



# How to Stop a Panic Attack Through Faith and Prayer

## Understanding Panic Attacks: Body, Mind, and Spirit

Panic attacks are sudden episodes of intense fear that trigger severe physical reactions, often with no obvious danger present. Medical experts define a panic attack as a burst of acute anxiety accompanied by symptoms like a pounding heart, chest pain, shortness of breath, dizziness, or stomach distress <sup>1</sup> <sup>2</sup> . These sensations can be so overwhelming that many people feel as if they're having a heart attack or "going crazy." The body's **fight-or-flight** response floods you with adrenaline, preparing you to fight or flee even though there's no real threat. In fact, panic attack symptoms typically **peak within about 10 minutes** and then begin to subside <sup>3</sup> . Knowing this is key: **the intense fear will pass** and it is not physically harmful, even if it feels terrifying in the moment. As the Bible says, *"Anxiety weighs down the heart"* (Proverbs 12:25), acknowledging the very real physical toll anxiety takes on us.

**You are not alone if you experience panic attacks.** Approximately 6 million adults (about 2.7% of the U.S. population) suffer from panic disorder, and many more experience panic attacks at least once in their lives <sup>4</sup> <sup>5</sup> . Even faithful Christians are not immune – feeling panic or anxiety does **not** mean you lack faith or are "failing" as a believer. The Bible recounts numerous figures experiencing intense fear and distress. For example, the psalmist laments, *"When my anxious thoughts multiply within me, Your comforts delight me"* (Psalm 94:19, NIV). This honest admission shows that **even godly people deal with anxiety**, and that God's comfort is available in those moments. We are created as **integrated beings of body and spirit**, so a struggle in the mind or body can affect our spirit, and vice versa <sup>6</sup> <sup>7</sup> . It's important to address panic attacks on **all three levels: physically, mentally, and spiritually**.

## Faith Is Not Opposed to Medicine or Therapy

First, let's dispel a common misconception: seeking medical or therapeutic help for panic attacks is **not** a sign of weak faith. Christians sometimes wonder, *"Should I just pray more and avoid doctors or medication?"* The truth is that God works through medical professionals and psychological tools as well as through prayer. *"It is not the healthy who need a doctor, but the sick,"* Jesus noted (Mark 2:17, NIV), implicitly affirming the role of physicians. There is no biblical reason to feel shame in using legitimate treatments for anxiety – whether that's counseling, medication, or other techniques – as **complements to your faith**. In fact, **combining prayer with appropriate treatment can be very powerful**. One Christian counselor explains that *"there is hope in biblical counseling, medication, diet and exercise, and other tools to navigate these attacks — and however He may work through doctors, counselors and friends around us, we know God is our ultimate source of help"* (referencing Psalm 121:1-3) <sup>8</sup> <sup>9</sup> . In other words, you can take anti-anxiety medication or see a therapist **and** pray fervently – these are not either/or choices.

Modern medicine can provide valuable help for the physical and psychological aspects of panic. For example, doctors might prescribe anti-panic medications (such as an SSRI or benzodiazepine) to help balance brain chemistry, or a therapist might teach coping skills like cognitive-behavioral techniques.



Research shows that many people get the best results when therapy and/or medication is combined with spiritual support <sup>10</sup> <sup>11</sup> . Taking medication for anxiety is no more a lack of faith than taking insulin for diabetes – it's a means of stabilizing your condition so you can function and apply God's Word more effectively. The focus of your faith is not in the pill or the therapy, but in **God who heals through various means**. As one ministry puts it, for some people medication can be a *"lifeline, allowing them to function normally and helping them to reconnect with others and with God"* in ways they couldn't before <sup>12</sup> <sup>13</sup> .

**Bottom line:** Do not hesitate to seek professional help for panic attacks. Use every God-given resource available. You can visit a doctor or Christian counselor **without any guilt**, all while continuing to pray and trust the Lord for healing. God often works through skilled helpers; ultimately *"every good and perfect gift is from above"* (James 1:17), and that can include medical interventions. Keep in mind that addressing severe or persistent panic attacks may require a holistic approach – attending to your physical health (sleep, nutrition, exercise), your mental health (therapy, stress management), and your spiritual health (prayer, Scripture, community). Now, let's focus on **faith-based strategies** you can use **in the moment** when a panic attack strikes, as well as practices to build long-term resilience.

