



# Courage to Face Anxiety



Discover biblical courage to overcome anxiety through God's Word, strengthening your heart and mind in times of fear and uncertainty.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ Courage to Trust God</u>	4
<u>Day 2: 🔥 Boldness Through God's Spirit</u>	10
<u>Day 3: 🕊️ Peace that Calms Anxiety.</u>	16
<u>Day 4: 🏔️ Strength to Overcome Fear</u>	22
<u>Day 5: ✨ Courage to Move Forward</u>	28



## Introduction

**Courage to Face Anxiety** is a Bible study designed to help you discover how God's Word can empower you to stand firm amid fears and worries that often accompany anxiety. Anxiety can feel overwhelming and isolating, but Scripture reveals a God who invites us to cast our burdens on Him, promising peace beyond understanding.

*Throughout this study, you will explore how courage is not the absence of fear, but the willingness to trust God in the midst of it.* You will be encouraged through stories of biblical heroes who faced daunting fears but found strength in God's presence. Each day offers scripture, devotional insight, reflection questions, journaling prompts, and prayer to guide you in embracing God's courage.

Whether anxiety feels like a constant companion or a seasonal visitor, these passages remind us that God's power is made perfect in our weakness. His Spirit breathes peace that calms our restless hearts and renews our minds. Let this time in God's Word be a refuge and a source of boldness as you learn to face anxiety with faith-filled courage.

Take one day at a time, and remember: **God is with you always, offering strength, hope, and courage.** May this study encourage you to lean on Him and grow confident in His sustaining love.





## Day 1: Courage to Trust God



## Your Verse

*Isaiah 41:10 – “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.”*

## Supporting Scriptures

- *Psalm 56:3 – “When I am afraid, I put my trust in you.”*
- *Deuteronomy 31:6 – “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”*



# Devotional: Trusting God Is Our True Strength

**Fear is often the first companion of anxiety.** In Isaiah 41:10, God offers a powerful encouragement: "Do not fear, for I am with you." This promise reassures us that we are never alone in our struggles. Anxiety whispers lies that isolate us, but God's Word reminds us of His presence and power.

Trust is the foundation of courage. When we face anxiety, *choosing to trust God*—even when feelings contradict that choice—is a courageous act. It is not based on our feelings but on the unchanging character of God who strengthens and sustains us.

This verse also offers a clear action plan: do not be dismayed, remember God will strengthen and help, and He will uphold you. These assurances invite us to turn our eyes from our fears to His faithfulness. Courage grows as we internalize these truths and allow them to deepen our trust.



## Reflect and Apply

1. What fears or worries are you currently facing that make courage difficult?

---

---

---

2. How can Isaiah 41:10 encourage you to trust God amid those fears?

---

---

---

3. In what ways can you remind yourself of God's presence when anxiety is overwhelming?

---

---

---



# Journaling Prompts

1. Write about a recent moment when anxiety took hold of you. How did you respond?

---

---

---

2. List the promises God makes in Isaiah 41:10 and reflect on what they mean for you personally.

---

---

---

3. Describe what trusting God looks like in your current situation.

---

---

---



Day 1: 🛡️ Courage to Trust God

## Prayer for Today

**Heavenly Father**, thank You for Your promise to never leave me or forsake me. When anxiety threatens to overwhelm my heart, help me to remember Your presence and strength. Teach me to trust You deeply even when my feelings waver. Uphold me with Your righteous hand and fill me with courage to face each day. May Your peace calm my restless mind and empower me to stand firm in Your love. *In Jesus' name, Amen.* 🙏👉💪📖





## Day 2: 🔥 Boldness Through God's Spirit



Day 2: 🔥 Boldness Through God's Spirit

## Your Verse

*2 Timothy 1:7 – “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

## Supporting Scriptures

- *Romans 8:15 – “...the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’”*
- *Ephesians 3:16 – “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.”*



Day 2: 🔥 Boldness Through God's Spirit

## Devotional: God's Spirit Gives Us Bold Power

**Fear can paralyze our hearts and minds in the grip of anxiety.** Yet scripture reveals that God's Spirit imparts courage and strength. 2 Timothy 1:7 teaches us that the Spirit gives us power, love, and self-discipline—not timidity.

God equips those who trust Him not merely to endure their fears, but to overcome them. Courage comes from the Holy Spirit working inside us—reminding us of our identity as beloved children of God (Romans 8:15) and strengthening our inner being (Ephesians 3:16).

This truth invites us to lean into the Spirit's presence when anxiety threatens to steal our boldness. Instead of running from discomfort, we can rely on God's power to face challenges with love and self-control. Boldness is a fruit of His Spirit living within us, enabling us to act courageously one step at a time.



Day 2: 🔥 Boldness Through God's Spirit

## Reflect and Apply

1. What fears keep you feeling timid or powerless?

---

---

---

2. How can remembering your identity as God's child change your perspective on anxiety?

---

---

---

3. In what ways has God's Spirit given you courage in the past?

---

---

---



Day 2: 🔥 Boldness Through God's Spirit

# Journaling Prompts

1. Reflect on moments when the Holy Spirit helped you act bravely despite fear.

---

---

---

2. Write about how power, love, and self-discipline manifest in your life in relation to anxiety.

---

---

---

3. Identify areas where you need to invite the Spirit's boldness today.

---

---

---



Day 2: 🔥 Boldness Through God's Spirit

## Prayer for Today

**Lord**, thank You for the gift of Your Spirit who empowers me to face my fears. When anxiety threatens to make me timid, fill me with Your power, love, and self-discipline. Help me to remember that I am Your child, and You guard and strengthen my heart. Teach me to rely on Your Spirit daily, that I might walk boldly even in uncertainty. *In Jesus' mighty name, Amen.* ✨ 🔥 🙏 🕊





## Day 3: 📖🕊️ Peace that Calms Anxiety



## 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. Do not let your hearts be troubled and do not be afraid.”*
- *Psalms 94:19 – “When anxiety was great within me, your consolation brought me joy.”*



## Devotional: God's Peace Guards Anxious Hearts

**Anxiety often steals our peace, leaving our hearts restless and our minds racing.** Philippians 4:6-7 provides a clear pathway toward peace: replacing anxious thoughts with prayer and thanksgiving. This scripture invites us to bring every concern before God with gratitude and openness.

