

3 WEEK READING PLAN OF SCRIPTURES TO KICK ANXIETY

WEEK ONE

Cast Your Care

PSALM 118:5-6

PSALM 94:19

1 PETER 5:6-8

PSALM 23:4

HEBREWS 13:5-6

ROMANS 8:6

PHILIPPIANS 4:6

HEBREWS 13:6

JAMES 1:2-4

ISAIAH 26:3

WEEK TWO

Do Not Fear

ROMANS 12:2

1 CORINTHIANS 3:11-15

PSALM 56:3

JOSHUA 1:9

PSALM 34:8

COLOSSIANS 3:15

ROMANS 16:20

2 THESS. 3:16

PROVERBS 12:25

MATTHEW 11:28-30

WEEK THREE

Commit Your Works to Him

JOHN 14:1-4

2 TIMOTHY 1:7

ISAIAH 41:10

PROVERBS 3:5-6

PROVERBS 12:25

JOHN 14:27

ISAIAH 40:30-31

MATTHEW 6:34

PROVERBS 16:3

PSALM 55:22

JOURNAL

Write Down Your Thoughts