## Immediate Steps to Stop a Panic Attack (Through Faith and Prayer)

When you feel a panic attack coming on, it can be overwhelming – but there are practical steps, rooted in both psychological wisdom and biblical truth, that can help you ride out the storm. Here are some steps to take when panic attacks, integrating faith and prayer at each stage:

1. **Recognize What's Happening and Remember It Will Pass.** The first step is to acknowledge to yourself: *"This is a panic attack. It is temporary. I am not dying or losing control – it will peak and pass."* Remind yourself that the intense symptoms will crest within minutes <sup>3</sup> . This mindset aligns with Jesus' instruction: *"Do not worry about tomorrow"* (Matthew 6:34) – in other words, focus on getting through the moment rather than catastrophizing about the future. Many believers find it helpful to recite a comforting promise from Scripture to frame the situation. For example, *"Even though I walk through the darkest valley, I will fear no evil, for You are with me"* (Psalm 23:4, NIV). Affirm that God is with you **right now** in the midst of your fear. By recognizing the episode for what it is, you take away some of its mystery and power. Remind yourself: **"God has gotten me through before, and He will again."** As Isaiah 41:10 encourages, *"So do not fear, for I am with you... I will strengthen you and help you."* In a very real sense, **naming it** ("this is a panic attack") and **claiming God's presence** in it can start to defuse the terror.
2. **Pray – Call Out to God for Help.** Panic is a crisis response, and the most natural thing a Christian can do in crisis is **to pray**. *"God, help me!"* is an entirely sufficient prayer in the moment. The Bible is filled with examples of God's people crying out in distress and finding relief. *"In my distress I called to the Lord; He answered me and set me free"* (Psalm 118:5, NIV). Begin praying as soon as you can. This might be a very short, one-sentence prayer repeated over and over, such as *"Lord, please calm me; give me Your peace."* Remember that **God hears you** – *"The righteous cry out, and the Lord hears them; He delivers them from all their troubles"* (Psalm 34:17, NIV). By turning your focus upward, you break the cycle of fearful inward focus. **Invite Jesus into your panic.** You might even visualize Christ with you. Recall how Jesus calmed the storm on the Sea of Galilee when the disciples thought they were perishing. In the same way, you can ask Him to rebuke the "storm" in your body and mind. Cling to His promise: *"Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid"* (John 14:27, NIV). This isn't a magic mantra to instantly stop all symptoms; rather, prayer is

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



**your lifeline** to the One who **has power over fear**. As you pray, you might find the intensity of panic beginning to lessen, even if gradually. A 2012 clinical study found that person-to-person **prayer intervention led to significantly less anxiety and depression** in patients, with improvements still evident a year later <sup>14</sup> <sup>15</sup>. Prayer truly has power, not just spiritually but even to soothe the mind and body. God invites us to cast our fears on Him: *“Cast all your anxiety on Him because He cares for you”* (1 Peter 5:7, NIV). So in the throes of a panic attack, **cast your anxiety onto God** through honest, frantic, real prayer – He is strong enough to carry it.

3. **Breathe Deeply and “Be Still.”** When panic strikes, one of the most effective physical techniques is to **slow your breathing**. During a panic attack you may hyperventilate or take rapid, shallow breaths, which can worsen dizziness and chest tightness. Deliberately slowing your breathing helps signal to your nervous system that the danger has passed <sup>16</sup> <sup>17</sup>. **Inhale slowly through your nose** for a count of 4, then **exhale slowly through your mouth** for a count of 4 or longer. As you do this, **invite God’s peace with each breath**. You can even turn it into a simple “breath prayer.” For example, as you inhale, pray in your mind, *“Be still and know that I am God”*; as you exhale, *“You are with me”*. This echoes Psalm 46:10 (NIV): *“Be still, and know that I am God.”* By combining deep breathing with meditative prayer, you are calming your body **and** focusing your spirit. Christian counselors often teach *breath prayers* as a way to calm anxiety while staying centered on the Lord <sup>18</sup> <sup>19</sup>. One Christian mental health center describes a simple breathing exercise: inhale and say to yourself **“Peace”**, then exhale and say **“Fear”** – symbolically breathing in God’s peace and breathing out your fear <sup>20</sup> <sup>21</sup>. Repeat this for several minutes. As you concentrate on breathing, **notice the stillness** that begins to settle within you <sup>22</sup> <sup>23</sup>. This embodies the command *“Be still before the Lord and wait patiently for Him”* (Psalm 37:7). Slowing your breath is one of the quickest ways to activate your body’s relaxation response (the opposite of fight-or-flight). From a medical standpoint, it increases oxygen to your brain and can prevent the feedback loop of panic. From a spiritual standpoint, it creates a quiet space to experience God’s presence. **Tip:** Sometimes it helps to count or use a specific rhythm, such as the **4-7-8 breathing** technique (inhale for 4 seconds, hold for 7, exhale for 8) <sup>24</sup> <sup>25</sup>. Use whatever pattern keeps you focused. As you practice breathing and stillness, you may feel the tightness in your chest ease and your racing heart start to slow down. Thank God for each small reduction in symptoms – *“Thank You Lord, for each calming breath.”* Continue this until the peak of the panic wave passes.

