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Many Blessings  
Emma Vickers

We also have Facebook community group - A group that is God Centred and focused, wanting to bring praise and glory to our Lord by providing a positive, safe and friendly community where creative, Christians around the world can share their journey of bible journaling that reflect bible verses and inspirations of faith, and how they use it to connect with God and grow in His word, to inspire and encourage others to learn how they too can enjoy journaling.

[www.facebook.com/groups/blessitforwardbiblejournaling/](http://www.facebook.com/groups/blessitforwardbiblejournaling/)

Printing guidance

- Load your printer with paper and select print page 2 to print of the designs.



Bless It Forward Ministries  
Bible Journaling/ Inscribe/Reading Plan



# Battling Fear and Anxiety

Worry, anxiety, fear...can overwhelm us, but God He is there, strengthening, helping, and He holds you in His hands. Enjoy soaking in these bible verses to help you to live courageously, boldly, fearlessly as you journey through life.



Day 1- Isaiah 41:10

Day 2- Psalm 23:4

Day 3- 1 John 4:18

Day 4- John 14:27

Day 5- Joshua 1:9

Day 6- 1 Peter 5:6-7

Day 7- Psalm 56:3

Day 8 - Psalm 55:22

Day 9- Deuteronomy 31:6

Day 10- Matthew 6:34

Day 11- Philippians 4:6-7

Day 12 - Isaiah 41:13-14

Day 13 - Psalm 46:1

Day 14- Isaiah 43:1

Day 15 - Psalm 27:1

Day 16 - Psalm 118:6-7

Day 17- Psalm 94:19

Day 18 - Mark 4:39-40

Day 19 - Zephaniah 3:17

Day 20 - Luke 12:22-26

Use the hashtags #BIFministries to share your journaling with us on social media or post in our bible journaling community group or FB page [facebook.com/blessitforwardministries](https://facebook.com/blessitforwardministries).