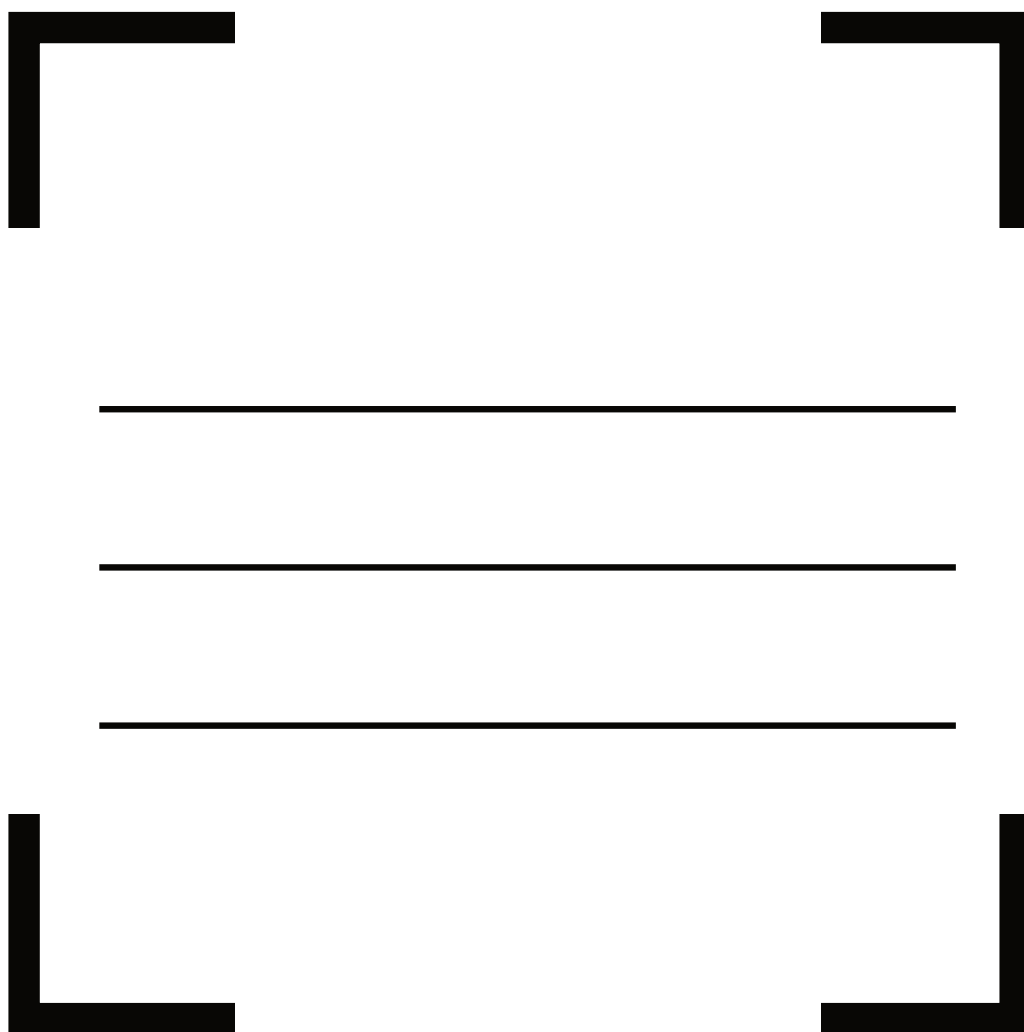


This book belongs to...



A large rectangular frame defined by four thick black L-shaped corner brackets. The top-left and top-right corners are at the top, and the bottom-left and bottom-right corners are at the bottom. Inside the frame, there are three horizontal black lines spaced vertically, providing a space for writing a name.



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**Welcome to your journey of understanding, applying, and hiding Scripture in your heart! This book is designed to walk you through this process in a way that is both impactful and fun.**

The Bible is the most important book ever written. It is God's Word, and it contains all the wisdom and guidance we need to live a fulfilling and godly life. But understanding and applying Scripture can be challenging, especially in today's fast-paced and complex world.

This book is here to help. It provides a clear and concise plan for understanding, applying, and hiding Scripture in your heart. Each week, you will focus on a different verse from the Bible. You will learn about the verse's context, apply it to your own life, and memorize it. You will also have the opportunity to reflect on your learning and to pray about the verse.

You can go through this book alone or with friends. If you are going through it with friends, it is a great idea to set up a regular time to meet to discuss the verse and to pray together.

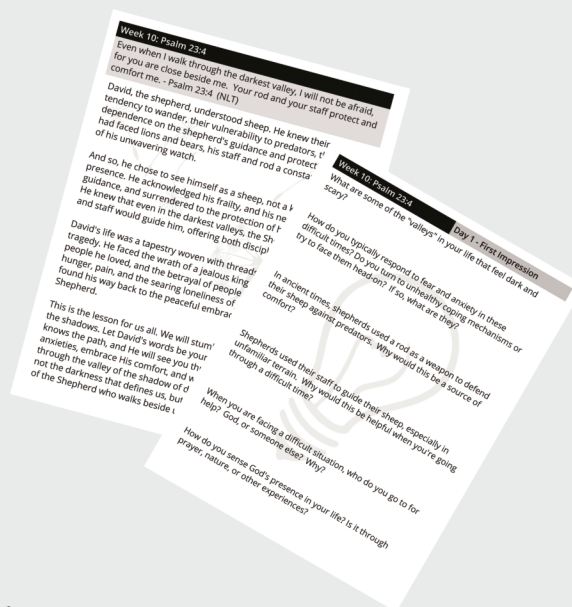
Whether you are a new Christian or a seasoned believer, this book can help you to grow in your understanding and application of God's Word. So let's get started!

# 6 Steps to Transform Your Life

Ready to experience the transforming power of Scripture? Here's a step-by-step guide:

## Day 1: First Impressions

This is the first step in your weekly journey with Scripture. Before you begin to memorize and apply Scripture, it is important to first connect with it emotionally and understand how it is relevant to your life today. This will help you to make the verse more meaningful and personal, and it will also make it easier to remember and apply in the long run.



## Day 2: Meditate & Memorize

Meditation and deep reflection are essential for Scripture memorization. As you meditate on the verse and reflect on its meaning, you will begin to internalize it and make it a part of your daily life. Coloring the image will help you to focus and prevent your mind from wandering. You can also cut out the image and put it somewhere where you can see it to help you memorize the verse.

### Week 10: Psalm 23:4 Day 2 - Meditate & Memorize

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you verse, write it down.



Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. - Psalm 23:4 (NLT)

## Day 3: Dig Deeper

Once you have memorized the verse, it is time to dig deeper and understand it in its context. This means looking at the surrounding verses and the book of the Bible as a whole to get a better understanding of the meaning of the verse.

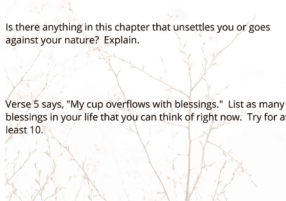
**Week 10: Psalm 23:4** **Day 3 - Dig Deeper**

Read Psalm 23. This was written by David who was once a shepherd. He understood the nature of sheep, how they tend to wander, and how they need to be cared for and protected. He fought lions and bears to keep them safe. Here he is saying that the Lord is his shepherd. What do you think that meant to David?

David understood loneliness, betrayal, grief, and suffering. He knew what it was to run for his life. And he knew how to find hope, peace, and comfort in the midst of that. Which verse brings you the most comfort today? Why did you choose that one?

Is there anything in this chapter that unsettles you or goes against your nature? Explain.

Verse 5 says, "My cup overflows with blessings." List as many blessings in your life that you can think of right now. Try for at least 10.



## Day 4: Application

**Week 10: Psalm 23:4** **Day 4 - Application**


Rewrite this verse in your own words:

How does this verse impact your life?

What steps is God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.



Once you have delved deeper into the verse and understood its meaning, it is time to apply it to your life. This means putting God's Word into practice and making changes in your life that reflect the truth of the verse. You will find specific ways that you can apply the verse to your daily life and create a plan to achieve them.

## Day 5: Pray


This is a time to talk to God about what He is teaching you through His Word and to ask Him for help in applying the verse to your life. Take some time to pray using the step-by-step guide. Ask God to help you understand its meaning and to show you how to apply it to your life.

**Week 10: Psalm 23:4** **Day 5 - Pray**

Rick Warren's SPACETS method is a great way to pray through Scripture and find personal meaning and application.

As you look through this week's verse(s) is there a...

- SIN to confess?
- PROMISE to claim?
- ATTITUDE to change?
- COMMAND to obey?
- EXAMPLE to follow?
- PRAYER to pray?
- ERROR to avoid?
- TRUTH to believe?
- SOMETHING to praise God for?







## Week 1: 1 Peter 5:7

Give all your worries and cares to God, for he cares about you. - 1 Peter 5:7 (NLT)

We all know the feeling. That weight of worry settling on our shoulders, the constant hum of anxiety buzzing in our ears. It can be overwhelming, and suffocating, and leave us feeling like we're carrying the world on our own. But the truth is, we don't have to.

1 Peter 5:7 reminds us of a powerful truth: God cares for us. He is not a distant observer of our struggles, but a loving Father who wants to carry our burdens.

Think of it this way: would you ask a friend to carry a heavy load while you walked beside them, empty-handed? Of course not! You would want to share the burden, to lighten their load. God feels the same way about our worries and anxieties. He doesn't want us to carry them alone. He wants us to cast them upon Him, to trust Him with our burdens and anxieties.

Why? Because worry makes us vulnerable. When we are consumed by fear and anxiety, we become susceptible to the schemes of the devil. Our minds become clouded, our judgment impaired, and we are less likely to make wise decisions. But when we hand our worries over to God, we open ourselves up to His peace, His strength, and His guidance.

Let go of your burdens. Release your worries and anxieties into the hands of the One who cares for you. Trust that He is bigger than your problems, stronger than your fears, and more loving than you can imagine.

What are the things in your life that cause you the most anxiety?

How do you typically deal with anxiety? Do you tend to hold it in, share it with others, or try to distract yourself?

Do you believe that God is capable and willing to handle your worries and burdens?

Do you truly believe that God cares about your anxieties? Why or why not?

Can you recall a time when you experienced God's faithfulness in the midst of worry and anxiety? What happened?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Give all your worries and cares to God, for he cares about you. - 1 Peter 5:7**

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Cut here



Read 1 Peter 5:1-10. In verse 9 Peter reminds you that you are not alone in your worries. Do you fear that no one understands what you are going through? Does Peter's reminder help? How can you get the support that you need?

Verse 8 reminds you to stay alert. What are you supposed to watch out for?

How does worry make you vulnerable?

What does staying alert look like? What can you do every day to stay alert?

What could happen if you let your worries make you vulnerable? What does the enemy, the devil, want to do in your life?

What can you do today to thwart the enemy?

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.





Fill in the blanks for this week's verse and find the missing words in the word search.