4. **Speak Truth to Your Thoughts (Use Scripture as Your “Script”).** Panic attacks are often fueled by catastrophic thoughts: *“I’m going to die... I’m losing control... I can’t handle this.”* A powerful faith-based strategy is to **counter those fearful thoughts with God’s truth**. In secular therapy, patients prepare **coping statements** to remind themselves that the panic is temporary and not truly dangerous <sup>26</sup> <sup>27</sup>. As Christians, we have an even stronger script in **the Word of God. Combat lies with Scripture**, just as Jesus did when He was tempted (Matthew 4:1–11). It can be immensely helpful to have a few **Bible verses memorized or written down** that you can repeat to yourself during an attack. For example, *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”* (Philippians 4:6–7, NIV). Telling yourself this truth — **“God’s peace will guard me”** — answers the panic’s lie that *“I’ll never feel peace again.”* Another excellent verse to declare is *“For God has not given us a spirit of fear, but of power and of love and of a sound mind”* (2 Timothy 1:7, NKJV). Affirm that the *spirit of fear* is not from God, and **claim the sound mind** that He *has* given you. Practically, you might keep an index card in your wallet with a favorite verse or a short faith-filled phrase. When panic feelings arise, **speak these**



**truths out loud if possible** (or think them firmly if you're in a public place). You are engaging in spiritual warfare against fear by wielding the *"sword of the Spirit – the word of God"* (Ephesians 6:17). This also corresponds to a cognitive-behavioral technique of reality-checking your thoughts. For instance, if your mind screams *"I'm dying!"*, answer with: *"No – this is a panic attack. It will pass. God is with me. I will not die but live to declare what the Lord has done"* (see Psalm 118:17). If your thought says *"I can't handle this,"* counter with *"I can do all this through Him who gives me strength"* (Philippians 4:13, NIV). This intentional **thought replacement** is deeply biblical: *"We take captive every thought to make it obedient to Christ"* (2 Corinthians 10:5, NIV). Over time, repeatedly replacing panic-driven thoughts with God's truth will retrain your mind to respond more calmly. **Christian counselors** sometimes refer to this as replacing the *"panic narrative"* with a *"peace narrative."* In a very real sense, you are **preaching to your own soul**, like the psalmist who said, *"Why, my soul, are you downcast? ... Put your hope in God"* (Psalm 42:5). Preparing a "script" of truth in advance – whether it's Bible verses, uplifting worship lyrics, or reassuring affirmations – can short-circuit a panic attack's mental spiral <sup>28</sup> <sup>29</sup>. *"The words you hear are powerful, and over time, they become your truth,"* notes Dr. Regina Josell, a clinical psychologist, regarding self-talk during anxiety <sup>26</sup>. So make sure the words you're hearing (and repeating) in an attack are **God's words of life**, not the enemy's whispers of doom.

