

# 7-Day Devotional Plan for Anxiety & OCD: Trusting God One Day at a Time

---

## Day 1 – God is With You

### Scripture:

*"So do not fear, for I am with you; do not be dismayed, for I am your God."  
— Isaiah 41:10*

### Thought:

You are not alone in this. Your thoughts may spiral, but God's presence is constant. He's not scared of your mind. He's right there with you.

### Prayer:

"Lord, thank You for being with me in the middle of my fears. Remind me that I'm not abandoned even when I don't feel peace. Help me trust Your nearness."

### Notes:

---

## Day 2 – You're Not Your Thoughts

### Scripture:

*"We take captive every thought to make it obedient to Christ."  
— 2 Corinthians 10:5*

### Thought:

You may not choose every thought, but through Christ, you can learn to redirect them. You are not your OCD. Your identity is in Christ.

### Prayer:

"God, help me recognize the lies that come through anxious thoughts. Teach me how to filter my mind through Your truth."

### Notes:

---

## Day 3 – The Peace That Guards

### Scripture:

*"The peace of God... will guard your hearts and your minds in Christ Jesus."  
— Philippians 4:7*

### Thought:

God's peace isn't something you earn—it's something He **guards you with**, like a fortress. Even when your mind feels like a battlefield, His peace is active.

### Prayer:

"Lord, I don't feel peace today, but I know You offer it freely. Surround my mind and heart with Your protective love."

### Notes:

---

## Day 4 – Jesus Understands Anxiety

### Scripture:

*"My soul is overwhelmed with sorrow to the point of death."  
— Matthew 26:38*

### Thought:

Jesus Himself felt deep mental anguish. He understands panic, sorrow, and distress. You can talk to Him honestly without fear of rejection.

### Prayer:

"Jesus, thank You for knowing what anxiety feels like. I give you the parts of me that feel too much. Sit with me here in this struggle."

### Notes:

---

## Day 5 – Focus on Today

### Scripture:

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself.”  
— Matthew 6:34*

### Thought:

Anxiety thrives in future thinking. God's grace is for **today**—not imaginary futures that may never come.

### Prayer:

“God, help me live in this moment. Teach me to trust that You’ll give me what I need when I need it—not before, not after.”

### Notes:

---

## Day 6 – A Sound Mind

### Scripture:

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”  
— 2 Timothy 1:7 (NKJV)*

### Thought:

God didn’t make your mind to torment you. Through Him, you have a renewed, grounded mind—even when it doesn’t feel like it.

### Prayer:

“Lord, even when my thoughts race or lie, remind me that I have a sound mind in You. Your truth defines my mental health.”

### Notes:

---

## Day 7 – You Will Make It Through

### Scripture:

*“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”*

— Psalm 23:4

### Thought:

This valley isn't yours forever. You're walking **through** it, not staying in it. The Good Shepherd is leading you out.

### Prayer:

“God, I believe You are leading me even through the darkest parts of this journey. Give me strength for one more step today.”

### Notes:

---