| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| www.lifeway.com/ homelife |  |  |  | 1 <br> Read Isaiah 43:1 Whom do you belong to? | 2 <br> Read John 14:1 <br> How can you help yourself not feel troubled? | 3 <br> Read Joshua 1:9 <br> What can you do to feel courageous? |
| 4 <br> Read Luke 12:22 Do you sometimes worry about seemingly small things? | 5 <br> Read <br> Isaiah 41:10 <br> Is there anywhere <br> God doesn't see you? | 6 <br> Read 1 John 4:18 How can love help you with what you fear? | 7 <br> Read <br> 1 Peter 5:6-7 <br> What does it mean to you to know God cares for you? | 8 <br> Read Isaiah 40:31 How can you renew your strength? | 9 <br> Read 2 Timothy 1:7 Did God make you fearful? | 10 <br> Read Isaiah 35:4 How has God helped you when you felt anxious? |
| 11 <br> 11 Read Psalm 34:4 What can God rescue you from? | 12 <br> Read Matthew 6:33 How can you seek God first when you feel anxious? | 13 <br> Read Philippians 4:6-7 What is an alternative to feeling anxious? | 14 <br> Read Psalm 56:3 <br> What causes you the most anxiety? | 15 <br> Read Jeremiah 17:7-8 How can you be like a tree firmly planted? | 16 <br> Read John 14:27 <br> What does God give you when you feel anxious? | 17 <br> Read <br> Psalm 55:22 <br> What can you do with the things that cause you anxiety? |
| 18 <br> 18 Read <br> Romans 8:38-39 <br> What can separate you from God's love? | 19 <br> Read <br> Colossians 3:15 How can you let the peace of Jesus rule in your heart? | 20 <br> Read Psalm 94:19 What does God give you when you feel anxious? | 21 <br> Read Hebrews 13:5-6 What does it mean to you to know God is for you and wants to help you? | 22 <br> Read <br> Matthew 6:25-27 <br> Do you worry about normal things in life? | 23 <br> Read <br> Psalm 138:8 When does God's love for you run out? | 24 <br> Read Luke 1:37 How does God's Word help you feel less anxious? |
| 25 <br> Read <br> Proverbs 3:5-6 <br> Who can you trust, even when you feel great anxiety? | 26 <br> Read Matthew 6:34 Why shouldn't you worry about tomorrow? | 27 <br> Read 1 Peter 3:14 What causes you anxiety? | 28 <br> Read <br> Matthew 11:28-30 <br> What benefit is there coming to God with your anxiety and fatigue? | 29 <br> Read <br> 2 Thess. 3:16 <br> Is peace possible when you feel anxious? | 30 <br> Read Psalm 23:4 <br> Why do you not have to feel afraid? |  |