**5. Engage in Grounding and Worshipful Distraction.** Another effective way to halt a panic attack is to deliberately **shift your focus** away from the internal chaos. This is called "grounding." The idea is to reconnect your mind with the present environment, which can stop the feedback loop of fear. One common grounding exercise is the "5-4-3-2-1" technique: identify 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste <sup>30</sup> <sup>31</sup>. As a person of faith, you can adapt grounding into a form of **worshipful distraction**. For example, look around and name things you're grateful to God for in that moment (the sunshine outside, a friend sitting with you, etc.). **Thank God out loud for each of those blessings.** Gratitude is a powerful anxiety antidote, as *"with thanksgiving, present your requests to God"* (Philippians 4:6). You might also put on a calming worship song or hymn – music can lift your spirit and change the atmosphere of your mind. Singing along or humming a favorite praise song can both regulate your breathing and remind you of God's goodness. The Bible recounts how King Saul's tormenting anxiety was eased when young David played music to worship God (1 Samuel 16:14-23). Similarly, many people testify that worship music chases away the darkness of panic. If you're not in a place where you can play music, even **picturing a peaceful scene** from God's creation can help (imagine lying down in green pastures by still waters – Psalm 23:2 – with the Lord as your shepherd guarding you). Some believers find it helpful to gently repeat the name *"Jesus"* or a short biblical mantra as they focus on an object around them. For instance, softly touching a cross necklace or holding a Bible can be a tangible reminder of God's presence. **Use your senses:** feel the fabric of your chair, or hold an ice cube from the freezer (the cold sensation can jolt you back to present reality). Look at a family photo and remember you are loved and needed. These grounding techniques, combined with faith, help reorient your mind from the inner storm to the steadiness of God's truth and the reality of the moment. *"You will keep in perfect peace those whose minds are steadfast, because they trust in You"* (Isaiah 26:3, NIV). By actively shifting your mind toward the sensory present and toward trust in God, you open yourself to that **perfect peace**.

**6. Reach Out for Support and Prayer.** Panic attacks can make you feel very isolated, as if you're trapped in your own fear. But remember that **you are part of the body of Christ** – you don't have to suffer alone. If you're with someone you trust (a spouse, friend, pastor, etc.), **tell them what you're experiencing**. Simply saying, *"I'm having a panic attack, please stay with me,"* can bring tremendous relief. Ask them to pray with you and for you. *"Where two or three gather in My name, there am I with*



them,” Jesus promised (Matthew 18:20, NIV). The presence of a calm, empathetic friend can help ground you and assure you that you’re safe. Even over the phone, hearing the voice of someone who cares for you can break the sense of doom. Don’t let shame keep you silent – panic disorder is a common, treatable condition, and **there is no shame in asking for help**. In fact, sharing your struggle is biblical: *“Carry each other’s burdens, and in this way you will fulfill the law of Christ”* (Galatians 6:2, NIV). You might consider asking a few close friends or prayer partners **ahead of time** to be your “on-call” support. That way, if an attack hits, you can send a quick text or call them to ask for prayer and encouragement. Many Christians report that when they finally opened up about their panic attacks to others, they discovered that friends had gone through something similar. There is a concept in counseling called **“empathetic witness,”** meaning that having someone else lovingly witness your pain is deeply healing <sup>32</sup> <sup>33</sup>. By bringing your panic into the light of community, you strip it of its power to make you feel helpless and alone. God often **comforts us through other people** – *“the God of all comfort... comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God”* (2 Corinthians 1:3–4, NIV). Let the Church be the Church for you in your time of need. **Practical tip:** If panic attacks are a recurring issue, it might help to create a plan with your loved ones. For example, explain to your spouse what you’d like them to do if they see you panicking (maybe rub your back and pray slowly with you). Having a plan can reduce anxiety about the panic itself. Ultimately, *“we are created for community by a relational God”* <sup>34</sup> <sup>35</sup>, and even though panic wants to make you retreat inward, **pushing back by connecting with others** is a step toward freedom.

By taking these steps – recognizing the attack, praying, breathing, speaking truth, grounding yourself, and reaching out – you are addressing a panic attack **from all angles**: physical, mental, and spiritual. Clinical psychologists affirm that techniques like controlled breathing, positive self-talk, and distraction can shorten and lessen the severity of panic attacks <sup>36</sup> <sup>37</sup>. Likewise, **our faith teaches us** to “fear not” by focusing on God’s presence, to renew our minds with truth, and to bear one another’s burdens. In effect, you are using *“the weapons of our warfare”* (2 Corinthians 10:4) – prayer, God’s Word, and loving support – which *“have divine power to demolish strongholds”* of fear. It may take practice to remember these steps in the moment (panic can be disorienting), so don’t be discouraged if it’s hard the first few times. You might even rehearse them during calm moments: visualize yourself feeling panic symptoms and then walking through each step with the Lord’s help. Over time, these responses can become more automatic, and the panic attacks themselves often become less frequent and intense as a result.

