# Conquering Panic Attacks with Scripture: A Teen's Guide



Discover how God's Word provides comfort and strength for teens facing panic attacks through faith, hope, and practical biblical truths.





# Table of contents

<u>Introduction</u>	3
<u>Day 1: Ogod Is Our Refuge</u>	4
Day 2: Peace Beyond Understanding	10
Day 3: 6 God's Perfect Love Casts Out Fear	16
Day 4:  Renew Your Mind in Truth	22
Day 5: Strength in Weakness	28
Day 6: X Hope Anchored in God	34
Day 7: 🛠 Embracing God's Presence Daily	40







# Introduction

Being a teenager today is filled with challenges, from school pressures and social expectations to personal anxieties and fears. For many teens, panic attacks can feel overwhelming and isolating, causing intense physical and emotional distress. But as hard as it feels in those moments, God's Word offers hope, peace, and encouragement that can transform panic into calm.

*Psalm 34:4* says, "I sought the Lord, and he answered me; he delivered me from all my fears." This promise is for every teen wrestling with fear and panic. In this 7-day study, we will explore powerful scriptures that remind us God is with us, even in our most anxious moments. Through these passages, you'll learn practical ways to combat panic attacks by trusting God's presence, strength, and peace.

Each day includes a primary scripture, supporting verses, and a devotional to encourage your heart. You'll also find thoughtful reflection questions and journaling prompts to help you meditate on God's truth and apply it personally. Our prayer is that this study will empower you to face panic attacks with faith and find renewed courage and calm in God's unchanging love.

Remember, you are never alone. God's Word is a powerful weapon against fear. Let's walk together through these seven days, conquering panic attacks by anchoring our souls in Scripture.









# Day 1: V God Is Our Refuge









Day 1: **(**) God Is Our Refuge

# Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

# **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 1: ① God Is Our Refuge

# Devotional: Finding Strength and Shelter in God

When panic strikes, where do you turn first? The psalmist powerfully declares that God is our refuge and strength—a safe place where we can find shelter and power in times of trouble. Panic attacks often make us feel powerless and alone, but Scripture reminds us that God's presence is always near to help.

*Isaiah 41:10* reassures us not to be afraid because God's presence removes the need for fear. Additionally, *2 Timothy 1:7* reveals that God's Spirit empowers us with courage, love, and self-control, the very tools we need to overcome panic.

When anxiety threatens to overwhelm, let this truth ground you: God is your unwavering refuge. Seek Him first, and allow His strength to fill your heart.







Day 1: ① God Is Our Refuge

# Reflect and Apply

1.	How have you experienced God as a refuge during anxious moments?
2.	What fears try to overpower you when a panic attack comes?
	In what ways can you rely more on God's power rather than your own to face panic?







Day 1: OGod Is Our Refuge

# **Journaling Prompts**

1.	Write about a recent panic attack and what you felt in that moment.
2.	List five Bible promises that remind you God is with you.
3.	Describe how you can turn to God immediately when panic begins.







Day 1: ① God Is Our Refuge

# Prayer for Today

Heavenly Father, thank You for being my refuge and strength in every moment of fear and panic. Please fill me with Your peace and courage when anxiety tries to overwhelm me. Help me remember that You are always near and ready to help. Teach me to lean on Your presence instead of my worries. Empower me with Your Spirit and calm my restless heart. May I always trust in Your unfailing love. *Amen.*  $\swarrow$   $\Leftrightarrow$   $\Leftrightarrow$ 

















Day 2: 💋 Peace Beyond Understanding

### Your Verse

Philippians 4:6-7 – "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."

# Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."







Day 2: Beyond Understanding

# Devotional: Embracing God's Unfailing Peace in Anxiety

Anxiety and panic often stem from a sense of losing control, but God offers a peace that surpasses all understanding. In Philippians 4:6-7, Paul instructs us to replace anxiety with prayer and thanksgiving. This act of giving our worries to God unlocks His guarding peace over our hearts and minds.

Jesus reassures us in John 14:27 that the peace He offers is unlike anything the world provides—lasting and life-giving. Even amid overwhelming thoughts, turning to God with honest prayer releases His comfort into our souls.

Try to practice bringing your panic and fears honestly to God in prayer today. Thank Him for His care and ask for His peace. His wonderful peace isn't dependent on circumstances—it's a supernatural calm that holds us steady.







