

10 Days of Scripture for Anxiety



Conditioned to Receive

Day 1 - **Philippians 4:6-7** Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Day 2 - **Jeremiah 29:11** “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.”

Day 3 - **Psalms 112:7** “They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.”

Day 4 - **Psalms 55:22** “Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.”

Day 5 - **Matthew 6:34** “Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

Day 6 - **Matthew 6:25-27** “Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his life span of life?”

Day 7 - **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 hand.”

Day 8 - **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 9 - **Psalms 34:4** “I sought the LORD, and he answered me. He delivered me from all my fears.”

Day 10 - **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.”