LIVE HIM · FREE 30-DAY BIBLE READING PLAN

Peace for Anxious Minds

One short passage, one focus and one prayer a day, for 30 days.

> *"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 right hand."*
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> **ISAIAH 41:10 (NIV)**

> *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
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> **PHILIPPIANS 4:6-7 (NIV)**

How to use this plan

1. **Read slowly.**
   Each passage takes about 5 minutes. Read it twice if you can, once to understand and once to listen.
2. **Hold one line.**
   Notice the day's focus. Write down one phrase from the passage that you want to carry with you.
3. **Pray it back.**
   Pray the one-sentence prayer, then add your own words. Honest is better than polished.
4. **Check it off.**
   Use the tracker on page 3. If you miss a day, simply pick up where you left off. This is grace, not a test.

If anxiety is making daily life hard, please talk with a doctor, counselor or pastor too. Reading Scripture and getting help go together. In a crisis in the US, call or text 988.

The 30-day plan

Passage · focus for the day. Find the full daily prayers at livehim.com/anxiety-bible-reading-plan

WEEK 1 · GOD IS WITH YOU IN FEAR			
☐	**Day 1**	Isaiah 41:8-13	You are not alone in this fear.
☐	**Day 2**	Philippians 4:4-9	Turn each worry into a prayer, with thanks.
☐	**Day 3**	Psalm 23	The Shepherd walks the dark valley with you.
☐	**Day 4**	Matthew 6:25-34	Today has enough. Leave tomorrow with God.
☐	**Day 5**	Psalm 46	Be still. God is your refuge.
☐	**Day 6**	1 Peter 5:6-11	Cast your anxiety on Him, because He cares.
☐	**Day 7**	Psalm 34:1-10	He hears you and delivers you from fear.
WEEK 2 · PEACE FOR A RACING MIND			
☐	**Day 8**	Isaiah 26:1-4	A mind fixed on God is kept in peace.
☐	**Day 9**	John 14:1-4, 25-27	Jesus gives a peace the world can't.
☐	**Day 10**	Mark 4:35-41	Jesus is in the boat with you in the storm.
☐	**Day 11**	2 Corinthians 10:3-5	Anxious thoughts can be taken captive.
☐	**Day 12**	Romans 12:1-2	Let God renew the way you think.
☐	**Day 13**	Psalm 139:1-18	You are fully known and fully held.
☐	**Day 14**	Philippians 4:8-13	Think on what is true, right and lovely.
WEEK 3 · REST FOR A WEARY HEART			
☐	**Day 15**	Matthew 11:25-30	Come to Jesus and find rest.
☐	**Day 16**	Psalm 4	You can lie down in peace tonight.
☐	**Day 17**	Psalm 121	The One who watches over you never sleeps.
☐	**Day 18**	1 Kings 19:1-8	God meets exhaustion with bread and rest.
☐	**Day 19**	Psalm 62:1-8	Pour out your heart. God is your rock.
☐	**Day 20**	Psalm 131	Quiet your soul like a child at rest.
☐	**Day 21**	Exodus 14:10-14	The Lord will fight for you.
WEEK 4 · HOPE AND COURAGE TO KEEP GOING			
☐	**Day 22**	Joshua 1:1-9	Be strong. God goes with you.
☐	**Day 23**	Lamentations 3:19-26	His mercies are new this morning.
☐	**Day 24**	Psalm 42	Speak hope to your downcast soul.
☐	**Day 25**	Romans 8:26-39	Nothing can separate you from His love.
☐	**Day 26**	2 Corinthians 12:7-10	His grace is enough in your weakness.
☐	**Day 27**	Isaiah 43:1-7	You are His. The waters won't sweep you away.
☐	**Day 28**	Hebrews 4:14-16	Come to God with confidence for help.
☐	**Day 29**	John 16:25-33	Take heart. Jesus has overcome.
☐	**Day 30**	Isaiah 41:10 & Philippians 4:6-7	Return to where you began. Notice what changed.

My 30 days of peace

Color in a circle each day you read. Missed a day? Pick up where you left off.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

One line I'm taking with me

WEEK 1

WEEK 2

WEEK 3

WEEK 4

What I'm handing to God today

KEEP GOING

Free bedtime prayers, verse cards and more: livehim.com/resources
Get 7 Nights of Peace in your inbox: livehim.com/start