\_\_\_\_\_ your \_\_\_\_\_ and \_\_\_\_\_ to \_\_\_\_\_,  
for he cares \_\_\_\_\_ you. - 1 \_\_\_\_\_ 5:7 (NLT)

A	N	X	K	T	W	K	X	T	Q	K	I
F	Y	T	D	U	J	T	P	G	O	D	R
X	Q	A	A	Y	T	L	K	I	R	V	L
Z	N	P	J	P	I	D	M	V	Z	Y	U
R	V	X	J	E	N	K	C	E	N	L	V
L	W	N	Y	T	M	R	A	B	O	U	T
D	E	B	L	E	U	O	R	P	N	C	Z
F	Y	W	O	R	R	I	E	S	M	G	N
U	S	V	N	Y	F	I	S	M	Q	M	V
J	H	B	K	W	O	G	G	O	C	X	L
M	N	G	R	M	B	J	J	O	G	W	R
Z	S	F	H	A	L	L	M	K	P	L	O

## Week 2: 2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. - 2 Timothy 1:7 (NLT)

Fear, that dangerous enemy, seeks to paralyze us, whispering doubts and paralyzing our potential. It holds us back from pursuing our dreams, stifles our creativity, and hinders our relationships. It is in fear's presence that love falters, self-discipline crumbles, and our lives stagnate.

But Paul, a man who had faced persecution, imprisonment, and countless hardships, understood fear intimately. Yet, he chose not to succumb to its paralyzing grip. Instead, he declared with unwavering conviction: God has not given us a spirit of fear.

Paul's words are a testament to his unwavering faith and a call to action. He believed that the power bestowed upon us by God is far greater than any fear we may encounter.

Paul's life exemplifies this truth. Despite facing unimaginable hardships, he remained resolute in his faith, unwavering in his love, and steadfast in his commitment to his ministry. He did not let fear dictate his path; instead, he empowered himself with the gifts bestowed upon him by God.

This week, let us examine our own lives. Are we allowing fear to dictate our choices? Are we living with a spirit of timidity or with the power, love, and self-discipline God has gifted us?



What is the relationship between fear and worry?

How does fear hold you back from living your life to the fullest?

Where do you think fear comes from?

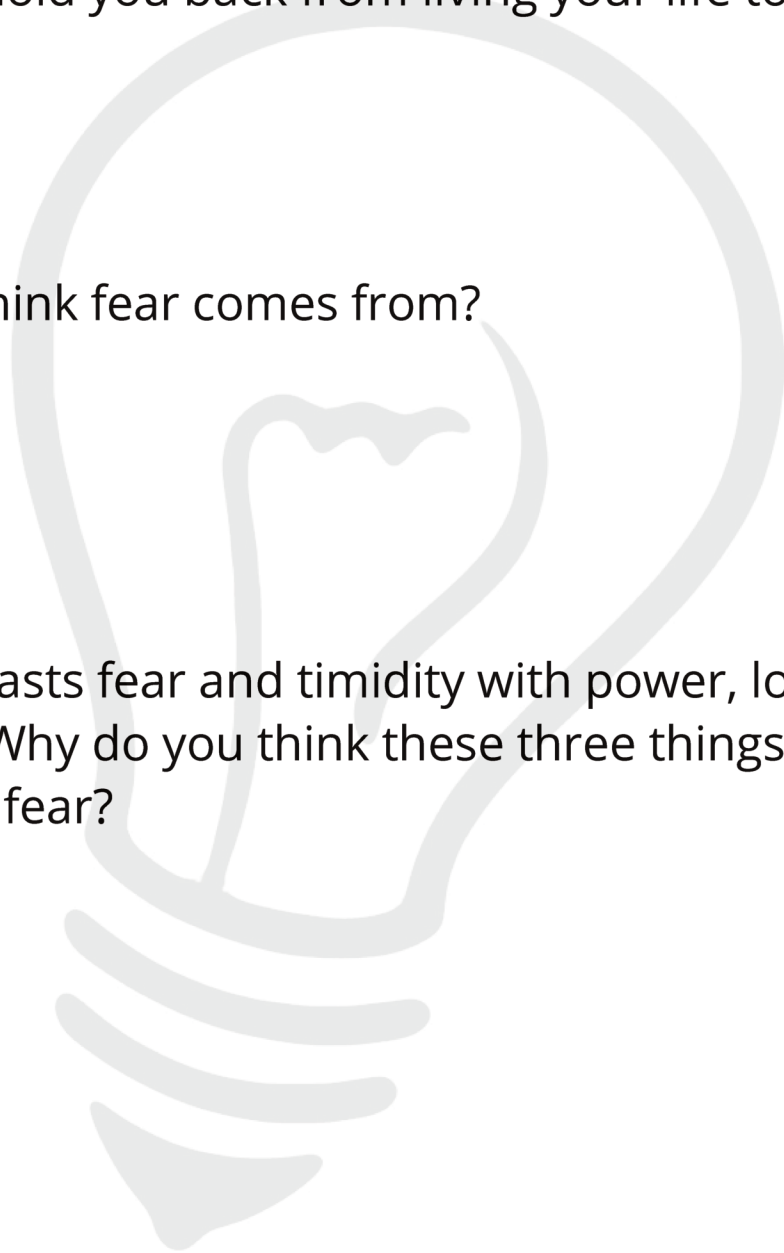
This verse contrasts fear and timidity with power, love, and self-discipline. Why do you think these three things were chosen in opposition to fear?

***Power:***

***Love:***

***Self-discipline:***

How do you access them? How can you use them to fight fear?



1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
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  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.





**For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. - 2 Timothy 1:7**

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Cut here



Read 2 Timothy 1:3-14. Paul references his lineage of faith, and the prayers prayed over him. Who has prayed for you? Do you believe there is power in those prayers?

Paul wrote these words while he was in prison, and from his words in verse 8, it's clear that he felt Timothy could suffer the same fate. Do you think Paul understood fear for himself? For others?

Paul was kidnapped, beaten, threatened, and arrested many times, had lawsuits brought against him, he was ridiculed, ignored, shipwrecked, and bitten by a viper. Last week we discussed how you are not alone in your fear. Imagine sitting across from Paul, sharing your fears with him. What do you think he would say to you?

In verse 12 Paul says, "I know the one in whom I trust." That's easy to say, but Paul lived that out. No one is here to judge your answer. In truth, when it really comes down to it, who do you trust?

What do you fear? What is Paul asking you to do?

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

For \_\_\_\_\_ has not \_\_\_\_\_ us a \_\_\_\_\_ of \_\_\_\_\_ and  
 \_\_\_\_\_, but of \_\_\_\_\_, \_\_\_\_\_, and  
 \_\_\_\_\_ - \_\_\_\_\_ . - 2 \_\_\_\_\_ 1:7

V	T	I	M	I	D	I	T	Y	N	Q	C	Y	M	X
M	X	G	Z	Y	F	Q	S	D	J	Y	X	X	N	W
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N	S	G	O	D	A	U	O	L	E	I	C	R	N	A
L	X	V	O	U	R	Q	W	Q	T	D	E	N	T	M
T	W	B	D	L	O	V	E	I	V	I	T	P	F	S
U	H	Z	X	W	Q	E	R	W	Y	S	S	B	A	G
A	V	P	G	E	T	F	K	O	J	C	M	B	P	P
O	B	H	Q	T	Y	A	H	X	V	I	Y	G	F	M
J	T	O	J	G	P	D	D	G	P	P	R	D	V	V
V	E	S	P	I	R	I	T	L	P	L	O	C	S	D
L	U	X	P	V	L	L	K	G	T	I	Q	A	K	R
A	P	S	H	E	T	Z	L	Y	Y	N	M	E	B	D
I	L	H	C	N	E	J	Q	H	R	E	B	V	H	M
E	T	V	S	R	W	F	O	P	B	A	B	Z	A	D

## Week 3: Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." - Matthew 11:28 (NLT)

We all know the feeling of being weighed down. The burdens of daily life, the anxieties of the future, the weight of past mistakes – they can all conspire to leave us feeling exhausted and overwhelmed. We yearn for a respite, a place to lay our burdens down and find true peace.

But often, our initial response is to try to fix things ourselves. We shoulder the load alone, striving to navigate life's challenges through sheer willpower. We may even turn to temporary solutions, searching for solace in distractions or fleeting pleasures.

However, these efforts rarely offer lasting relief. The burdens we try to ignore tend to grow heavier, and the solutions we seek often lead to further complications. We find ourselves weary and still burdened, trapped in a cycle of trying and failing.

But Jesus offers a different path. He invites us to come to Him, to surrender our burdens and find rest in His presence. He extends an offer of peace, not as a fleeting emotion, but as a deep and abiding state of being rooted in His love and grace.

This invitation is not for the faint of heart. It requires a willingness to relinquish control, to admit our limitations, and to trust in a power greater than ourselves. It requires us to let go of the illusion that we can handle everything on our own and to embrace the reality that we were never meant to do so.

What areas of your life feel heavy and burdened?

How does the weight of these burdens affect your daily life and well-being?

Have you tried to find rest from your burdens on your own, and if so, with what results?

What does it mean to you to "come to Jesus"?

Do you believe that Jesus truly understands your struggles and offers genuine relief?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."  
- Matthew 11:28**

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Cut here

Read Matthew 11:20-30. In Matthew 11:20-24 Jesus talks about those who rejected Him and His teaching, then, in verse 25, He thanks God for hiding things from those who think themselves wise and clever and for revealing them to the childlike. Why do you think this is significant that this comes before the invitation given in this week's verse?

How often does someone who sees themselves as wise and clever seek help? How often does a child seek help? Spiritually speaking, which does Jesus say is better? How would that look in your current situation?

Read verse 29. It seems that Jesus is contrasting the burden of trusting in ourselves versus trusting in Him. List the benefits of trusting Him and the results, from your own experience, of trusting yourself, or whoever you are trusting instead of Him.

The way to get these benefits is to do what it says at the beginning of the verse. "Come to me." Many times we come, say a prayer, and then get up and walk away, ultimately carrying the burdens alone. What does "Come to me" look like for you today?

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

Then \_\_\_\_\_ said, "\_\_\_\_\_ to me, \_\_\_\_\_ of you who are \_\_\_\_\_ and \_\_\_\_\_, and I will \_\_\_\_\_ you \_\_\_\_\_." - \_\_\_\_\_ 11:28

N	U	J	Y	V	V	S	O	U	H	S	G
C	H	E	A	V	Y	K	Y	H	H	S	G
H	J	S	X	B	R	C	O	P	F	L	R
N	S	U	T	G	L	T	R	Z	Q	W	H
J	W	S	J	M	A	N	P	I	Y	B	R
J	O	W	E	A	R	Y	W	D	L	X	E
P	X	F	U	T	S	G	E	I	Z	G	S
T	X	C	H	T	S	O	J	O	W	I	T
Z	D	A	D	H	L	Q	O	D	Y	V	V
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## Week 4: Deuteronomy 31:6

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

- Deuteronomy 31:6 (NLT)

Reaching our own version of the "promised land" – the plans and purposes that God has for us – often requires immense strength and courage. We may face obstacles and setbacks, moments when doubt creeps in and whispers of fear try to silence our hopes.

But even when we stumble, lose our way, or stray from His path, God's love and faithfulness endure. He does not abandon us in our moments of weakness or unfaithfulness. He remains our constant companion, a source of unwavering strength and love.

Feeling alone or afraid is not indicative of God's absence. He goes ahead of us, clearing the path and making sure we are equipped for any obstacles that may lie in our way.

