

# Praying Through Anxiety

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Peace Instead of Fear	Trusting God's Care	Casting Your Burdens on God	Quieting Your Heart with praise	God's Presence	Strength for Today	Rest in God's Promises
Replacing Fear With Faith	Renewing Your Mind	Letting Go of Control	God's Protection	Courage in Uncertainty	Choosing Peace	Faith Over Worry
God's Faithfulness	Calming Your Thoughts	Trusting God's Timing	God's Steady Hand	Hope in Difficult Moments	Confidence in Christ	Freedom From Fear
Surrendering Your Worries	Waiting on the Lord	Strength When Overwhelmed	Remembering God's Promises	God's Comfort	Anchored in Truth	God's Perfect Peace
Your Testimony of Peace	Growing Stronger in Faith	Healing Anxious Thoughts	Guarding Your Heart	Trusting God's Plan	Walking in Peace	Living Without Fear

## Scripture Focus for the Month

"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Philippians 4:7

## Ways To Pray

- Ask God to replace fear and anxious thoughts with His peace.
- Pray that your heart would learn to trust God even in uncertain times.
- Ask the Lord to quiet your mind and help you focus on His promises.
- Pray for strength when anxiety feels overwhelming.
- Ask God to help you surrender the things you cannot control.
- Pray that Scripture would guard your heart and mind daily.
- Ask the Lord to remind you of His faithfulness in every season.
- Thank God for the peace that comes from trusting Him.

Study to shew thyself approved unto God.

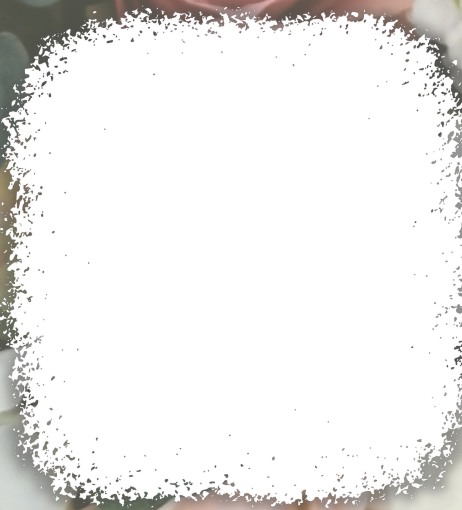
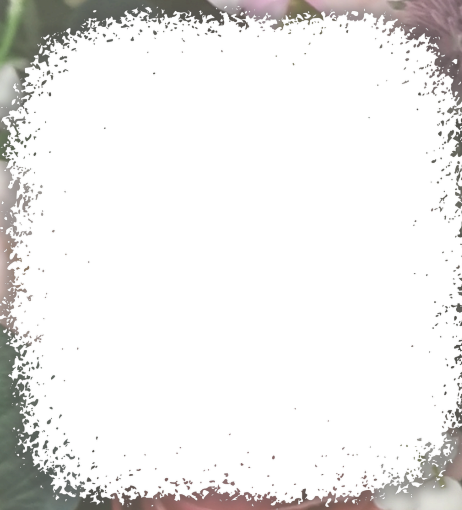
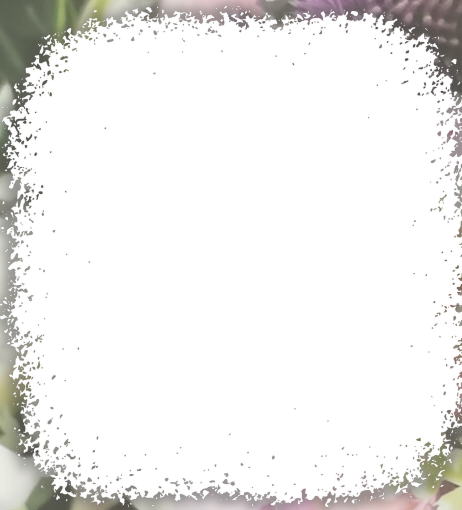
Bible Verse

Reflection

Prayer



# Bible Verses



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"Keep thy heart with all diligence; for out of it are the issues of life."  
Proverbs 4:23