





DAY 15

PSALM 23

ASSURANCE

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for his name's sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

PRAYER

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me.



DAY 16

PHILIPPIANS 4:6-7 & MATTHEW 6:34

ANXIETY

'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.'

PHILIPPIANS 4:6-7 NIV

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

MATTHEW 6:34 NIV

PRAYER

"Father, my heart feels anxious (tell God what is giving you anxiety). I don't like this feeling, but I'm thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I'm coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You.

DAY 17

ROMANS 8:28 & 2 CORINTHIANS 1:3-4

COMFORT

'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.'

ROMANS 8:28 NIV

'Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.'

2 CORINTHIANS 1:3-4 NIV

PRAYER

"God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You.



DAY 18

2 TIMOTHY 1:7 & ISAIAH 41:10

FEAR

'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'

2 TIMOTHY 1:7 NIV

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.'

ISAIAH 41:10 NIV

PRAYER

"Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind."



DAY 19

JEREMIAH 29:11 & PHILIPPIANS 1:6

PURPOSE

'For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

JEREMIAH 29:11 NIV

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.'

PHILIPPIANS 1:6 NIV

PRAYER

"My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You.