So, don't be afraid. Cast off the chains of fear and doubt, and embrace the journey with courage and faith. As we focus our eyes on God, the imagined dangers fade away, replaced by the unwavering certainty of His presence and His promises.

Remember, God is always with you. He is your strength in weakness, your light in darkness, and your guide in the unknown. So, step forward with courage, trust in His promises, and allow Him to lead you to a life filled with purpose and passion.

What does being strong and courageous look like in the situation that you are currently facing?

How does the knowledge that God is always with you influence your courage and resilience?

Are there individuals in your life who inspire you with their courage and faith? How can you build a support system that encourages you to be strong?

Do you truly believe that God will never leave you nor forsake you, even in the midst of difficult circumstances? Why or why not?

How can you trust that God is with you when you feel alone or afraid?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
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**So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.  
- Deuteronomy 31:6**



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Cut here

Read Deuteronomy 31:1-8. Moses led the Israelites for 40 years. Now, just as they were about to enter the promised land Moses stated that he would not be going with them. How do you think the Israelites felt?

The 40-year journey to the promised land should have taken just 11 days, but the people of Israel failed to obey God, created idols, and laughed at His promises. As a result, God's promises were delayed. Take a moment to pray and ask God to reveal anything in your life that may be contributing to delaying His promises for your life. Write down any insights here:

Although there was a long delay in the fulfillment of God's promise, He never abandoned them. He continued to provide. How has God provided for you?

In verses 6 & 8 it says that the Lord will "personally go ahead of you." While there were a lot of unknowns and a lot of ideas about what they would be facing, none of it was unknown to God. What did that mean for the future of the Israelites? What does that mean for you?

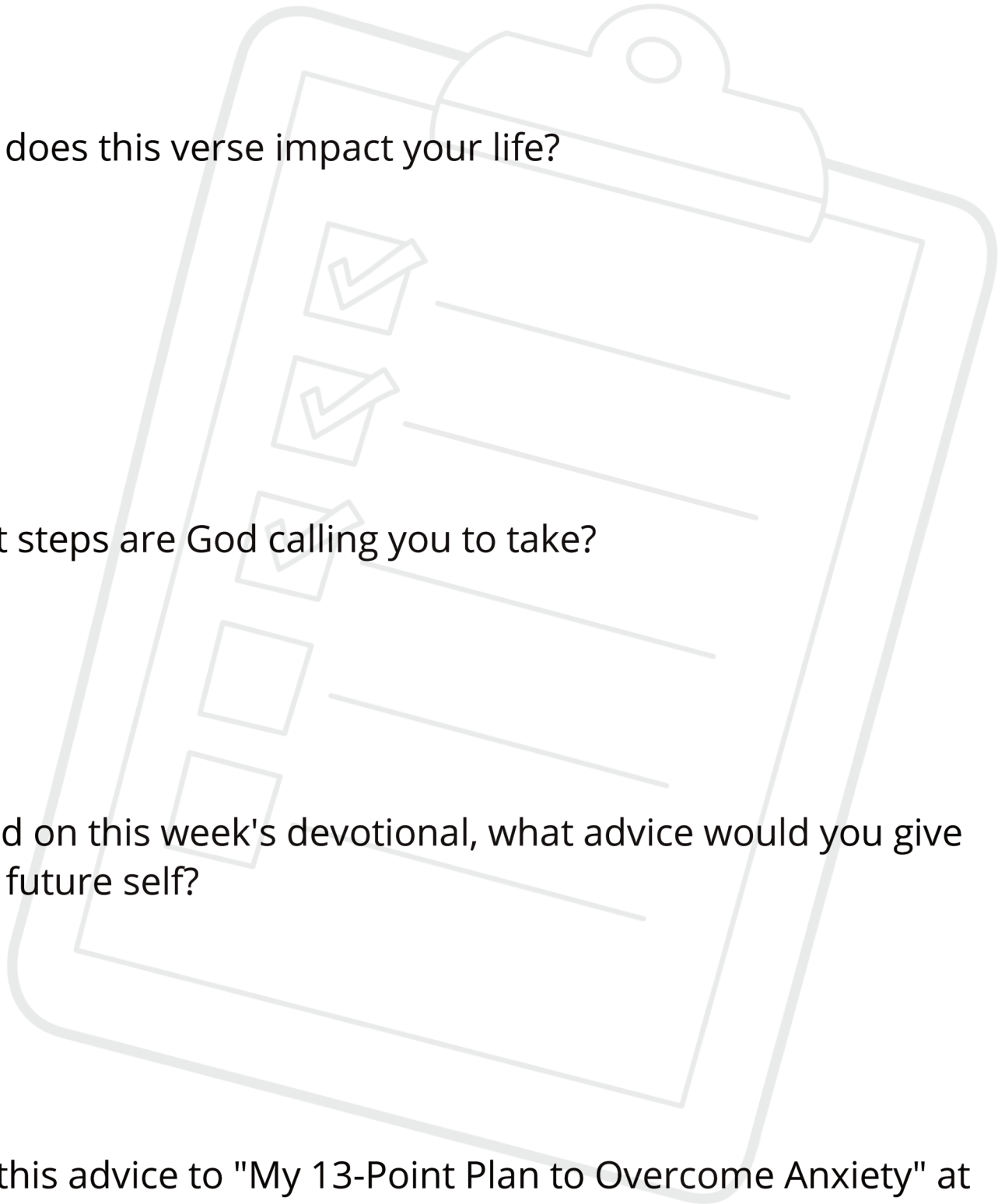
Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

So be \_\_\_\_\_ and \_\_\_\_\_! Do not be \_\_\_\_\_ and do not \_\_\_\_\_ before them. For the \_\_\_\_\_ your God will \_\_\_\_\_ go \_\_\_\_\_ of you. He will \_\_\_\_\_ fail you nor \_\_\_\_\_ you. - \_\_\_\_\_ 31:6

E	Q	Q	J	Z	D	W	I	D	V	O	S	N	V	S	T
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P	E	K	M	R	Y	T	W	Q	T	X	R	M	Z	D	C
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I	R	R	I	T	I	V	V	G	I	P	Z	U	K	E	S
G	A	A	B	A	N	D	O	N	K	G	C	Y	S	F	T
Y	I	G	M	I	P	Q	K	R	A	I	J	W	B	U	G
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B	K	N	L	G	I	C	D	Y	P	Z	D	O	U	M	L



## Week 5: John 16:33

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. - John 16:33 (NLT)

Life throws curveballs. We all encounter moments of difficulty, situations that threaten to overwhelm us with fear and anxiety. In these times, it's easy to believe that peace is unattainable, a luxury reserved for those untouched by hardship.

Jesus, in His final moments with His disciples, spoke of the hardships they would face. He didn't sugarcoat the reality of suffering. However, He didn't leave them without hope. He offered them peace, a peace that transcended their circumstances.

This peace is not an absence of suffering, but rather a deep-seated assurance that even amidst the chaos, God is present and in control. It's a peace that refuses to be ruled by external circumstances, a peace rooted in the unwavering promises of God.

Jesus Himself was no stranger to dread and suffering. He faced betrayal, rejection, and ultimately, crucifixion. Yet, throughout His ordeal, He remained focused on the bigger picture, the ultimate victory that awaited Him. He never allowed His present circumstances to define His future.

This is the attitude He wanted His disciples, and wants us, to cultivate. He wants us to focus not on the immediate pain, but on the promised outcome, the eternal joy that awaits those who remain faithful.

How does the reality of trouble and suffering in this world impact your sense of peace and security?

What does it mean to you that Jesus has overcome the world? Do you see that as something that is in the past or something that affects you today? Explain.

How does this understanding influence your perspective on your current struggles?

What does it mean to you to "have peace" in Jesus?

Why do you think trials and sorrows seem to be guaranteed? Does that contradict your view of God? Explain.

How do you balance peace and suffering?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
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  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. - John 16:33**

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Cut here



Read John 16:16-33. Jesus is talking to the disciples. He knows that He will soon be betrayed, humiliated, beaten, and crucified. In verse 20, why will the world rejoice while they grieve? Why will their grief turn to joy?

Jesus knows that suffering is necessary for greater things to come. Why does Jesus believe it is worth it to suffer? What greater things came from His suffering?

What things have you suffered in the past that have been worth it in the long run?

We know from Matthew 26:37-46 that Jesus was more than a little distressed about His upcoming crucifixion. He brought His grief and pleas before God, but how was His attitude when He spoke to His disciples in today's passage? What can we learn from that?

In verse 33, Jesus had not yet been crucified, yet He states, "I have overcome the world." What can we learn from that?



Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.





Fill in the blanks for this week's verse and find the missing words in the word search.

I have \_\_\_\_\_ you all this so that you may have \_\_\_\_\_ in me.  
 \_\_\_\_\_ on \_\_\_\_\_ you will have many \_\_\_\_\_ and  
 \_\_\_\_\_. But take \_\_\_\_\_, because I have \_\_\_\_\_ the  
 \_\_\_\_\_. - \_\_\_\_\_ 16:33 (NLT)

O	L	T	S	L	T	W	W	A	K	N	Y	G	W	O	A
Y	N	K	J	C	O	U	R	A	G	E	O	U	S	R	N
E	S	N	H	C	F	Z	K	P	H	I	Z	W	Z	O	G
H	B	W	L	X	H	P	A	W	L	T	T	I	S	U	Y
E	I	B	P	Z	G	D	H	M	U	H	L	P	H	J	H
G	E	A	E	D	E	E	I	S	W	E	B	C	G	P	M
T	L	O	R	D	B	U	S	A	F	R	A	I	D	A	O
P	C	I	S	G	R	T	T	F	O	F	Z	P	Q	H	L
I	C	Z	O	P	M	E	R	S	A	M	M	G	Y	E	R
H	A	H	N	A	Z	R	O	G	S	K	L	Q	A	A	Q
V	A	B	A	N	D	O	N	E	K	N	M	Q	B	D	D
E	Z	T	L	I	Z	N	G	C	D	T	M	F	Q	O	V
K	C	V	L	C	D	O	B	B	M	D	C	V	G	K	V
K	S	Z	Y	Q	E	M	S	X	C	Z	K	D	K	A	U
A	Z	L	I	N	Q	Y	I	E	I	B	H	K	A	D	N
C	Y	D	X	Y	Z	A	F	F	E	Q	T	Q	F	Q	F

## Week 6: Luke 12:25-26

Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things? - Luke 12:25-26 (NLT)

These verses remind us of a crucial truth: worrying doesn't solve problems, it worsens them. It eats away at our physical and emotional well-being, robbing us of sleep, clouding our judgment, and chipping away at our sense of peace. It steals our focus from the present moment, leaving us preoccupied with "what ifs" and worst-case scenarios.

But Jesus doesn't just point out the futility of worry; he offers a solution: trust. He urges us to trust in God's provision, to believe that He will care for our needs. This doesn't mean we become passive or neglect responsibility. It means we let go of the burden of control, knowing that God has a plan.

When we trust in God, we are freed from the shackles of worry. Life is about more than accumulating possessions or chasing after fleeting pleasures. It's about discovering our true purpose, connecting with others in meaningful ways, and making a difference in the world. Worry can blind us to these possibilities, keeping us trapped in a cycle of anxiety and self-absorption.

