

# Prayer for Protection

9 short prayers for safety, peace, and God's covering - plus Scripture references.

## Short Prayer (Quick + Powerful)

Lord, please protect me today. Cover my mind with peace, my heart with courage, and my life with Your presence. Guide my steps and guard me from fear. In Jesus' name, amen.

## 9 Prayers for Protection

- **1) Protection for Peace and Anxiety**  
Jesus, protect my mind from anxious spirals. Fill me with Your peace and steady my heart. Amen.
- **2) Protection Over My Family**  
Father, cover my family with Your care. Keep us safe in our coming and going, and let our home be filled with peace. Amen.
- **3) Protection Over My Children**  
Lord, surround my child with safety and wise guidance today. Give them discernment, confidence, and calm. Amen.
- **4) Protection While Traveling**  
God, watch over me as I travel. Protect me from accidents and delays, and bring me safely to my destination and back home. Amen.
- **5) Protection at Work or School**  
Lord, guard my heart from stress and discouragement. Give me wisdom in conversations and strength to do what matters. Amen.
- **6) Protection Over My Home**  
Father, cover this home with Your presence. Protect everyone inside and fill every room with peace. Amen.
- **7) Night Prayer for Protection**  
Lord, as I sleep, protect me and give me deep rest. Guard my mind from fear and my heart from worry. Amen.
- **8) Spiritual Protection (Armor of God)**  
Jesus, strengthen me to resist temptation and stand firm in faith. Guard me with truth, righteousness, peace, and Your Word. Amen.
- **9) Protection for Wisdom and Discernment**  
God, guide my choices today. Protect me from confusion and help me walk in Your wisdom, step by step. Amen.

## Scripture for Protection (References)

Psalm 91; Psalm 121; Psalm 23; Proverbs 18:10; 2 Thessalonians 3:3; Isaiah 41:10.

**Breath Prayer:** Inhale: "The Lord is my refuge." Exhale: "I will not fear."

# Protection Scriptures and Quiet Practice

Use this page for a 2-5 minute pause when you feel anxious or unsafe.

## Scripture to Read and Repeat

Reference	Focus
Psalm 4:8	Peaceful sleep and safety.
Philippians 4:6-7	Peace that guards your heart and mind.
1 Peter 5:7	Cast your cares on Him.
Isaiah 26:3	Perfect peace for a steady mind.

## 5 Breath Prayers (30-60 seconds each)

- Inhale: "God is with me." Exhale: "I am safe."
- Inhale: "The Lord is my Shepherd." Exhale: "I will not lack."
- Inhale: "Peace of Christ." Exhale: "Guard my heart."
- Inhale: "Lead me." Exhale: "Step by step."
- Inhale: "You are my refuge." Exhale: "I will rest."

## Prayer Requests / Notes

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