## Building Long-Term Resilience in Christ

Stopping an individual panic attack is valuable, but ideally we want to **reduce or even prevent** future attacks. Your faith can play a huge role in building long-term resilience against anxiety. Here are some ongoing practices and considerations for a more **panic-resistant life of faith**:

- **Daily Prayer and Surrender:** Develop a habit of **daily quiet time with God**, where you intentionally cast your stresses on Him before they snowball. Jesus invites, *“Come to me, all you who are weary and burdened, and I will give you rest”* (Matthew 11:28, NIV). In the morning or evening (or both), spend time in prayer **giving to God** any worries about health, finances, relationships, etc. Visualize laying each worry at Jesus’ feet. This daily surrender can keep your overall anxiety baseline lower. It’s much like preventative medicine for your soul. Philippians 4:6 instructs us to pray *“in every situation”* with thanksgiving – not just during panic, but as a lifestyle. Many people with panic disorder find that as their prayer life deepens, their **trust in God’s control** increases and their tendency to catastrophize





decreases. You might incorporate **journaling** your prayers or fears to God, which gets them out of your head. Sometimes writing “Dear God” letters about what’s bothering you can bring clarity and relief. Make sure to also write down answers to prayer and times you experienced God’s help – these become faith fuel for the future. A grateful, prayerful heart is more buffered against panic because it habitually turns to God for every need. *“When anxiety was great within me, your consolation brought me joy”* (Psalm 94:19, NIV). Aim to experience God’s consolation regularly, not only in crises.

- **Meditation on Scripture (Renewing Your Mind): Meditating on God’s Word** is essentially spiritual cognitive-behavioral therapy. Our goal is to “renew” our minds so that anxious thought patterns are transformed (Romans 12:2). Consider doing a topical study on God’s peace or promises of protection. Memorize a few key verses and recite them throughout the day. Passages like Psalm 91 (God’s protection), Psalm 23 (God’s shepherding care), or Jesus’ teachings in Matthew 6:25–34 (God’s provision, “do not worry”) are powerful fear-fighters when they sink into your heart. One effective method is **Scripture meditation**, where you slowly repeat a verse and ruminate on each word. For example, take Isaiah 41:10 and whisper: *“Do not fear... for I am with you... do not be dismayed... for I am your God...”*, imagining God speaking it directly to you. This can actually re-pattern your neural responses to stress. A recent review of research in psychology notes that **prayer and faith can activate health-promoting mechanisms like hope and cognitive reframing of stress** <sup>38</sup> <sup>39</sup>. In plain terms, filling your mind with God’s truth makes you mentally stronger against anxiety’s lies. Make it a goal to replace some of your “what if” worry time with meditating on Scripture. Even five minutes of Scripture meditation a day can begin to clear out the anxious clutter in your mind and invite the “still, small voice” of the Holy Spirit.

- **Healthy Lifestyle and God’s Design:** Panic attacks sometimes have physical triggers (like too much caffeine, lack of sleep, or high stress). Stewarding your body well is actually a spiritual practice – your body is the temple of the Holy Spirit (1 Corinthians 6:19). So, pay attention to lifestyle factors that could be lowering your panic threshold. Try to get sufficient sleep (fatigue can make it harder to cope with stress). Exercise regularly – even a 20-minute walk releases tension and can reduce anxiety. In fact, exercise is shown to **reduce anxiety sensitivity**, the very trait that fuels panic attacks. Think of exercise as God’s natural anxiety medication; when done with a thankful heart, it doubles as worship (enjoying the body and health God gave you). Watch your intake of stimulants like caffeine and sugar, as these can mimic panic sensations (racing heart, jitters). There’s nothing unspiritual about adjusting your diet if it helps your nerves – remember Elijah was given food and rest by the angel when he was anxious and exhausted (1 Kings 19:5-8). **Rest** is also crucial. Honor the Sabbath principle by giving yourself downtime to recharge mentally and physically. Chronic stress can set the stage for panic attacks, so build regular rhythms of rest and relaxation into your week – guilt-free. This might mean saying *no* to some commitments and establishing margins, trusting that God sustains you even as you rest. Jesus Himself frequently went away to pray and rest, modeling that we are not meant to run on adrenaline nonstop.