Day 2: 💋 Peace Beyond Understanding

# Reflect and Apply

1.	What thoughts increase your panic and how can prayer interrupt them?
2.	How can thanksgiving change your perspective when you feel anxious?
3.	What does God's peace feel like in the midst of fear?







Day 2: 💋 Peace Beyond Understanding

# **Journaling Prompts**

1.	Write a prayer presenting your current worries to God.
2.	List things you can be thankful for even during difficult moments.
3.	Describe a time you experienced God's peace in a stressful situation.







Day 2: **B** Peace Beyond Understanding

# **Prayer for Today**

**Lord Jesus,** teach me to bring every anxious thought and panic to You in prayer. Fill me with Your peace that goes beyond my understanding. Help me to thank You not just for the good but for Your presence even in fears. Guard my heart and mind with Your calming Spirit and remind me You are in control. *Amen.*  $\bigwedge$   $\Leftrightarrow$   $\bigvee$ 







# Day 3: 6 God's Perfect Love Casts Out Fear









Day 3: 🔥 God's Perfect Love Casts Out Fear

# Your Verse

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

# **Supporting Scriptures**

- Romans 8:38–39 "Nothing can separate us from the love of God that is in Christ Jesus our Lord."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves."







Day 3: 🖰 God's Perfect Love Casts Out Fear

# Devotional: Overcoming Fear Through God's Perfect Love

Fear feeds off lies and the misconception that God is distant or condemning. But Scripture reveals a powerful truth: God's perfect love rids us of fear. 1 John 4:18 reminds us that love and fear cannot coexist—the more we grasp God's unconditional love, the less hold fear has over us.

Romans 8:38–39 backs this up, confirming that no circumstance or panic attack can strip us of God's love. Zephaniah 3:17 calls God a Mighty Warrior actively fighting for us. When panic feels like an enemy attacking, remember the greatest Lover and Defender stands with you.

Ask God to help you deeply feel and believe His perfect love flooding every anxious thought and fear.







Day 3: Odd's Perfect Love Casts Out Fear

# Reflect and Apply

1.	How does understanding God's perfect love affect your panic attacks?
2.	What fears might you still be holding onto that God's love can heal?
	How can you remind yourself daily of God's unchanging love during anxiety?







Day 3: Odd's Perfect Love Casts Out Fear

# **Journaling Prompts**

1.	Write about a time you sensed God's love most during fear.
2.	List verses that speak of God's love to memorize.
3.	Describe how God's love can help you when panic strikes.







Day 3: 6 God's Perfect Love Casts Out Fear

# **Prayer for Today**

**Father God,** thank You for Your perfect love that casts out all fear. Help me to grasp the depth of Your love even when panic tries to persuade me otherwise. Fight for me as my Mighty Warrior and hold me close in times of anxiety. Fill me with confidence and peace rooted in Your unfailing love. *Amen.*  $\swarrow$   $\bigcirc$ 

















### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

# **Supporting Scriptures**

- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







# Devotional: Transforming Anxious Thoughts with Scripture

Panic often floods our mind with lies and worst-case scenarios. But God calls us to renew our mind and live in truth. Romans 12:2 encourages us not to accept the fearful messages from the world but to be transformed by God's Word, which rewires our thinking.

Certainly, 2 Corinthians 10:5 reminds us that our thoughts can be captured and made obedient to Christ. When panic thoughts arise, we can challenge them with Scripture and choose faith over fear.

Psalm 119:105 likens God's word to a lamp, illuminating the path even in dark moments. Meditating on God's promises replaces panic with clarity and courage, lighting the way out of anxiety.

Today, practice identifying fearful thoughts and replacing them with God's truth.







# Reflect and Apply

1.	What fearful thoughts do you notice during panic attacks?
2.	How can you actively replace lies with God's truth?
3.	What are some Scriptures you can use to challenge anxiety?







# **Journaling Prompts**

1.	Write down common panic thoughts and next to each, a Bible verse that counters it.
2.	Reflect on how God's Word has changed how you think about fear.
3.	Plan a simple daily habit to renew your mind with Scripture.







