



Prayer for Today

with Jennifer Hadley

Prayer for Release of Anxiety

Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for a release of anxiety and all the underlying causes.

Yes, and all the permutations and ramifications. We're releasing the root causes of anxiety.

We're not interested in experiencing anxiety anymore.

We're setting ourselves free.

Yes.

So we place our hand on our heart, and we are grateful.

Grateful love and gratitude are our basic practice that lifts us high above the battlefield, high above the fear, worry, doubt, and anxiety.

We're grateful and thankful that God is.

We are grateful that it is possible to live a life of peace.

We are grateful that no matter what's going on in our life, in our experience, in our body, in our relationships, in our mind, it is possible for us to go the other way and to live a life without anxiety.





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So we're releasing whatever the mental and emotional habits are of choosing the thoughts and beliefs that are the root causes of anxiety.

We're releasing that all to the healing action of the Holy Spirit.

We're placing our trust and faith in love, in the great Law of Life, in God Itself.

We are choosing freedom.

We're choosing the freedom to know the truth, the freedom to remember the truth, the freedom to live in the light, and to release the habits of darkness and fear and worry.

So grateful that we really can give the heavy lifting to the Holy Spirit.

So what feels heavy, what feels hard, we're giving it to the Holy Spirit for healing.

The Holy Spirit knows the way.

We're releasing the habits of anxiety.

So grateful to surrender it all and to allow ourselves to walk away free and clear.

We are choosing the habits of peace and harmony.

So grateful to relax into the love of God.

We share the benefits with everyone everywhere because we are eternally one with them.

We let it be, and so it is.

Amen. Amen. Amen.



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That feels good.

Collective sigh of relief.

Releasing the worry.

Thank you for praying with me today.

Thank you for being so willing to let go of these fear habits.

Oh my goodness. Oh my gosh, we've got the Holy Spirit as our personal trainer.

How great is that?

Yes!

OK, what is coming up?

Two workshops in August.

I have the Deep Dive Workshop, and the topic this month is **"Why Am I So Hard on Myself?"**

Well, it's really about letting go of the habit of being so hard on myself.

I know a lot about that, and I'm happy to share it.

That is this Saturday, August 8.

And just remember, too, the Deep Dive Workshops from the past—if you missed the live Deep Dive Workshop, if you signed up, of course you get the replay, the transcript, all of that.



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But if you missed it and would like to, you can also get an instant download of the past Deep Dive Workshops.

If you sign up for the monthly subscription series, it's like getting every fourth workshop free because of the discount.

So that's a nice thing.

It's basically like getting three workshops a year for free.

And then August 29 is the free forgiveness workshop.

Speaking of free things, there's also one on Labor Day.

It's a ways away, but it is coming.

Also, I'll be at the Labor Day Retreat with John Mundy.

I hope to see you there if you're going.

All right, I love you.

Have an amazing and liberating day releasing the habit of worry, anxiety, and fear.



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