## SUNDAY

MONDAY
TUESDAY

## WEDNESDAY

## THURSDAY

FRIDAY
SATURDAY

| 1 <br> Read <br> 1 John 4:18 Do you feel fear in the things and people you love? | 2 <br> Read 2 Timothy 1:7 <br> What is something you can do to be brave? | 3 <br> Read Isaiah 35:4 How has God shown up for you when you were afraid? | 4 <br> Read Isaiah 40:31 <br> What do we have to do to renew our strength? | 5 <br> Read John 14:1 Believe in God and Jesus. | 6 <br> Read Joshua 1:9 What can you do to be strong and courageous instead of afraid? | Read <br> 1 Peter 3:!4 <br> What frightens or worries you most? |
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| 8 <br> Read Matthew 6:25-27 Do you worry about the everyday things of life? | 9 <br> Read Luke 12:22 <br> Do you sometimes worry about what you're going to eat or wear? | 10 <br> Read <br> Matthew 6:34 Why shouldn't we worry about tomorrow? | 11 <br> Read Isaiah 41:10 Where can you go where God is not there? | 12 <br> Read Psalm 34:4 <br> How many of your fears can God rescue you from? | 13 <br> Read Psalm 94:19 When you're anxious, what can God bring you? | 14 <br> Read <br> Romans 8:38-39 What can separate you from God's love for you? |
| 15 <br> Read <br> Matthew 11:28-30 <br> What does God give you when you come to Him tired and worried? | 16 <br> Read Psalm 138:8 How long does God's love for you last? | 17 <br> Read Proverbs 3:5-6 Who can we trust even when things don't make sense? | 18 <br> Read Jeremiah 17:7-8 What happens when a tree is firmly planted? | 19 <br> Read Philippians 4:6-7 What can you do instead of being anxious? | $20$ <br> Read John 14:27 What does God give you when you're afraid? | 21 <br> Read Psalm 23:1-3 How is God like a shepherd? |
| 22 <br> Read 1 Peter 5:6-7 Why can you give all your anxiety to God? | 23 <br> Read Colossians 3:15 What should rule in your heart? | 24 <br> Read 2 Thess. 3:16 How can you find peace? | 25 <br> Read Psalm 55:22 <br> What should you do with the things that worry you? | 26 <br> Read <br> Psalm 23:4 <br> Why do we not need to be afraid? | 27 <br> Read Hebrews 13:5-6 Who is on your side? Who is your helper? | 28 <br> Read Psalm 56:3 When are you most afraid? |
| 29 <br> Read Matthew 6:33 What happens when you seek God first? | 30 <br> Read Isaiah 43:1 <br> Who do you belong to? | 31 <br> Read Luke 1:37 How confident can you be in God and His Word? |  |  |  |  |

