



# 30-DAYS OF Peace

For anxiety, stress, overthinking, fear, & grief

DAY 1

PHILIPPIANS 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

DAY 2

MATTHEW 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

DAY 3

JOSHUA 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

DAY 4

1 PETER 5:7

"Cast all your anxiety on him because he cares for you."

DAY 5

ISAIAH 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

DAY 6

PSALM 56:3

"When I am afraid, I put my trust in you."

DAY 7

JOHN 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

DAY 8

ROMANS 8:38-39

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

DAY 9

PSALM 34:4

"I sought the LORD, and he answered me; he delivered me from all my fears."

DAY 10

2 TIMOTHY 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

DAY 11

PROVERBS 3:5-6

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

DAY 12

PSALM 55:22

"Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."

DAY 13

ROMANS 15:13

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

DAY 14

PSALM 23:4

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

DAY 15

MATTHEW 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

DAY 16

DEUTERONOMY 31:8

"The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

DAY 17

ISAIAH 26:3

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."

DAY 18

LUKE 12:25-26

"Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"

DAY 19

HEBREWS 13:6

"So we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?'"

DAY 20

PSALM 94:19

"When anxiety was great within me, your consolation brought me joy."

DAY 21

1 JOHN 4:18

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

DAY 22

ZEPHANIAH 3:17

"The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

DAY 23

PSALM 46:1-2

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

DAY 24

PSALM 27:1

"The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?"

DAY 25

PSALM 139:23-24

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

DAY 26

COLOSSIANS 3:15

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

DAY 27

PROVERBS 12:25

"For You have been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shade from the heat; for the blast of the terrible ones is as a storm against the wall."

DAY 28

PSALM 91:1-2

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust.'"

DAY 29

ROMANS 8:28

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

DAY 30

PSALM 37:7

"Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes."