

Overcome

Stress, Fear, Worry & Anxiety

30-Day Bible Scripture

CHALLENGE

<p>Day 1</p> <p>Psalms 55:16</p> <p>"As for me, I will call upon God, And the Lord shall save me."</p>	<p>Day 2</p> <p>Psalms 94:19</p> <p>"In the multitude of my anxieties within me, Your comforts delight my soul."</p>	<p>Day 3</p> <p>Psalms 118:6</p> <p>"The Lord is on my side; I will not fear. What can man do to me?"</p>	<p>Day 4</p> <p>1 Peter 5:7</p> <p>"Casting all your care upon Him, for He cares for you."</p>	<p>Day 5</p> <p>Colossians 3:2</p> <p>"Set your mind on things above, not on things on the earth."</p>	<p>Day 6</p> <p>Proverbs 12:25</p> <p>"Anxiety in the heart of man causes depression, But a good word makes it glad."</p>
<p>Day 7</p> <p>John 14:27</p> <p>"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."</p>	<p>Day 8</p> <p>Romans 8:5</p> <p>"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit."</p>	<p>Day 9</p> <p>1 John 4:18</p> <p>"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."</p>	<p>Day 10</p> <p>Psalms 23:4</p> <p>"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."</p>	<p>Day 11</p> <p>Psalms 138:7</p> <p>"Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand Against the wrath of my enemies, And Your right hand will save me."</p>	<p>Day 12</p> <p>Genesis 50:20</p> <p>"But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive."</p>
<p>Day 13</p> <p>2 Timothy 1:7</p> <p>"For God has not given us a spirit of fear, but of power and of love and of a sound mind."</p>	<p>Day 14</p> <p>Hebrews 13:6</p> <p>"So we may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'"</p>	<p>Day 15</p> <p>Psalms 16:8</p> <p>"I have set the Lord always before me; Because He is at my right hand I shall not be moved."</p>	<p>Day 16</p> <p>Isaiah 26:3</p> <p>"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."</p>	<p>Day 17</p> <p>Proverbs 3:24</p> <p>"When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet."</p>	<p>Day 18</p> <p>Isaiah 59:1</p> <p>"Behold, the Lord's hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear."</p>
<p>Day 19</p> <p>Psalms 55:22</p> <p>"Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved."</p>	<p>Day 20</p> <p>2 Thessalonians 3:16</p> <p>"Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all."</p>	<p>Day 21</p> <p>Philippians 4:7</p> <p>"and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."</p>	<p>Day 22</p> <p>Romans 16:20</p> <p>"And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen."</p>	<p>Day 23</p> <p>Psalms 138:8</p> <p>"The Lord will perfect that which concerns me; Your mercy, O Lord, endures forever; Do not forsake the works of Your hands."</p>	<p>Day 24</p> <p>Philippians 4:6</p> <p>"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;"</p>
<p>Day 25</p> <p>Isaiah 41:10</p> <p>"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."</p>	<p>Day 26</p> <p>2 Corinthians 12:10</p> <p>"Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."</p>	<p>Day 27</p> <p>Isaiah 40:30</p> <p>"But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."</p>	<p>Day 28</p> <p>Deuteronomy 31:6</p> <p>"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you."</p>	<p>Day 29</p> <p>Jeremiah 17:8</p> <p>"For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit."</p>	<p>Day 30</p> <p>Philippians 4:8</p> <p>"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."</p>