..."

## Prayer to St. Dymphna

(Patroness of Anxiety & Mental Illness)

"Good St. Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary."

## The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."



## O' Most Sacred Heart of Jesus

O' Most Sacred Heart of Jesus, I Place All My Trust In Thee." (Repeat 3 times)

## A Simple Prayer for Peace

"Jesus, I trust in You. Calm my heart and fill me with Your Peace."

## Surrender Novena

"Oh Jesus, I surrender myself to You. Take care of everything."  
(Repeat 10 times each of the 9 days. (Search "Surrender Novena PDF for full version.)

### Psalm 34:4

"I sought the Lord, and He answered me; He delivered me from all my fears."

### John 14:27

"Peace I leave you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

### 2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

### 1 Peter 5:7

"Cast all your anxiety on Him because He cares for you."