# Prayer for Today

**Lord,** help me to capture every anxious thought and make it obedient to You. Renew my mind with Your truth and help me to reject the lies fear feeds me. Let Your Word be a guiding light in my darkest moments and transform the way I think. Strengthen me daily to walk in faith. *Amen.*  $\bigwedge$ 

















# Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

# **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







# Devotional: God's Grace Empowers Through Weakness

Feeling weak or vulnerable during panic attacks is natural, but God's grace is more than enough to sustain us. In 2 Corinthians 12:9, God promises that His power shines brightest when we are weak. We don't have to carry the burden alone; His grace strengthens us beyond what we can imagine.

Isaiah reminds us that God actively gives strength to the weary, and Psalm 73:26 echoes that even when our flesh fails, God remains our eternal strength.

Whatever you are facing right now, God invites you to lean into His strength, not your own. Panic doesn't define your ability to stay strong—God's power does.







# Reflect and Apply

How have you experienced God's strength in your weakest moments?
What does it look like to rely on God's grace during panic attacks?
In what areas do you need God's power to be made perfect?







# **Journaling Prompts**

1.	Write about a time when you felt weak but sensed God's strength.
2.	List ways to depend on God's grace more each day.
3.	Describe how you can invite God's power during panic attacks.







# Prayer for Today

**Jesus,** I thank You that Your grace is enough for me. When I feel weak and overwhelmed by panic, please pour out Your strength into my heart. Remind me that Your power is made perfect in my weakness. Help me to rest in You and receive Your sustaining grace daily. *Amen.* 🙏 💪 🍪 🐒









# Day 6: XX Hope Anchored in God









Day 6: No Hope Anchored in God

# Your Verse

Hebrews 6:19 – "We have this hope as an anchor for the soul, firm and secure."

# **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."







Day 6: No Hope Anchored in God

# Devotional: Anchoring Your Soul in God's Hope

Hope is the anchor that holds us steadfast in the storms of panic. Hebrews 6:19 reminds us that our hope in God is firm and secure—able to keep our souls from drifting into despair.

Romans encourages us that as we trust in God, He fills us with joy and peace. Even when panic attacks feel like relentless waves, God's hope revives our spirit and steadies us.

His mercies are new each morning (Lamentations 3:22–23), providing fresh strength and assurance for the day ahead. No panic attack is stronger than the hope we have through Christ.







Day 6: 🞇 Hope Anchored in God

# Reflect and Apply

1.	How does hope affect your experience of panic?
2.	What anchors your soul when anxiety threatens to overwhelm?
3.	How can you cultivate joy and peace through trusting God?







Day 6: 🞇 Hope Anchored in God

# **Journaling Prompts**

1.	Write about what 'hope' means to you personally.
2.	List ways God has shown mercy and faithfulness recently.
3.	Describe how you can hold onto hope during future panic episodes.







Day 6: No Hope Anchored in God

# Prayer for Today

**God of hope,** anchor my soul in You. Fill me with joy and peace as I trust in Your promises. Thank You for Your unfailing mercies that are new every day. Help me cling to hope and believe that panic does not have the final word. Keep my heart steady and strong. *Amen.*  $\bigwedge$  🏶 🌈 👽















# Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

# **Supporting Scriptures**

- Deuteronomy 31:6 "The Lord himself goes before you and will be with you; He will never leave you nor forsake you."
- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."







# Devotional: Walking Courageously in God's Presence

As we conclude this study, the focus shifts to living every day anchored in God's constant presence. Anxiety and panic attacks can feel isolating, but these verses are powerful reminders that God never leaves us—not for a moment.

Joshua's charge to be strong and courageous is rooted in the unshakeable truth that God is always with us. Deuteronomy assures us He goes before us, preparing the way, and Psalm 23 comforts us in dark valleys with His sword and staff.

Daily embrace God's closeness. When panic arises, declare aloud that God is with you. Let His presence be a fortress and source of courage.







# Reflect and Apply

1.	What fears does knowing God is always with you dispel?
2.	How can you remind yourself of God's presence when panic starts?
3.	What practical steps can you take to live courageously in anxiety?







# **Journaling Prompts**

1.	Write about how God's presence has comforted you during tough times.
2.	Plan a daily reminder or habit to focus on God's nearness.
3.	Describe what courage looks like for you in everyday life.







# Prayer for Today

**Lord,** thank You for Your promise to always be with me. Help me to live boldly, knowing I'm never alone in my struggles or panic attacks. Give me strength and courage to face each day trusting in Your presence. May I keep my eyes fixed on You and find peace in Your abiding love. *Amen.*  $\bigwedge$   $\bigcirc$   $\bigvee$ 







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