This week, let us take Jesus' words to heart. Let us identify the areas in our lives where worry holds us hostage. Then, consciously release those anxieties, placing them in the loving hands of our Heavenly Father. Remember, we are not alone on this journey. God is with us, every step of the way



Consider a recent moment of worry or stress. What thoughts and emotions ran through you? How did it affect your body and actions?

Do you find yourself trying to control things beyond your power, leading to increased worry and stress? How does this verse challenge that tendency?

How do these worries affect your well-being and your ability to enjoy life?

Think of a time when you felt completely at peace. What was the situation? What did you feel in your mind, heart, and body?

Does the idea of letting go of control and trusting God make you feel uneasy? If so, why? What are you afraid of?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.





**Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?  
- Luke 12:25-26 (NLT)**

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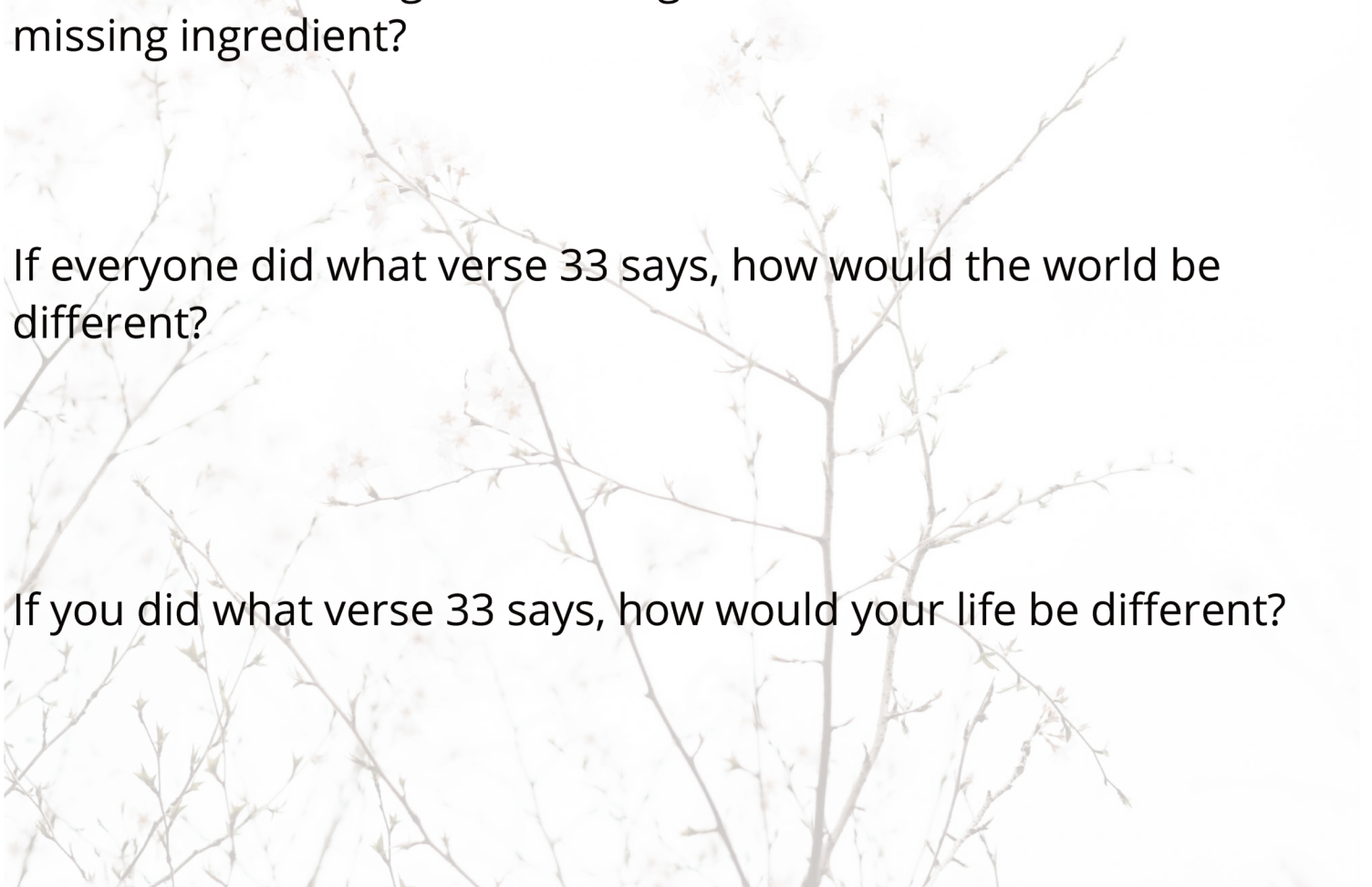
Read Luke 12:13-34. What do you think Jesus was trying to communicate in the story of the rich man (vs 16-20)?

In verse 23 Jesus tells the disciples that life is about more than food and clothing. He doesn't want all of our energy going into those things. Why do you think that is?

Jesus is very clear that we shouldn't worry about food and clothing, yet the fact is that people all over the world are lacking the most basic things. According to verse 31, what is the missing ingredient?

If everyone did what verse 33 says, how would the world be different?

If you did what verse 33 says, how would your life be different?



Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

Can all your \_\_\_\_\_ add a \_\_\_\_\_ \_\_\_\_\_ to your  
 \_\_\_\_\_? And if worry can't \_\_\_\_\_ a \_\_\_\_\_ thing like  
 \_\_\_\_\_, what's the use of \_\_\_\_\_ over \_\_\_\_\_ things?  
 - \_\_\_\_\_ 12:25-26 (NLT)

W	U	Z	Y	V	C	Y	P	E	S	P	B	L	H	N
B	O	K	L	I	F	E	T	W	S	Q	U	I	Z	U
Q	T	S	M	T	G	X	Y	U	P	S	G	T	Q	I
V	U	O	O	O	B	N	C	W	M	K	M	T	I	H
X	V	Q	M	K	I	U	G	V	M	T	F	L	U	B
L	U	K	E	X	G	W	D	C	R	P	W	E	N	Q
N	M	F	N	Z	G	F	G	U	Y	U	O	I	R	W
A	C	I	T	F	E	F	P	K	Y	R	R	M	H	J
H	K	M	H	N	R	K	I	M	R	J	R	S	R	C
S	W	M	A	F	Z	P	U	N	R	O	Y	X	Q	J
Y	N	S	T	A	C	C	O	M	P	L	I	S	H	A
B	A	V	E	S	N	C	Z	O	Y	Q	N	D	I	A
X	M	O	X	Q	H	B	B	S	I	N	G	L	E	T
N	F	S	C	W	O	R	R	I	E	S	H	K	P	O
R	P	H	M	V	B	Y	T	K	K	H	R	Y	J	F

## Week 7: Philippians 4:6

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.  
- Philippians 4:6 (NLT)

Worry focuses our mind on the negative, zooming in on potential problems and magnifying anxieties. This verse flips the script. Instead of dwelling on what could go wrong, we turn our worries into prayers.

Sharing our needs isn't for His benefit, but for ours. It's an act of surrender, acknowledging Him as our source, the one who holds the answer to every prayer. It's also an act of faith, expressing trust that He cares for us and is listening to our every word.

Notice the verse doesn't stop at requests. It tells us to thank Him. This isn't just an afterthought. Gratitude is a powerful tool. It forces us to scan our lives for the good things amidst the worries. It also reminds us of God's faithfulness. By thanking Him for past provisions, we acknowledge His pattern of caring for us, building confidence that He will see us through present anxieties too.

With each "thank you," we chip away at the worry mountain, eventually reaching a plateau where gratitude prevails. We can be thankful for the simple things – a beautiful sunrise, a friend's smile, the warmth of a cup of tea. These daily doses of gratitude train our hearts to find joy in the present, eventually leading us to rejoice in the Lord, always.

This week, when worry knocks, let's open the door to prayer and thanksgiving. Let's turn our anxieties into requests, our fears into faith, and our burdens into blessings.

How much time each day do you think you spend worrying?

What do you think would happen if you spent that time praying instead?

Make a list of what you need. Then, take a moment to do what the verse says, tell God what you need.

Make a list of things God has done for you and those you love in the past. Then, take a moment to do what the verse says, thank God for all He has done.

How do you feel after doing what the verse says? How does that compare to worrying?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. - Philippians 4:6 (NLT)**

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Cut here



Read Philippians 4:4-8. How hard is it to find things to thank God for? How can you find ways to be thankful in every situation, even the difficult ones?

What does it mean to you to "always be full of joy in the Lord?" Why do you think that's important?

Verse 7 states that God's peace exceeds anything that we can understand. Are you aware of a situation when someone had peace when human logic could find no reason for it? Have you ever experienced that yourself?

Let's do what verse 8 says:

What is something that you know is true?

What do you find honorable?

What do you know is right?

What is pure?

What is lovely?

What is admirable?

What is excellent?

What is worthy of praise?

How does focusing on these things affect you?

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

Don't \_\_\_\_\_ about \_\_\_\_\_; instead, \_\_\_\_\_ about \_\_\_\_\_.  
 Tell \_\_\_\_\_ what you \_\_\_\_\_, and \_\_\_\_\_ him for \_\_\_\_\_ he has \_\_\_\_\_.

- \_\_\_\_\_ 4:6 (NLT)

J	A	Z	L	O	L	R	X	U	T	B	N	H	P	P	X
P	N	Y	O	T	R	N	S	B	R	P	R	A	Y	S	S
G	Y	E	Z	C	M	V	R	N	Y	J	I	C	A	W	U
O	T	V	C	H	Y	Q	H	L	W	K	O	A	N	E	F
D	H	E	V	B	S	W	B	P	W	E	D	I	D	B	F
O	I	R	Q	N	F	R	C	D	D	G	A	B	D	T	Q
N	N	Y	V	D	Z	N	R	P	G	R	L	W	Y	W	D
E	G	T	R	H	A	C	G	W	B	G	L	V	S	P	X
B	P	H	I	L	I	P	P	I	A	N	S	M	L	Z	H
B	E	I	Q	B	L	J	O	F	Y	T	H	A	N	K	I
L	V	N	E	E	D	Z	N	A	Z	D	N	J	F	Y	O
G	H	G	Y	W	O	R	R	Y	Q	K	T	U	N	E	M
I	L	X	K	P	N	G	Q	K	N	B	G	J	X	X	K
S	U	D	Q	E	L	L	Z	V	J	O	Y	I	X	I	W
D	Z	I	I	A	V	N	D	F	S	Z	M	N	D	I	L
V	H	P	U	C	H	L	M	K	R	O	V	X	M	V	N

## Week 8: Proverbs 12:25

Worry weighs a person down; an encouraging word cheers a person up. - Proverbs 12:25 (NLT)

This verse isn't just a fluffy platitude; it's a potent truth about the power we wield with every utterance. Words can build bridges of understanding or erect walls of despair. They can launch dreams into flight or clip the wings of hope.

Imagine the impact of a single kind word, spoken with the gentle authority of truth and love. It can lift the fog of anxiety, illuminate a path forward, and rekindle the spark of joy in a weary soul.

But the power isn't unidirectional. When we choose to look for the good in others and speak it into existence, we shift our focus from the shadows to the light, training our eyes to see the beauty that often hides in the ordinary.