- **Faith Community and Accountability:** Stay connected with fellow believers who can encourage you. Consider joining (or starting) a support group or Bible study for anxiety. There are many Christian support groups, in churches or online, where people share how faith is helping them overcome anxiety disorders. The testimony of others can boost your faith. Hebrews 10:25 reminds us not to forsake assembling together, *“but encouraging one another.”* When you have people regularly checking in on you, you’re less likely to fall into despair or feel alone in your struggle. If you’re comfortable, let your pastor or a prayer leader at church know about your panic attacks so they can



pray specifically. Sometimes churches offer healing prayer sessions or have a list of Christian therapists they recommend. Embrace the resources of the Body of Christ. Additionally, consider finding an **accountability partner** for practicing coping skills and spiritual disciplines. For instance, you and a friend could agree to text each other a Bible verse each morning, or gently challenge each other to replace negative self-talk with faith-filled talk. Knowing someone else is rooting for you (and vice versa) keeps you motivated to press on. Ecclesiastes 4:9-10 says *“two are better than one... if either of them falls, one can help the other up.”* This is especially true in emotional struggles.

- Professional Counseling with a Faith Perspective:** If panic attacks are frequent, causing significant fear of recurrence (for example, avoiding places or activities to prevent panic), it is wise to engage a professional counselor. A **Christian counselor or therapist** can help you integrate therapeutic techniques with your faith. Cognitive-Behavioral Therapy (CBT) is highly effective for panic disorder <sup>40</sup> <sup>41</sup>, teaching you how to challenge irrational fears and gradually desensitize to panic sensations. Even better, **religion-adapted CBT** has shown great success. In one case study, a 34-year-old patient received therapy that integrated his religious faith – including prayer, slow breathing exercises, and spiritual reframing of anxious thoughts – alongside standard CBT methods <sup>42</sup> <sup>43</sup>. The result was a dramatic reduction in his panic symptoms: his clinical anxiety score went from a *severe* level of 47 at baseline to just 24 (mild range) after completing the faith-tailored therapy <sup>44</sup> <sup>45</sup>. This improvement allowed him to resume normal activities that he had been avoiding due to panic <sup>46</sup> <sup>47</sup>. This example shows that **combining faith with evidence-based therapy can yield powerful results**. Don't hesitate to seek out a Christian therapist or a support group through organizations like the **Anxiety and Depression Association of America (ADAA)** or a local church counseling center. These professionals can teach you additional strategies, like gradual exposure (facing feared situations in small steps) or relaxation techniques, within a framework that respects your faith. And if they recommend medication to help control the panic, you can take it as a tool God can use – again, with no shame. Many Christians have found relief through a short-term course of anti-anxiety medication that quieted their body enough to focus on spiritual healing and therapy. If medication is part of your treatment plan, commit to prayerfully taking it as prescribed and continue working on underlying issues in counseling.
- Addressing Underlying Spiritual Issues:** While many panic attacks are purely physiological, it's wise to also examine if there are any **deeper spiritual or emotional issues contributing** to your anxiety. Is there unconfessed sin that's burdening your conscience, like David described *“When I kept silent, my bones wasted away... and my strength was sapped”* (Psalm 32:3-4)? If so, seek God's forgiveness and maybe counsel with a pastor – relief and peace often follow genuine repentance and receiving grace <sup>48</sup> <sup>49</sup>. Or perhaps there is past trauma or deep hurts that need healing (sometimes panic can be linked to PTSD or unresolved emotional pain). Invite the Holy Spirit to gently reveal any wounded areas of your heart that He wants to heal. This might be done through inner-healing prayer or Christian counseling specialized in trauma. On the other hand, **do not automatically assume** every panic attack means you have some spiritual failure. As we noted, panic can have many causes (genetic, chemical, etc.). Like Jesus' disciples asked about the blind man, *“Who sinned, this man or his parents?”* – and Jesus answered it was neither (John 9:2-3). So avoid inappropriate guilt. Instead, stay open to what God wants to do in your life through this process. Sometimes panic forces us to confront how **dependent on God** we truly are. It can be an invitation to a deeper trust. You might come to echo the Apostle Paul's words: *“When I am weak, then I am strong”* (2 Corinthians 12:10), as you experience God sustaining you. Many believers emerge from a season of intense anxiety with a



more profound intimacy with Christ and a more compassionate heart for others who suffer. In that sense, God *“works all things together for good”* (Romans 8:28), even our panic attacks.

