

31 DAY SCRIPTURE WRITING CHALLENGE

Fear and Anxiety

The Bible has a lot to say about fear and anxiety, and gives us a number of suggestions and recommendations for how to deal with them. In short, we need to do two things: we must examine our hearts to see where the fear and anxiety are rooted, and we must live in God's word to see how He has already provided for us to deal with our fear and anxiety.

Day 1 - 2 Timothy 1:7-8

Day 2 - Psalm 27:1

Day 3 - Philippians 4:6-7

Day 4 - Isaiah 41:10

Day 5 - John 14:27

Day 6 - Psalm 121:1-2

Day 7 - 2 Thessalonians 3:16

Day 8 - Joshua 1:9

Day 9 - Psalm 118:6-7

Day 10 - 1 Peter 3:14

Day 11 - Proverbs 29:25

Day 12 - Ecclesiastes 11:10

Day 13 - Jeremiah 17:8

Day 14 - 2 Corinthians 4:8-9

Day 15 - Deuteronomy 3:22

Day 16 - Isaiah 49:16

Day 17 - Matthew 6:34

Day 18 - Ezekiel 4:16

Day 19 - Jeremiah 42:16

Day 20 - Psalm 3:3

Day 21 - Romans 8:26

Day 22 - 1 Peter 5:6-7

Day 23 - Matthew 11:28-30

Day 24 - Romans 15:13

Day 25 - 1 John 4:18

Day 26 - Hebrews 13:6

Day 27 - Psalm 94:19

Day 28 - Proverbs 12:25

Day 29 - Colossians 3:15

Day 30 - Revelation 21:4

Day 31 - Romans 8:38-39

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Trust

One of the most well-known Bible verses about trust (Proverbs 3:5) instructs us to "trust in the Lord with all your heart and lean not on your own understanding." The word trust appears to be simple to grasp, but do we truly understand what it entails? Trust is a dynamic word that is becoming a synonym for a plethora of other wonderful, positive words such as faith, hope, love, mercy, and grace. The word trust can also mean safety, authenticity, dependability, courage, stability, and protection. We must trust God before we trust our own understanding. We must believe that we can rely on Him to get us out of any situation.

Day 1 - Proverbs 3:5-6

Day 2 - Psalm 62:6

Day 3 - James 1:6

Day 4 - Isaiah 26:3

Day 5 - Mark 11:23

Day 6 - Psalm 143:8

Day 7 - Matthew 17:20

Day 8 - Psalm 16:1

Day 9 - Psalm 13:5-6

Day 10 - Psalm 118:8

Day 11 - Psalm 51:10

Day 12 - Jeremiah 17:7-8

Day 13 - Psalm 37:5-6

Day 14 - 1 John 5:14

Day 15 - Psalm 62:7

Day 16 - Psalm 28:7

Day 17 - Nahum 1:7

Day 18 - 1 John 4:16

Day 19 - 1 Corinthians 13:6-7

Day 20 - Isaiah 54:10

Day 21 - Psalm 27:3

Day 22 - Psalm 91:1-2

Day 23 - Philippians 4:19

Day 24 - Psalm 37:5-6

Day 25 - Matthew 21:21

Day 26 - Psalm 145:18

Day 27 - Psalm 31:19

Day 28 - Hebrews 13:5

Day 29 - 1 John 5:15

Day 30 - John 14:1

Day 31 - Psalm 33:22