Picture yourself walking into a room, not just with a smile, but with a heart brimming with words of uplifting affirmation. Your presence becomes a beacon of hope, and your kind words become lifelines, pulling those struggling against the tide of doubt back toward the shore of faith.

The more we make this habit of encouragement our way of life, the more the atmosphere around us shifts. The world begins to shimmer with the newfound potential we've helped others see within themselves.

Remember, the choice is yours. Choose to be a conduit of encouragement, and watch how your words transform the world around you, one kind utterance at a time.

Describe a time when someone was kind or encouraging toward you. How did it feel? What effect did that moment have on you?

How does your mood and outlook shift when someone offers you a kind word of encouragement or support?

Describe a time when you were kind or encouraging toward someone else. How did it feel? What effect did that moment have on you? On them?

How does your mood and outlook shift when you offer someone else a kind word of encouragement or support?

Why do you believe that words hold such power?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Worry weighs a person down; an encouraging word cheers a person up. - Proverbs 12:25 (NLT)**

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Read Proverbs 12:13-26. It talks a lot about the power of words. Which verse do you connect with the most? Why?

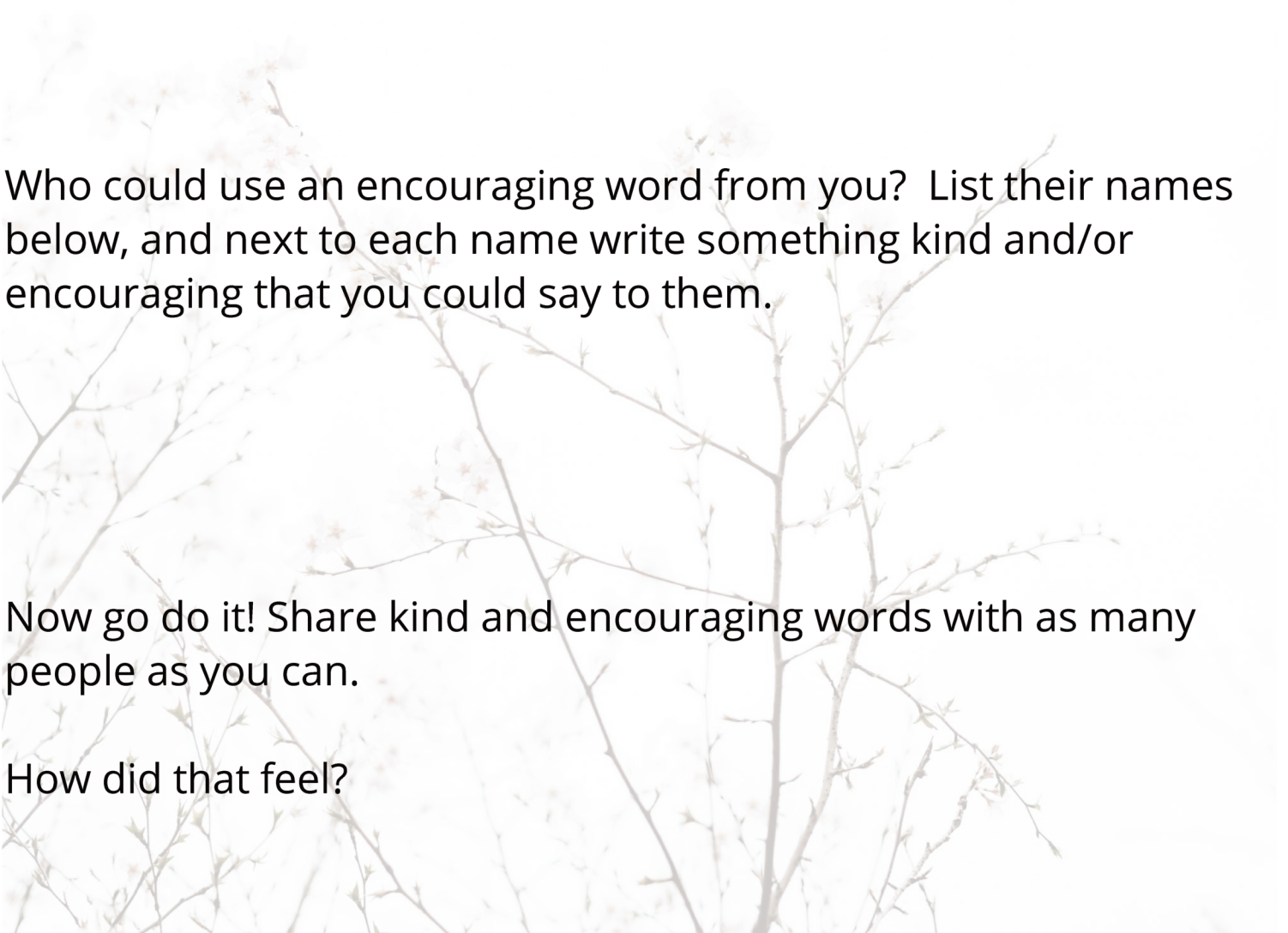
Describe a time when someone else's words had a big impact on you.

Do you believe your words hold the power to transform someone's life? Why or why not?

Who could use an encouraging word from you? List their names below, and next to each name write something kind and/or encouraging that you could say to them.

Now go do it! Share kind and encouraging words with as many people as you can.

How did that feel?



Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.





Fill in the blanks for this week's verses and find the missing words in the word search.

\_\_\_\_\_ a person \_\_\_\_\_; an \_\_\_\_\_ word  
 \_\_\_\_\_ a \_\_\_\_\_ up.  
 - \_\_\_\_\_ 12:25 (NLT)

W	M	P	Z	Q	T	T	C	O	H	J	M	J	W	G	C
X	J	O	J	W	F	I	J	M	C	K	W	L	D	B	H
F	D	O	W	N	O	M	W	E	I	G	H	S	O	A	E
I	X	V	E	J	V	L	F	W	O	U	P	J	W	T	E
I	J	D	T	W	P	W	D	R	R	W	W	I	X	A	R
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N	L	U	P	S	V	D	R	C	X	H	S	W	X	L	U
Q	M	P	E	E	N	C	O	U	R	A	G	I	N	G	N
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B	L	Z	N	F	S	C	B	D	G	C	O	A	C	J	N
V	D	T	H	C	W	V	S	G	D	G	K	C	D	V	B
X	H	L	G	R	R	S	R	R	U	R	W	L	Q	P	V
Z	A	Z	F	K	N	Y	U	D	H	F	A	C	X	L	Z
I	Q	Q	P	D	S	X	S	V	S	J	B	A	A	H	G



## Week 9: Proverbs 29:25

Fearing people is a dangerous trap, but trusting the Lord means safety. - Proverbs 29:25 (NLT)

We've all been there, haven't we? That awkward silence before voicing an unpopular opinion, the nervous laughter at a joke we don't find funny, the silent agreement to a plan we know is wrong, all in the name of fitting in, of avoiding the sting of rejection. But this dance with fear, this yearning for acceptance, ultimately traps us in a web of our own making.

The fear of man, the anxiety of what others might think, casts a long shadow over our lives. It clips our wings, stifles our voices, and forces us to wear masks that hide our authentic selves. We become chameleons, shifting and adapting to please the crowd, sacrificing our integrity on the altar of popularity.

But what if there was another way? What if, instead of seeking safety in the fleeting approval of others, we placed our trust in something greater, something eternal?

Yes, there may be times when choosing the right path leads to ridicule or rejection. But remember, the right decisions, even in the face of temporary discomfort, ultimately lead us to the right environments, to communities that resonate with our values and support our growth.

Through the Bible, God offers wisdom and discernment, helping us set healthy boundaries between pleasing ourselves and pleasing Him. He teaches us to navigate peer pressure, to speak the truth even when it's hard, and to live with integrity even when it means standing alone.

This week, let us replace the empty comfort of fleeting approval with the unwavering confidence that comes from trusting in God. Remember, you are not alone in this journey. God is with you every step of the way, offering His unwavering support and guidance.

Describe a time when you did something wrong or didn't do something that you knew you should because you were worried about what someone thought of you.

What are some situations or people in your life that evoke fear or apprehension?

How does this fear of what others think of you affect your decisions, actions, and overall well-being?

Have you ever experienced a time when trusting God instead of worrying about what others think of you led to a positive outcome? Explain.

What do you think it means to find safety by trusting the Lord in these situations?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Fearing people is a dangerous trap, but trusting the Lord means safety. - Proverbs 29:25 (NLT)**

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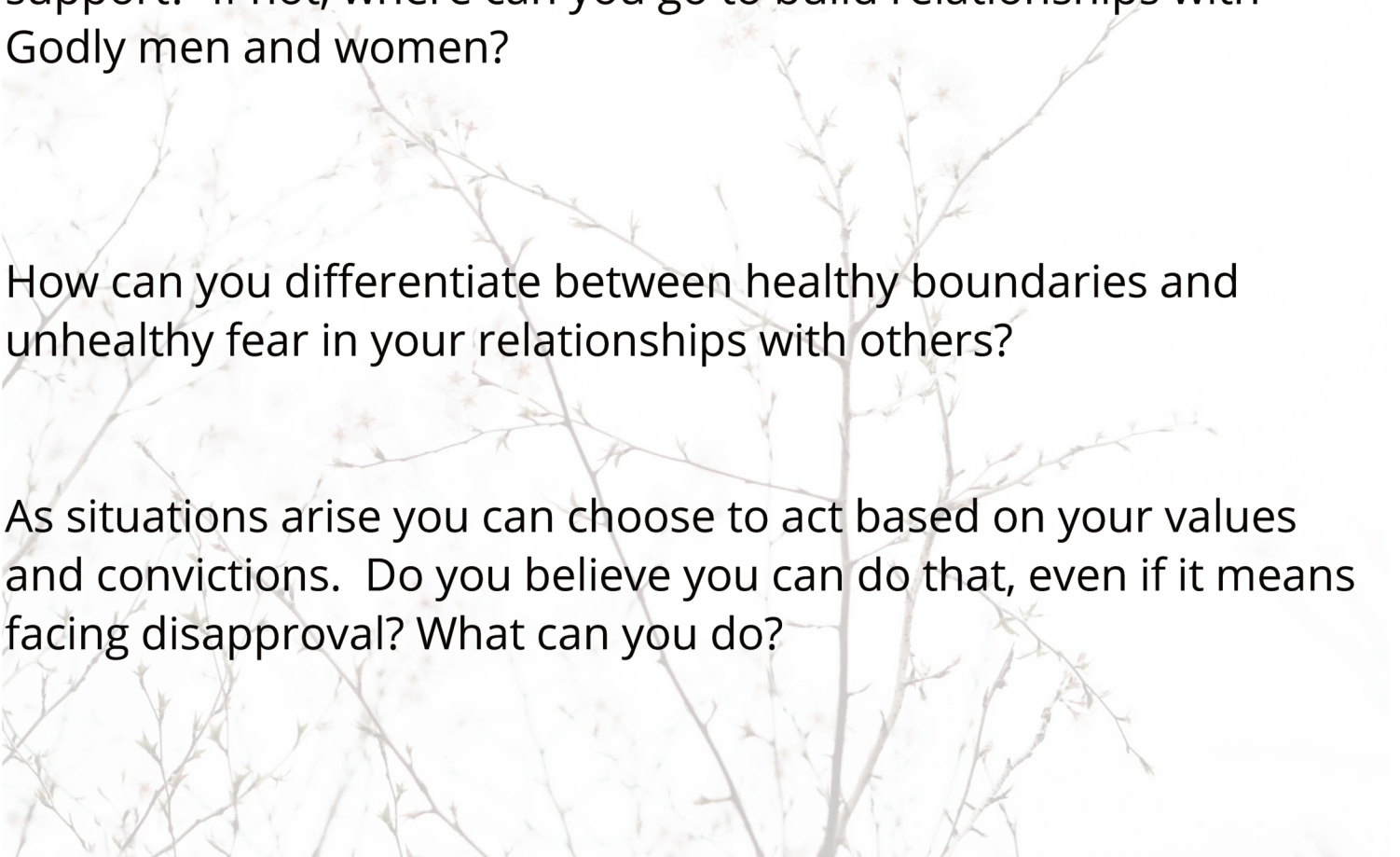
Read Proverbs 29:18-27. Which Proverb stands out most to you? Explain why.

