

Here is a **30-day plan specifically tailored for Anxiety**, centered on Strengthening your Confidence in God's Faithfulness. It's gentle, structured, and repeatable.

30-Day Plan: Trusting God's Faithfulness in Anxiety

How to Use This Plan

Each day:

1. **Read** the scripture
 2. **Reflect** on the prompt
 3. **Pray honestly** (even if it's short)
 4. **Write 1 sentence** about what you're feeling
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WEEK 1: God Is With Me (Facing Fear)

Focus: You are not alone.

Day 1

Isaiah 41:10

What fear do I need to release today?

Day 2

Psalms 23:4

Where do I feel "in the valley"?

Day 3

Deuteronomy 31:6

What would change if I truly believed God is With Me?

Day 4

Joshua 1:9

What step can I take despite fear?

Day 5

Psalms 56:3

What triggers my anxiety most?

Day 6

Matthew 28:20

Where do I need reassurance today?

Day 7

Lamentations 3:22-23

Where did I see God this week
in small way/ways?

Sometimes we need to look "Outside Our Square" to dwell less on Personal Problems and Relational. When we communicate or take part in something we Fret Less!

When it comes to World Events Etc we need to Find His Presence deep within OR in a little place (in our Home or Garden) sometimes Walking or Nature can Help.

WEEK 2: God Is In Control (Releasing Worry)

Focus: You don't have to carry everything.

Day 8

Matthew 6:34

What am I worrying about tomorrow?

Day 9

Philippians 4:6–7

What can I Turn Into Prayer right now?

Day 10

1 Peter 5:7

What burden do I need to hand over?

Day 11

Proverbs 3:5–6

Where am I trying to control outcomes?

Day 12

Psalms 46:1

When have I needed refuge recently?

Day 13

Isaiah 26:3

What helps me fix my mind on God?

Day 14

Psalms 121:1–2

Where am I looking for help?

WEEK 3: God Is Faithful (Building Trust)

Focus: God has not failed—and won't start now.

Day 15

Hebrews 10:23

What promise do I need today?

Day 16

2 Timothy 2:13

Where do I feel weak in Faith?

Day 17

1 Corinthians 10:13

What situation feels overwhelming?

Day 18

Deuteronomy 7:9

What does "Faithful God" mean to me?

Day 19

Psalms 36:5

How big is God's Faithfulness in my life?

Day 20

Numbers 23:19

What promise feels delayed?

Day 21

Joshua 21:45

Where have I seen God come through before
in some way/ways?

WEEK 4: Living in Peace (Daily Trust)

Focus: Walking in Calm Confidence.

Day 22

John 14:27

What is affecting my Peace?

Day 23

Colossians 3:15

What Helps me feel a sense of God’s Peace?

Day 24

Romans 8:28

Where do I need to Trust God’s Plan?

Day 25

Psalms 94:19

When has God Comforted me in some way?

Day 26

Isaiah 43:2

What am I walking through right now?

Day 27

Psalms 55:22

What am I still Carrying?

Day 28

2 Thessalonians 3:3

Where do I need Strength?

Day 29

Psalms 100:5

What has changed in me this month?

Day 30

Hebrews 13:8

What Truth will I carry forward?

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“Lord, You are Faithful. Even when I feel anxious, You are Steady.

Help me Trust You with what I cannot control. Give me Peace today.”

Jesus did say He did not promise us Peace in the World's System
but we would find Peace in Him (that's in His Presence)

Do Cultivate that, OK? – Confidence & Peace comes this way.