



15 DAY BIBLE READING PLAN

ANXIETY

Day 1	Psalms 34
Day 2	Philippians 4
Day 3	Matthew 6
Day 4	1 Peter 5
Day 5	Isaiah 41
Day 6	Psalms 23
Day 7	John 14
Day 8	Psalms 94
Day 9	Proverbs 3
Day 10	Isaiah 26
Day 11	Psalms 46
Day 12	Matthew 11
Day 13	Psalms 55
Day 14	2 Corinthians 12
Day 15	Romans 8

A plan of devotion, purpose, and prayers





Psalm 34

This chapter reminds us that God hears the cries of the righteous and delivers them from all their fears, offering comfort in times of anxiety.

Philippians 4

Paul encourages believers not to be anxious about anything but to present their requests to God with thanksgiving, promising that His peace will guard our hearts and minds.

Matthew 6

Jesus teaches not to worry about our lives, what we will eat, drink, or wear, but to seek first His kingdom, trusting that God will provide for all our needs.

1 Peter 5

Peter instructs believers to cast all their anxiety on God because He cares for them, emphasizing God's attentive care.

Isaiah 41

God reassures His people not to fear, for He is with them, strengthening, helping, and upholding them with His righteous right hand.

Psalm 23

This beloved chapter describes the Lord as our Shepherd, who leads us beside quiet waters and restores our souls, offering peace in anxious times.

John 14

Jesus comforts His disciples, telling them not to let their hearts be troubled, for He is preparing a place for them and will bring them peace.

Psalm 94

The psalmist speaks of God's comfort bringing joy to his soul when anxiety was great within him, a reminder of God's comforting presence.

Proverbs 3

This chapter advises trusting in the Lord with all your heart and not leaning on your understanding, which can help alleviate anxiety and bring peace.

Isaiah 26

The prophet speaks of God keeping in perfect peace those whose minds are steadfast because they trust in Him, emphasizing the importance of trust in overcoming anxiety.

Psalm 46

This chapter reminds us that God is our refuge and strength, an ever-present help in trouble, encouraging us not to fear even in times of crisis.

Matthew 11

Jesus invites those who are weary and burdened to come to Him for rest, offering relief from anxiety and stress.

Psalm 55

David expresses his anxiety and fears but ultimately trusts in God's care, casting his burdens on the Lord, knowing that He will sustain him.

2 Corinthians 12

Paul shares his experience of relying on God's grace, which is sufficient for us even in weakness, offering comfort to those struggling with anxiety.

Romans 8

This chapter reassures us that nothing can separate us from the love of God in Christ Jesus, providing comfort and security against anxiety.