Proverbs lays out many potential consequences of aligning yourself with someone who is not following God. Is there an area of your life where you are following advice or leadership from someone whose path is counter to God's? What consequences have you faced?

Are there individuals in your life who embody true trust in God? If so, how can you learn from their examples and seek their support? If not, where can you go to build relationships with Godly men and women?

How can you differentiate between healthy boundaries and unhealthy fear in your relationships with others?

As situations arise you can choose to act based on your values and convictions. Do you believe you can do that, even if it means facing disapproval? What can you do?





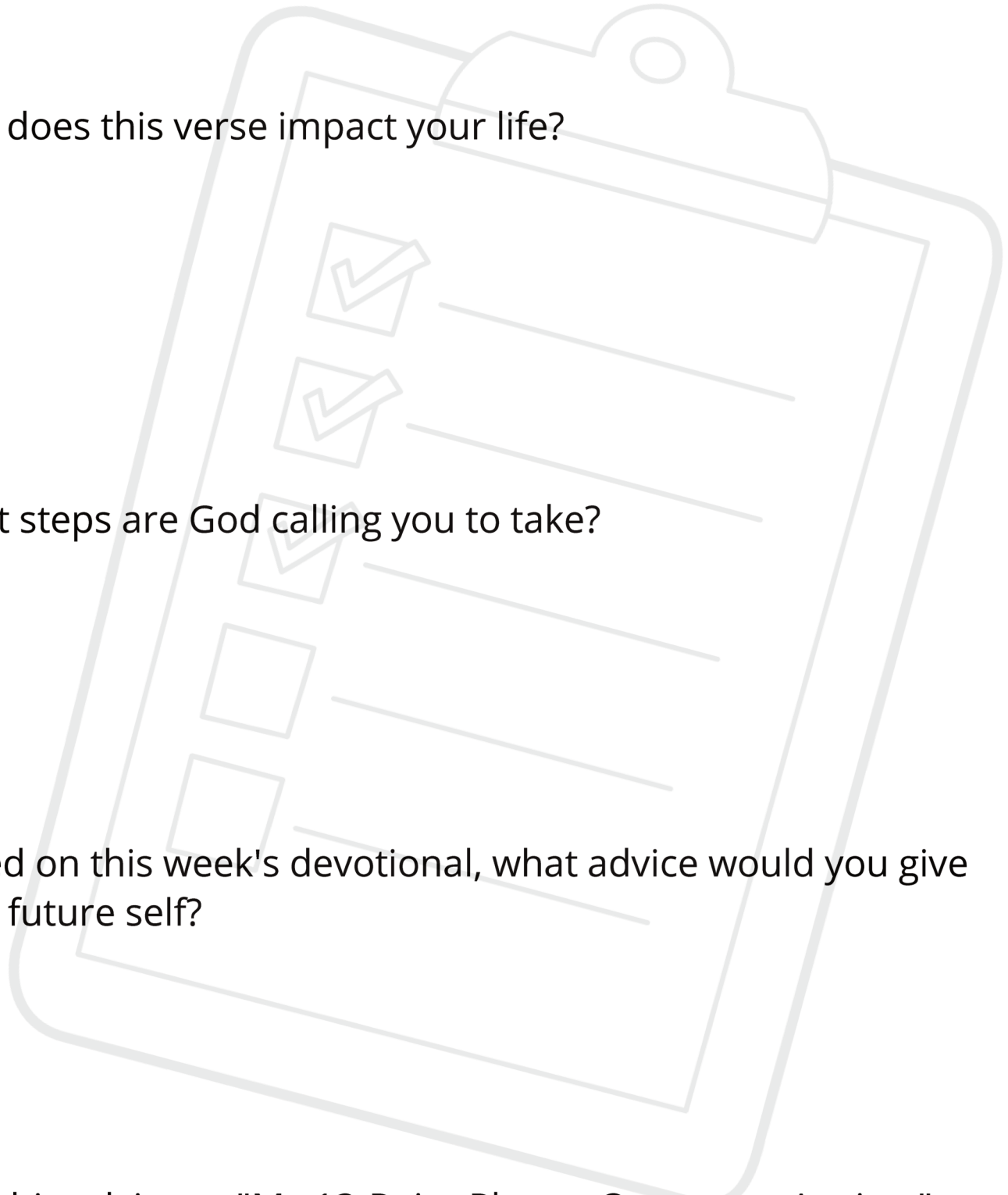
Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

\_\_\_\_\_ is a \_\_\_\_\_, but \_\_\_\_\_  
 the \_\_\_\_\_ means \_\_\_\_\_.

- \_\_\_\_\_ 29:25 (NLT)

V	Q	J	A	P	O	H	P	Q	F	T	Z	F	A
A	G	F	O	R	S	V	X	N	S	S	W	R	L
L	A	D	B	O	F	K	U	S	U	B	V	B	F
O	S	M	K	V	X	L	O	K	G	D	Z	W	A
R	A	N	F	E	A	R	I	N	G	A	W	P	U
D	F	U	V	R	Y	L	V	B	Q	N	D	E	F
P	E	A	I	B	S	Q	V	L	X	G	F	O	N
O	T	R	U	S	T	I	N	G	C	E	L	P	A
P	Y	C	N	E	J	Q	R	X	O	R	Z	L	M
A	N	M	Z	O	A	X	X	O	L	O	Q	E	H
X	K	W	J	I	Z	U	G	V	D	U	X	B	L
I	S	F	N	V	Y	A	Y	W	M	S	K	K	Z
H	O	R	Y	O	K	G	K	J	A	I	X	D	S
B	E	Z	J	J	P	T	R	A	P	X	H	V	P

## Week 10: Psalm 23:4

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. - Psalm 23:4 (NLT)

David, the poet-king, the warrior, the man who faced down giants and earned a crown, was no stranger to darkness. Despite the hardships David faced, from battles fought and betrayals endured, David found comfort in a profound shift: though he was a king, he humbled himself. He recognized that his own wisdom and experience were laughable in comparison to God's. So God became his Shepherd. David let go of the heavy burden of constant vigilance, choosing instead to trust in the watchful care of the One who holds the universe in His hand.

This is a powerful lesson for all of us. We, like David, experience life's storms. We face anxieties that gnaw, losses that sting, and shadows that loom. Yet, amidst the turmoil, there is a choice to be made. We can choose to carry the weight on our own, or we can surrender it to the Shepherd who loves us, who knows the road ahead, and will fight for us.

David knew leadership, responsibility, and the need to stay alert. But in God's presence, he found a different kind of strength – the strength of surrender, the comfort of knowing that he wasn't alone, that he could walk through the valley's shadow and not fear.

Remember, even the mightiest king found solace in the Shepherd's presence. He relinquished control. You can too, no matter your own battles and burdens.



As a king, warrior, and shepherd, David had to practice vigilance. Can you relate? In what area in your life do you feel you need to be constantly aware and in control?

Do you have trouble relinquishing control? What do you think will happen if you let go of the reins?

In ancient times, shepherds used a rod as a weapon to defend their sheep against predators. Why would this be a source of comfort?

Shepherds used their staff to guide their sheep, especially in unfamiliar terrain. Why would this be helpful when you're going through a difficult time?

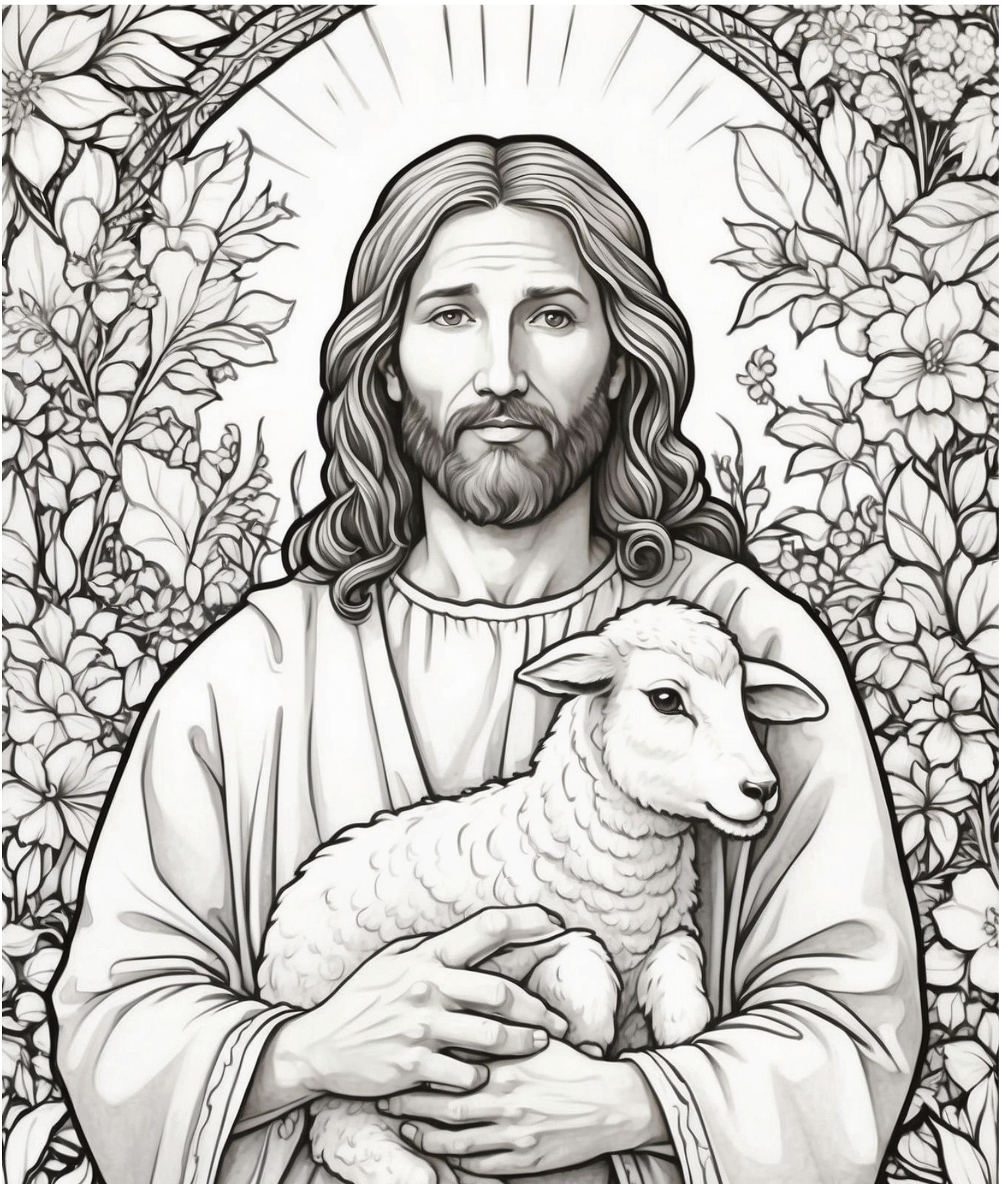
When you are facing a difficult situation, who do you go to for help? God, or someone else? Why?

