



Bible - Journaling / Reading / Inscribe 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

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Many Blessings
Emma Vickers

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