## Conclusion: Hope and Peace Are Possible

If you are a Christian struggling with panic attacks, take heart: **you are not alone, and you are not without hope.** God sees your suffering and cares deeply about your peace of mind (1 Peter 5:7). In the midst of an attack, it may feel like panic has all the power. But in truth, **God is greater than our fears.** *“The Lord is near”* to you (Philippians 4:5) even when your heart is racing and your hands are trembling. Through faith and prayer, you have access to a supernatural peace that *“transcends all understanding”* (Philippians 4:7). That peace may begin as a small seed – a moment of calm in the chaos – but as you nurture it daily through spiritual disciplines and wise self-care, it will grow.

Be patient with yourself in this journey. Overcoming panic attacks often takes time and practice. Celebrate progress, no matter how small: maybe you made it through an attack using prayer and breathing without needing to flee the situation, or maybe you went two weeks without a panic episode. These are victories! Give thanks to God for each step forward. And if you stumble (e.g. have a setback or a particularly bad attack), don't despair. Recovery is seldom linear, but **God's faithfulness is constant.** *“God is our refuge and strength, an ever-present help in trouble”* (Psalm 46:1, NIV). Memorize that verse and recall it whenever you feel panic start to creep in – it's a reminder that in the very moment of trouble, God is *present* as your stabilizing refuge.

In practical terms, keep utilizing the techniques that work for you: maybe you find that praying Psalm 91 out loud is your go-to, or doing 5-4-3-2-1 grounding while holding a cross necklace, or calling your mentor to pray with you. There's no one “right” way – the key is that **you invite God into the process** and lean on both His promises and the wisdom He provides through others. Over time, you may find that panic attacks lose their grip on your life. What once was crippling can become manageable, and then perhaps rare. Many believers who once felt enslaved by panic now live full, joyful lives, testifying that God's grace led them step by step to freedom. For some, He grants instantaneous healing; for most, it's a gradual healing journey – but **either way, He is the Healer** (Exodus 15:26).

As you continue to grow, you might even discover purpose in your experience. The Apostle Paul wrote that God comforts us in our troubles *“so that we can comfort those in any trouble with the comfort we ourselves receive from God”* (2 Corinthians 1:4, NIV). Imagine someday you're able to sit with a friend or church member in their panic and say, “I understand, and God will get you through this, just as He did for me.” Your empathy and hard-won wisdom will be a precious gift to them. God never wastes our pain when we surrender it to Him – He transforms it into ministry.

In summary, **stop a panic attack through faith and prayer** by calming your body (breathing, grounding), focusing your mind (truth over lies), and opening your spirit to God's presence (prayer, Scripture, support). Utilize medical help and therapy as needed, without guilt, and integrate them with your faith. The Lord who loves you is **fully invested in your healing** – He wants you to live in the peace Christ purchased for you. Jesus said, *“In this world you will have trouble. But take heart! I have overcome the world”* (John 16:33, NIV). Panic attacks are trouble, no doubt. But take heart: Jesus has overcome, and **in Him, so will you.** With the tools of faith in one hand and practical helps in the other, you can face panic attacks not with fear of fear, but with confidence that *“the Lord is at hand”* (Philippians 4:5) and **His peace will ultimately triumph in your heart.**

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.





