



Prayer to Saint Dymphna for Anxiety

Gaint Dymphna, you knew fear and danger,
and yet you kept your heart fixed on God.
Look kindly on me now, as anxiety weighs upon
my mind and unrest fills my days and nights.

Ask the Lord to quiet my racing thoughts,
to steady my breathing, and to remind me
that I am never alone.

When worry returns, help me return to prayer.
When fear speaks loudly, help me hear
the gentle voice of Christ
saying, "Peace, be still."

Saint Dymphna, patroness of those
who struggle with anxiety,
pray for me.

Amen.

