

Scriptures  
to calm

# ANXIETY



**Read the daily bible verse and journal or reflect on how God can help ease an anxious heart and mind.**

Day 1: Philippians 4:6-7

Day 2: 1 Peter 5:6-8

Day 3: Psalm 94:19

Day 4: Proverbs 3:5-6

Day 5: Isaiah 41:13

Day 6: 2 Timothy 1:7

Day 7: Isaiah 40:31

Day 8: Psalm 34:4

Day 9: Matthew 10:29-31

Day 10: Joshua 1:9

Day 11: 2 Corinthians 4:8-9

Day 12: Isaiah 41:10

Day 13: Matthew 6:25-34

Day 14: Psalm 34:4

Day 15: Psalm 94:19

Day 16: Romans 8:38-39

Day 17: Jeremiah 17:7-8

Day 18: Luke 12:24-34

Day 19: John 14:27

Day 20: Psalm 55:22

Day 21: Proverbs 12:25

Day 22: Hebrews 13:5-6

Day 23: Psalm 121:5

Day 24: John 14:1

Day 25: Psalm 118:6

Day 26: Matthew 19:26

Day 27: Psalm 56:3

Day 28: Philippians 4:19

Day 29: Luke 12:22

Day 30: Revelation 21:4

Day 31: Psalm 46:1