How do you sense God's presence in your life? Is it through prayer, nature, or other experiences?

1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. - Psalm 23:4 (NLT)**

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Cut here



Read Psalm 23. This was written by David who was once a shepherd. He understood the nature of sheep, how they tend to wander, and how they need to be cared for and protected. He also understood the nature of a shepherd. He fought lions and bears to keep sheep safe. What do you think David meant when he said the Lord is his Shepherd??

David understood loneliness, betrayal, grief, and suffering. He knew what it was to run for his life. And he knew how to find hope, peace, and comfort in the midst of that. Which verse brings you the most comfort today? Why did you choose that one?

Is there anything in this chapter that unsettles you or goes against your nature? Explain.

Verse 5 says, "My cup overflows with blessings." List as many blessings in your life that you can think of right now. Try for at least 10.

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

\_\_\_\_\_ when I \_\_\_\_\_ through the \_\_\_\_\_, I will not be \_\_\_\_\_, for you are \_\_\_\_\_ beside me. Your \_\_\_\_\_ and your staff \_\_\_\_\_ and \_\_\_\_\_ me. - \_\_\_\_\_ 23:4 (NLT)

O	Q	S	N	Y	J	G	R	D	Z	J	G
G	S	F	T	D	C	P	S	A	L	M	T
K	Z	V	Y	H	X	X	Y	R	V	B	N
F	Z	N	D	P	W	A	L	K	B	Z	F
S	O	V	U	P	Q	A	H	E	D	H	Q
B	H	M	K	N	A	F	T	S	E	D	U
C	C	O	M	F	O	R	T	T	V	K	R
L	R	K	V	Z	V	A	L	L	E	Y	O
O	I	W	J	O	J	I	A	O	N	K	D
S	B	O	U	G	O	D	H	R	R	R	W
E	G	D	L	G	H	M	C	I	G	P	H
F	D	L	C	P	R	O	T	E	C	T	R

## Week 11: Exodus 14:14

The Lord himself will fight for you. Just stay calm.  
- Exodus 14:14 (NLT)

Imagine it: Trapped between an angry Pharaoh and an unyielding sea, the Israelites faced a future as bleak as the churning waves. Panic pulsed through their ranks, fear a tangled knot in their throats. At that moment, hope seemed as distant as the Promised Land. Was this God's answer to their prayer for freedom? What was He thinking?

The Israelites had likely envisioned a thousand escape plans: maybe a bridge, a tunnel, or maybe Pharaoh would just drop dead. But God's plan? It involved parting the sea. Unheard of, unexpected, and utterly terrifying.

This is where we often stumble. We pray for God to step in, we picture a specific outcome, and then, when God unleashes His "outside-the-box" solution, we freeze in fear. We fight both the situation and the answer He provides.

Is your prayer time full of checklists for God to fulfill? Or is it an invitation for partnership, for surrendering to His wisdom and love? God isn't some distant deity or a mere idea in a dusty book. He's alive, He cares, and He's actively involved in the dramas of our lives.

Trust in His plan, even when it doesn't fit your script. He's infinitely more capable than we are. He sees the bigger picture. He's the master strategist, the architect of the universe, wielding power and resources beyond our wildest comprehension. Our feeble attempts to control the storm often just stir the waters further. The storm may rage, but the One who parted the Red Sea walks beside you. Trust Him, be still, and prepare to be surprised by the unfolding miracle of His love.

How does the idea of God fighting for you make you feel?

What does it mean to you to "be calm" in the midst of challenges and uncertainties?

Have you ever had a situation when you kept fighting, trying to fix things yourself, and things just kept getting worse?

Do you believe that trusting God to fight for you will ultimately lead to a better outcome than relying on your own efforts? Why or why not?

Why do you believe it is so against our nature to allow God to handle a situation for us?



1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.





**The Lord himself will fight for you. Just stay calm.  
- Exodus 14:14 (NLT)**

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Cut here

Read Exodus 14:1-22. Verses 1-4 tell us that God had a well thought through strategy. Do you think of God as a strategist? Why or why not?

We know that God's strategy was effective in the end, but in the middle of the situation, the Israelites were terrified (verses 10-12). Have you ever been terrified even though you had a promise from God that everything would work out?

In verse 12, the Israelites say to God and Moses, "Didn't we tell you this would happen...?" Have you ever spoken to God like that, or wanted to?

What was God's reaction to the Israelites in verse 15? How does that apply to you today?

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

The \_\_\_\_\_ will \_\_\_\_\_ for you. \_\_\_\_\_  
 \_\_\_\_\_.  
 - \_\_\_\_\_ 14:14 (NLT)

Y	H	M	E	W	G	A	H	E	M	X	X
S	I	H	M	G	M	A	P	U	J	T	R
F	G	Q	N	Y	Z	B	O	N	E	W	S
I	B	M	G	L	E	X	O	D	U	S	D
G	U	S	C	H	S	H	Y	E	S	T	A
H	D	G	W	J	Q	I	L	B	D	A	F
T	E	L	C	A	L	M	F	E	L	Y	K
W	W	O	A	Y	P	S	P	D	N	N	C
N	P	R	P	U	L	E	A	L	J	G	T
C	O	D	X	G	R	L	M	K	B	X	G
N	N	C	U	L	W	F	J	U	S	T	G
C	J	P	F	B	H	D	K	M	W	L	W

## Week 12: Isaiah 40:31

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. - Isaiah 40:31 (NLT)

This verse isn't empty reassurance; it's a powerful declaration of God's unwavering presence and strength. He, the creator of the universe, the one who holds the galaxies in His hand, is intimately aware of your storm. Whatever Goliath you face pales in comparison to this mighty God.

With Him by your side, nothing can truly stop you. You may feel weak, weary, and worn down, but if you truly trust Him, He promises to renew your strength. He doesn't simply patch up the cracks; He replaces your exhaustion with His own boundless energy.

This isn't just a poetic image; it's the reality that awaits those who choose to trust God. No longer do you need to rely on your limited resources or fight the battles alone. He is your strength, your shield, your constant companion.

Grasping this truth changes everything. It transforms fear into faith, doubt into confidence, and weakness into resilience. You become a conduit of His power, empowered to overcome any obstacle, weather any storm, and reach heights you never thought possible.

God cares. He is fully capable, and He longs to be your source of strength. So, relinquish your grip on control, trust in His power, and watch your life soar on wings of hope, leaving the storm clouds far below.

What areas of your life feel empty or weary right now?

What does it mean to you to "trust in the Lord"?

How does your understanding of trust differ from mere optimism or wishful thinking?

What images or experiences come to mind when you think of soaring on wings like eagles, running without tiring, and walking without fainting? How do you envision yourself experiencing the endurance and vitality described in this verse?

Do you believe that God can truly restore your strength and enable you to overcome fatigue and discouragement? Do you find this easier to believe for others than you do for yourself? If so, why?



1. Read the Bible verse several times, trying to memorize it as best you can.
2. Begin coloring the picture.
3. As you color, slowly contemplate the verse word by word, thinking about the significance of each word and how it contributes to the overall meaning of the verse.
  - Read the verse, emphasizing the first word.
  - Read the verse again, emphasizing the second word.
  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.





**But those who trust in the Lord will find new strength.  
They will soar high on wings like eagles. They will run and  
not grow weary. They will walk and not faint.  
- Isaiah 40:31 (NLT)**

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Cut here



Read Isaiah 40:12-31. After reading this, what do you think Isaiah wants you to understand about God?

In verse 27, pretend your name is there in place of Jacob and Israel. What is your response?

Verses 28-31 give his response. Why do you think Isaiah spent so much time talking about God before this? Why do you think we need that context to understand verse 31?

Think about the situation that is wearing you down right now. How does that measure up compared to the wisdom and power of God?

So many times we read scripture generically, not personalizing the message. Read verses 12-31 again and recognize that Isaiah is telling you that God is so much bigger than whatever situation you are facing. It all crumbles in the face of His power, He cares, and He is ready to help.

Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

But those who \_\_\_\_\_ in the \_\_\_\_\_ will find new \_\_\_\_\_. They will \_\_\_\_\_ high on \_\_\_\_\_ like \_\_\_\_\_. They will run and not grow \_\_\_\_\_. They will \_\_\_\_\_ and not \_\_\_\_\_.

- \_\_\_\_\_ 40:31 (NLT)

G	B	K	E	X	O	K	W	I	N	G	S	H
M	M	K	S	W	E	A	R	Y	V	Y	B	I
J	C	W	T	R	U	S	T	X	Q	V	R	J
S	O	A	R	L	K	B	L	Y	S	R	O	Z
O	U	L	E	D	U	Y	O	G	N	W	K	Y
N	H	K	N	L	J	N	V	F	R	B	H	D
Q	O	S	G	K	I	J	Y	O	U	A	Q	Z
E	B	A	T	U	I	N	Q	X	M	Q	F	S
E	B	Q	H	P	S	F	A	I	N	T	N	Q
P	O	N	P	E	A	G	L	E	S	H	P	G
F	Z	T	O	D	I	R	O	R	F	O	A	Z
X	Q	G	S	T	A	C	R	O	Y	O	L	K
I	S	Y	P	D	H	C	D	B	S	T	U	Y

## Week 13: John 14:27

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. - John 14:27 (NLT)

This is a declaration of a peace that transcends circumstance, that defies logic, and outlasts any storm. It's a peace not born of temporary fixes or external validation, but of a deep connection with the source of all peace – Jesus Himself. And here's the beautiful part: He doesn't leave us to navigate this alone. He sends us the Holy Spirit, the ultimate advocate, the constant companion.

The world is a noisy marketplace, overflowing with promises of peace, fulfillment, and happiness. Self-help gurus, social media trends, and fleeting distractions vie for our attention, each peddling a solution to the ache in our souls. But beneath the glitzy packaging lies a harsh truth: the world's peace is temporary, a fragile bandage over a gaping wound.

Why? Because the world can't address the root of our problem. Our anxieties, our loneliness, our fear of the unknown—these stem from a deeper emptiness, a disconnect from something greater than ourselves.

But Jesus doesn't abandon us. He sends us the Holy Spirit, our personal advocate and comforter. The Spirit isn't a fleeting trend or a self-help manual; He's a living presence, forever beside us, rooting for us, interceding for us, whispering guidance and courage in our hearts.