<small>"May the Lord of peace Himself give you peace at all times and in every way" (2 Thessalonians 3:16, NIV).</small>

## References:

1. National Institute of Mental Health – **Panic Disorder** (Definition and Statistics). Available at: [nimh.nih.gov – Panic Disorder](https://www.nimh.nih.gov/health/statistics/panic-disorder)
2. Anxiety & Depression Association of America – **Symptoms of Panic Disorder** (Describes panic attack symptoms peaking within 10 minutes). Available at: [adaa.org – Panic Disorder Symptoms](https://adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms)
3. Cleveland Clinic, Regina Josell, PsyD. **"How to Stop a Panic Attack in Its Tracks."** *Health Essentials*, Oct 26, 2021. (Tips on scripting positive thoughts, deep breathing, and distraction) – [Cleveland Clinic article](#)
4. Tompkins, Chris. **"The Power of Prayer."** *Psychology Today*, Jan 24, 2025. (Notes that research shows prayer can reduce stress, anxiety, and negative emotions by fostering comfort, support, and hope) – [Psychology Today](#)
5. Harris, Jodi. **"If Panic Attacks, Push Back."** *Proverbs 31 Ministries Devotion*, May 17, 2024. (Personal testimony of a Christian who experienced panic attacks; emphasizes using Scripture, community, and acknowledges counseling/medication as tools while God is the ultimate source of help) – [Proverbs31 Devotional](#)
6. Subhas, N., Mukhtar, F., & Munawar, K. **"Adapting cognitive-behavioral therapy for a Malaysian Muslim."** *Med. J. Islam. Repub. Iran*, 35:28 (2021). (Case study demonstrating a faith-integrated CBT approach markedly reduced a patient's panic symptoms, with Beck Anxiety Inventory score improving from 47 to 24) – [PubMed Abstract](#)
7. **Holy Bible, New International Version.** Bible verses quoted or referenced include Philippians 4:6–7 ([BibleGateway](#)), 1 Peter 5:7 ([BibleGateway](#)), Psalm 46:10, Isaiah 41:10, Psalm 94:19, and others as noted in the text. These Scriptures provide the spiritual foundation for the principles discussed.

1 Panic Disorder - National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health/statistics/panic-disorder>

2 3 Symptoms of Panic Disorder | Anxiety and Depression Association of America, ADAA

<https://adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms>

4 5 Facts & Statistics | Anxiety and Depression Association of America, ADAA

<https://adaa.org/understanding-anxiety/facts-statistics>

6 7 48 49 When Panic Attacks - Association of Certified Biblical Counselors

<https://biblicalcounseling.com/resource-library/conference-messages/when-panic-attacks/?srsltid=AfmBOoWSdeUwdf-SmMqilXWqPjBCc05CmzcwUq6WtsUIpIiGbXjYer>

8 9 32 33 34 35 If Panic Attacks, Push Back | Jodi Harris | {Encouragement for Today}

<https://proverbs31.org/read/devotions/full-post/2024/05/17/if-panic-attacks-push-back>

10 11 12 13 media.focusonthefamily.com

[https://media.focusonthefamily.com/topicinfo/anxiety\\_disorders.pdf](https://media.focusonthefamily.com/topicinfo/anxiety_disorders.pdf)

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



14 15 The effect of prayer on depression and anxiety: maintenance of positive influence one year after prayer intervention - PubMed

<https://pubmed.ncbi.nlm.nih.gov/22641932/>

16 17 26 27 28 29 36 37 How to Stop a Panic Attack: 3 Calming Steps

<https://health.clevelandclinic.org/how-to-stop-a-panic-attack>

18 What Are Breath Prayers? - Little House Studio

<https://littlehousestudio.net/blog/2022/6/17/what-are-breath-prayers>

19 Breath Prayers - Soul Shepherding

<https://www.soulshepherding.org/breath-prayers/>

20 21 22 23 Deep Breathing Techniques: An Exercise in Calming and Prayer - Pine Rest Newsroom

<https://www.pinerest.org/newsroom/articles/deep-breathing-exercises-blog/>

24 25 30 31 How to stop a panic attack: 11 effective methods

<https://www.medicalnewstoday.com/articles/321510>

38 39 The Power of Prayer | Psychology Today

<https://www.psychologytoday.com/us/blog/lgbtq-affirmative-psychology/202501/the-power-of-prayer>

40 41 44 45 Adapting cognitive-behavioral therapy for a Malaysian muslim

<https://pdfs.semanticscholar.org/4ea4/6a5b7bfc518750608f859e7318b5db0d9f0e.pdf>

42 43 46 47 Adapting cognitive-behavioral therapy for a Malaysian muslim - PubMed

<https://pubmed.ncbi.nlm.nih.gov/34169040/>