

Verses for Reading Assignment

Each day for a month read the same (one or more) of the passages listed. Or feel free to substitute your own favorite verse, chapter or book of the Bible. The goal is just to read the same passage(s) every day for a month. You can memorize, meditate, write or just read, but try to do it every day. Put the verse(s) up somewhere you can see them, bookmark or write them down somewhere.

Anxiety

Isaiah 41:13 "For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you."

Philippians 4:6-7 "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus."

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

Isaiah 26:3 "You keep him in perfect peace whose mind is stayed on you, because he trusts in You."

Psalms 4:8 "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Fear

Romans 8:31-39 "31 What, then, shall we say in response to these things? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 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."

John 14:1, 27 14 "Do not let your hearts be troubled. You believe in God; believe also in me."
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."

Psalms 73:25-26 "Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Isaiah 42:16 "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them."

2 Timothy 1:7 "For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment."

1 John 4:18 "There is no fear in love; instead, perfect love drives out fear, because fear involves punishment."

Joshua 1:9b "Do not be afraid or discouraged, for the Lord your God is with you wherever you go."