

30 Biblical AFFIRMATIONS & VERSES TO CALM ANXIETY & FEAR

1. God has never left me, and He will carry me my entire life.

I will be your God throughout your lifetime—until your hair is white with age. I made you, and I will care for you. I will carry you along and save you. Isaiah 46:4 NLT

2. I surrender my anxiety to God, knowing His peace will guard my heart and mind.

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. Philippians 4:6-7 NIV

3. God has given me everything I need to live in the way He wants me to live.

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. 2 Peter 1:3 NLT

4. I am God's precious child, and He will never forget me. My name is written on His hands.

Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands. Isaiah 49:15-16 ESV

5. I hear the voice of Jesus, my Good Shepherd, who leads and guides me with love.

I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep. ... My sheep listen to my voice; I know them, and they follow me. John 10:14-15, 27 NIV

6. I am Jesus' friend. He loves me so much that He willingly laid down His life for me.

There is no greater love than to lay down one's life for one's friends. John 15:13 NLT

7. I have been released from the pressure to perform, because I have been saved by grace.

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. Ephesians 2:8-9 NIV

8. Jesus said "It is finished," so I rest from trying to prove myself by my own works.

Come to me, all you who are weary and burdened, and I will give you rest. ~ Matthew 11:28 NIV
For whoever enters God's rest also rests from his own work, just as God did from His. Hebrews 4:10 BSB

9. When my heart condemns me, I rest in God's presence knowing that He does not condemn me.

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. 1 John 3:19-20 NIV

10. There is no room for fear in God's perfect love for me.

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. 1 John 4:18 NIV

11. I do not fear punishment, because in Christ, I have been set free from condemnation.

I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life. John 5:24 NLT

12. I will not be afraid, because God is right here with me, holding my hand. He will strengthen me and help me.

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. Isaiah 41:10 NIV

13. God hears me and answers me when I call to Him.

I prayed to the Lord, and he answered me. He freed me from all my fears. Psalm 34:4 NLT

14. I'm not afraid of what anyone can do to me, because my trust is in the Lord.

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me? Psalm 56:3-4 NIV

15. God's Spirit makes me powerful, not fearful.

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7 NLT

16. I will be strong and courageous, because God is with me wherever I go.

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9 NIV

17. I hand over all my worries and anxieties to God, who loves and cares for me.

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 NLT

18. I give my burdens to the Lord, because He carries them for me.

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. Psalm 55:22 NIV

19. I am valuable to my Father. He knows what I need and gives it to me.

Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? ... And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well." Luke 12:22-25, 29-32 NIV

20. I have no need to worry, because God will provide for me as I follow Him.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:33-34 NIV

21. I will not worry about the future, because God knows the purpose He has for me, and He will fulfill it.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 NIV

22. God will completely meet all of my needs.

And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19 NIV

23. Although I have trouble in this world, in Christ I have peace, because He has overcome the world.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33 NIV

24. I am covered and protected under God's wings.

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. Psalm 91:4 NIV

25. The Lord gathers me in His arms and carries me close to His heart.

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young. Isaiah 40:11 NIV

26. Jesus has given me His peace, which is greater than any temporary peace the world can give me.

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. John 14:27 NIV

27. The Lord gives me strength and peace.

The Lord gives strength to his people; the Lord blesses his people with peace. ~ Psalm 29:11 NIV

28. When I am weak and weary, God renews my strength.

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:29-31 NIV

29. I do not lose heart, but I fix my eyes on God, because my current troubles are producing eternal glory.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:16-18 NIV

30. I rejoice in my weaknesses and difficulties, because they prove that God's grace is enough for me.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:9-10 NIV

SOAP METHOD OF BIBLE STUDY

S.O.A.P. stands for Scripture, Observation, Application and Prayer.

The S.O.A.P method of Bible Study is a way of getting more out of your time in God's Word. This method will help you read, understand and study God's Word. The greatest thing about this method is that you will grow in hearing the voice of God.

Scripture

Read and write down the scripture as per the verse of the day following this SOAP guide.

Observation

Pray the prayer "God, why did You write this?" Write down what you hear.

Application

Pray and ask "God how would You like me to apply this verse into my life?" Write down what you hear.

Prayer

Write out a prayer to God based on what you just learned and ask him to help you apply this truth in your life.

*As you study, use calendar to mark off each day.

*Print off 30 pages of the S.O.A.P journal page. So you will have one for each day.

September

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Bible Study

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