He teaches us to navigate the storms of life with grace and resilience. He reminds us of our true worth. Remember, you're not alone in this journey. The One who conquered death walks beside you.

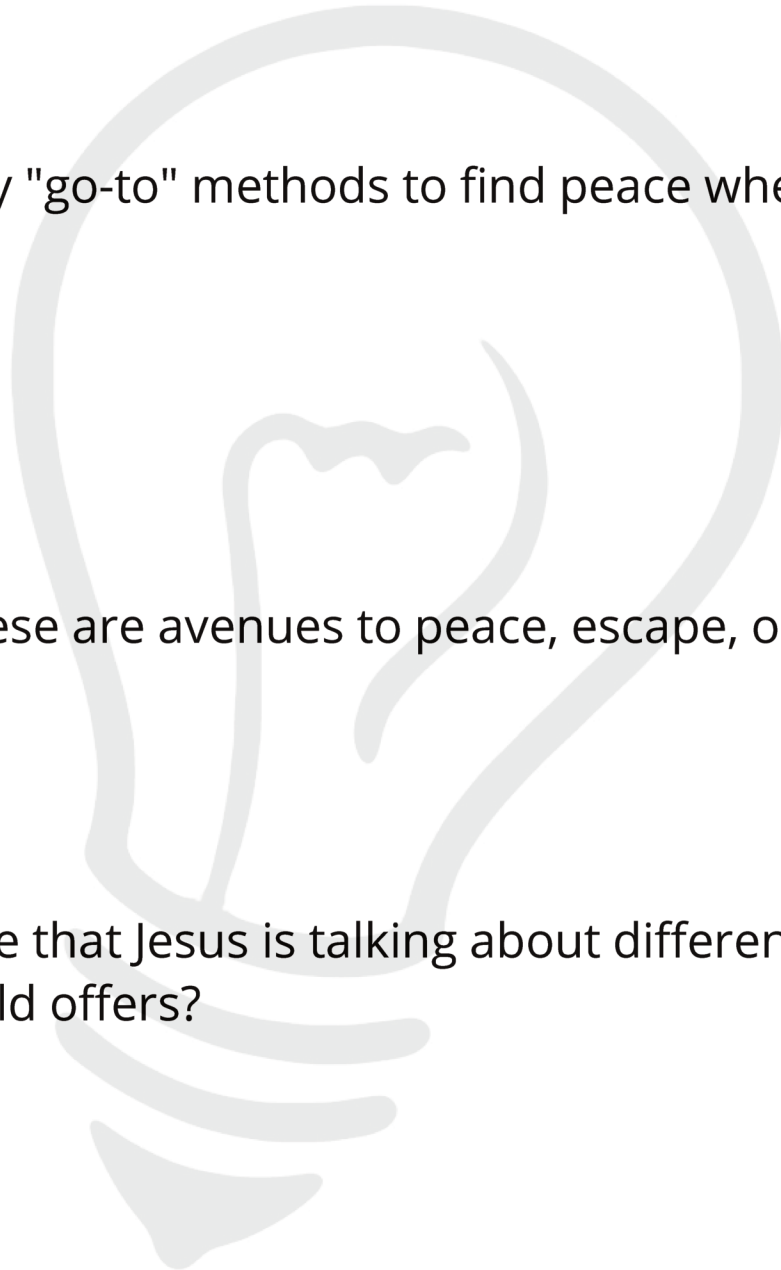
What kind of peace does the world offer? Have you seen people you love try to find peace in detrimental ways? How? What has been the result?

Do you have any "go-to" methods to find peace when you need it?

Do you think these are avenues to peace, escape, or something else?

How is the peace that Jesus is talking about different from the "peace" the world offers?

From everything you've learned from this study, how do you access this peace?



1. Read the Bible verse several times, trying to memorize it as best you can.
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  - Continue in this way, emphasizing each word in turn.
4. If any new meaning comes to you as you meditate on the verse, write it down.







**I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. - John 14:27 (NLT)**

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Cut here

Read John 14:15-29. What does Jesus promise in verse 16?

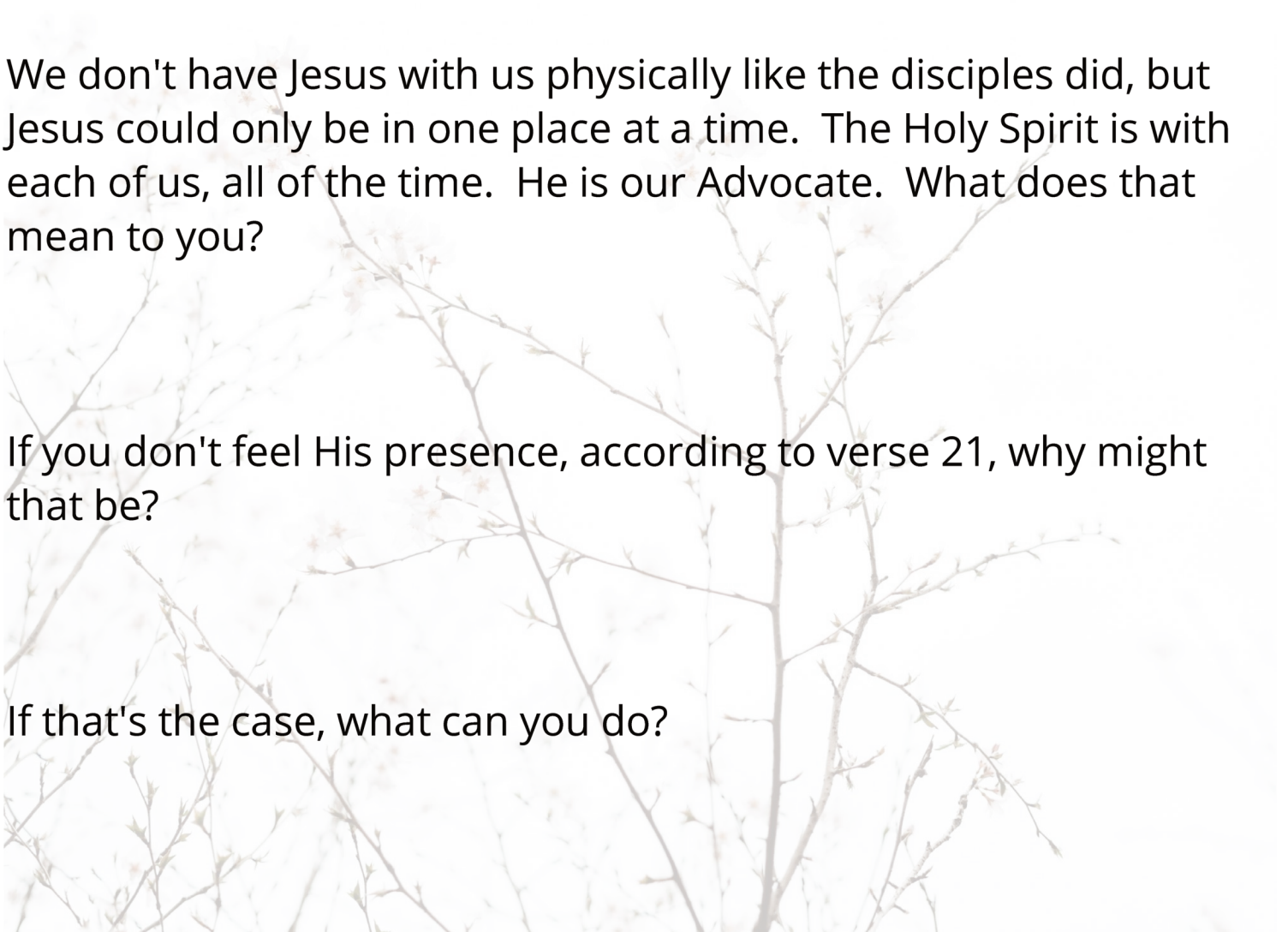
According to verse 17, who is the Advocate? Where does He live?

The disciples had Jesus physically with them to teach them and guide them. What are the benefits of the Advocate in verse 26? Why is that helpful?

We don't have Jesus with us physically like the disciples did, but Jesus could only be in one place at a time. The Holy Spirit is with each of us, all of the time. He is our Advocate. What does that mean to you?

If you don't feel His presence, according to verse 21, why might that be?

If that's the case, what can you do?



Rewrite this verse in your own words:

How does this verse impact your life?

What steps are God calling you to take?

Based on this week's devotional, what advice would you give your future self?

Add this advice to "My 13-Point Plan to Overcome Anxiety" at the end of the book.







Fill in the blanks for this week's verse and find the missing words in the word search.

I am \_\_\_\_\_ you with a \_\_\_\_\_—\_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_ . And the peace I \_\_\_\_\_ is a gift the \_\_\_\_\_ cannot give. So don't be \_\_\_\_\_ or \_\_\_\_\_. - \_\_\_\_\_ 14:27 (NLT)

M	O	O	O	A	H	X	J	L	A	O	G	B
U	J	P	T	I	T	L	E	P	Y	C	T	Y
F	W	W	J	E	O	Q	X	U	V	R	Z	S
W	U	H	Z	W	D	I	O	H	W	O	H	L
S	G	E	J	V	F	F	W	D	K	K	N	E
G	P	A	O	M	P	B	W	Q	O	C	K	A
K	I	R	H	V	A	W	O	R	L	D	J	V
K	W	T	N	U	F	W	Y	P	Q	Q	S	I
U	K	X	H	T	R	O	U	B	L	E	D	N
O	O	S	P	E	A	C	E	C	P	M	G	G
L	D	K	K	M	I	N	D	M	F	R	N	I
S	L	F	Q	W	D	B	X	G	I	V	E	F
A	S	Y	Q	P	B	U	V	W	X	R	I	T

# Prayer requests

A series of 28 horizontal bars for writing prayer requests, alternating in color between light gray and medium gray. Each bar begins with a small white circle on the left side, serving as a bullet point or a visual cue for the start of a request.



# Prayer requests

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# Prayer requests

A series of 28 horizontal bars for writing prayer requests, alternating in color between light gray and medium gray. Each bar begins with a small white circle on the left side, serving as a bullet point or a visual cue for a new entry.



# My 13-Point Plan to Overcome Anxiety

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13.



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# Congratulations!

As we close the pages of this 13-week journey, I hope you feel lighter, more grounded, and armed with tools to navigate the inevitable anxieties that life throws our way.

Here are a few final steps to keep the momentum:

1) Download your free cryptogram puzzle! This fun activity reviews the 13 key verses we explored throughout the devotional. Scan the QR code or visit [lisathurston.com/crypto-anxiety](https://lisathurston.com/crypto-anxiety).



2) Find your next devotional. Explore new themes and deepen your connection with the Lord. Scan the QR code or visit [lisathurston.com/books](https://lisathurston.com/books).



3) To bridge the gap until your new devotional arrives, download our free 7-day devotional. Scan the QR code or visit [lisathurston.com/free-devo](https://lisathurston.com/free-devo).



4) If this devotional has been a source of encouragement, please consider leaving a review. Your honest feedback helps others make informed choices as they choose the right devotional for their own journey.



Remember, releasing anxiety is a lifelong process. Be kind to yourself, celebrate your victories, and lean on God's strength through every challenge.