The peace God promises is a supernatural calmness that transcends human understanding. It is not based on circumstances but on Christ Himself, who guards our hearts and minds. This peace acts as a protective barrier, softening the impact of anxiety's attacks.

Practicing prayerful dependence and thanksgiving transforms how we respond to anxious moments. It turns our focus from problems to the Provider, gradually releasing the grip of fear. Daily inviting God's peace into our hearts helps build courage to face what lies ahead.



## Reflect and Apply

1. How do you typically respond when anxiety creeps in?

---

---

---

2. What might it look like to replace anxious thoughts with prayer and thanksgiving?

---

---

---

3. How have you experienced God's peace in difficult moments before?

---

---

---



# Journaling Prompts

1. Write a prayer presenting your current anxieties to God with thanksgiving.

---

---

---

2. Describe what the peace of God feels like or looks like in your life.

---

---

---

3. List worries you need to surrender to God and ask Him for His guarding peace.

---

---

---



Day 3: 🕊️ Peace that Calms Anxiety

## Prayer for Today

**Gracious Father**, teach me to bring my worries to You in prayer and thanksgiving. When anxiety threatens to overwhelm me, remind me to trust Your peace that surpasses all understanding. Guard my heart and mind in Christ Jesus so I can face today with a calm and courageous spirit. Help me lean on Your promises instead of my fears. In Jesus' name, Amen. 🕊️ 🌿 🙏 ❤️





## Day 4: Strength to Overcome Fear



Day 4: 🏔️ Strength to Overcome Fear

## Your Verse

*Psalm 27:1 - “The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?”*

## Supporting Scriptures

- *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.”*
- *Psalm 34:4 - “I sought the Lord, and he answered me; he delivered me from all my fears.”*



Day 4: 🏔️ Strength to Overcome Fear

## Devotional: God Is Our Stronghold Against Fear

**Fear tries to convince us we are weak and vulnerable, but Psalm 27:1 boldly declares the opposite.** When we make God our light, salvation, and stronghold, there is no reason to fear. This faith mindset transforms how we view our anxious moments.

God's strength becomes our refuge and fortress in which courage can flourish. Like Joshua, we are called to be strong and courageous because the Lord is with us. Fear loses its grip when we fix our eyes on God's presence and promises.

Overcoming fear doesn't mean it disappears completely; rather, it means refusing to let fear control us. God's deliverance and protection motivate us to take courageous steps forward, even when anxiety tries to hold us back.



## Reflect and Apply

1. What fears currently hold power over you?

---

---

---

2. How does seeing God as your stronghold challenge your feelings of anxiety?

---

---

---

3. What practical steps can you take to live courageously despite fear?

---

---

---



# Journaling Prompts

1. Write about a time God delivered you from fear or anxiety.

---

---

---

2. Reflect on what it means for God to be your light and salvation in tough times.

---

---

---

3. List ways you can remind yourself of God's presence daily.

---

---

---



Day 4: 🏔️ Strength to Overcome Fear

## Prayer for Today

**Lord God**, You are my light and my salvation. Help me to trust You fully and not give in to fear. Be my stronghold when anxiety threatens to consume me. Strengthen my heart and mind to face each challenge with courage, knowing You are always with me. Deliver me from fear and fill me with Your peace. *In Jesus' name, Amen.* 🏔️ 🛡️ 🙏 ✨





## Day 5: ✨ Courage to Move Forward



## Your Verse

*Joshua 1:9 – “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.”*

## Supporting Scriptures

- *Psalm 56:3 – “When I am afraid, I put my trust in you.”*
- *Hebrews 13:6 – “So we say with confidence, ‘The Lord is my helper; I will not be afraid.’”*



## Devotional: Choose Courage and Trust God Daily

**As this study concludes, it's vital to embrace the call to action in Joshua 1:9.** Courage is a choice to move forward in faith, even when anxiety lingers. God commands strength and courage because He is present with us through every step.

Though fear and discouragement may try to slow us down, God's promise assures us that He goes before us and stays by our side. This empowers us to face the unknown, trusting that His help is constant.

Choosing courage means relying daily on God's faithfulness. It means refusing to be paralyzed by anxious thoughts, and instead pressing onward knowing who fights for us. With God's presence, we are never alone in the battle against anxiety.



## Reflect and Apply

1. What step of courage is God calling you to take right now?

---

---

---

2. How can you remind yourself daily that God is always with you?

---

---

---

3. What encouragement from this study most strengthens your faith in facing anxiety?

---

---

---



# Journaling Prompts

1. Record a courageous step you plan to take this week despite anxiety.

---

---

---

2. Write a declaration of trust based on God's promises.

---

---

---

3. Reflect on how this study has shaped your understanding of courage.

---

---

---



Day 5: ✨ Courage to Move Forward

## Prayer for Today

**Father God**, thank You for Your steadfast presence and command to be strong and courageous. Help me to trust You fully as I face each day. When anxiety tempts me to stop, remind me that You are always with me. Give me the courage to move forward in faith, knowing that You are my helper and protector. May I rely on Your strength and love every moment. *In Jesus' name, Amen.* ✨ 🙏 💪 🕊





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.




What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.