# Finding Peace: A Bible Study on Anxiety in Teens



Explore God's promises and wisdom to overcome anxiety and find peace through trust, faith, and His steadfast love.





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#### Introduction

Anxiety is a common struggle, especially among teens navigating the challenges of life. Feelings of worry, fear, and uncertainty can often feel overwhelming. Yet, the Bible offers profound hope and practical guidance for anyone battling anxious thoughts. Through this 5-day study, we will explore God's Word and discover how His truth can bring peace that surpasses understanding.

Many teens face pressures at school, with family, and within themselves, leading to anxious hearts. But God invites us to bring all our cares and worries to Him, promising His presence, comfort, and strength. This study will help you:

- Understand how God views anxiety and suffering.
- Learn how biblical figures dealt with fear and worry.
- Apply Scriptures that encourage restful trust in God's plan.
- Practice spiritual disciplines like prayer and meditation for mental peace.

Each day includes a primary scripture passage, supporting verses, a devotional focused on anxiety, reflection questions to deepen your journey, journaling prompts to help process your emotions, and a heartfelt prayer to invite God's peace. As you go through these days, **remember that you are not alone**. God's love is steadfast, and His presence is a constant source of calm amid the storms of life. May you be encouraged and strengthened as you place your anxiety in His hands.

















#### Your Verse

Psalm 34:4 - "I sought the LORD, and he answered me; he delivered me from all my fears."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







#### Devotional: God's Nearness Calms Anxious Hearts

When anxiety grips your heart, it can feel like you are alone in the struggle. But Psalm 34:4 reminds us that God listens when we call out in fear and

delivers us from those fears. The Lord's presence is the ultimate comfort in anxious times. Anxiety thrives on feeling isolated and overwhelmed, but God's Word promises His nearness and care.

Isaiah 41:10 encourages us not to fear because God is with us. This means no matter how uncertain life feels, we have a constant, unchanging companion in God. Taking your worries to Him through prayer and trusting in His power changes our perspective—anxiety loses its grip when we hold tightly to God's promises.

Today, focus on God's nearness. Reach out to Him just like the Psalmist did. Know that your fears are seen and that God's presence brings peace much stronger than circumstances. You are never alone.







# Reflect and Apply

1.	In what ways do you feel God is near to you during anxious moments?
2.	What fears do you find hardest to bring to God in prayer?
3.	How does knowing that God cares change your view of anxiety?







# **Journaling Prompts**

1. Write about a time when you felt God's peace during anxiety.
2. List specific fears you want to surrender to God today.
3. Describe how God's presence feels to you in your own words.







#### Prayer for Today

**Dear God,** thank You for always being near to me, even when I feel overwhelmed by fear and worry. Help me to bring all my anxious thoughts to You. Remind me that You care deeply for me and that I can trust You completely. Calm my restless heart and fill me with Your peace that only You can give. Teach me to lean on You in every moment, knowing that I am never alone. In Jesus' name, Amen.







# Day 2: V Strength Through God's Power









Day 2: V Strength Through God's Power

#### 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

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: Prayer Brings God's Powerful Peace

Anxiety can drain our strength, leaving us feeling powerless to face life's challenges. Yet, the Apostle Paul encourages believers to turn anxiety into prayer, presenting our worries to God with thanksgiving. When we do, God's peace, which surpasses human understanding, guards our hearts and minds.

This peace is not a fleeting feeling but a strong, protective presence. It shields our inner thoughts and emotions from the turmoil anxiety brings. Furthermore, 2 Timothy 1:7 reminds us that God has not given us a spirit of fear but one filled with power, love, and self-discipline—tools we need to overcome anxious thoughts.

Today, invite God's Spirit to empower you. Replace anxiety with prayer and confidence in God's ability to strengthen and sustain you. Find refuge in Him, knowing He is your ever-present help in times of trouble.







Day 2: **(**) Strength Through God's Power

# Reflect and Apply

1.	How does prayer affect the way you experience anxiety?
2.	What does God's power to replace fear with strength mean for you?
3.	In what situations might you need to rely more fully on God's strength?







Day 2: **(**) Strength Through God's Power

# **Journaling Prompts**

1. l	Describe a time when prayer helped you feel peace amid worry.
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	Write about how God's power, love, and self-discipline can help you nanage anxiety.
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	List steps you can take to turn anxious moments into opportunities to pray.
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#### Prayer for Today

**Lord,** I thank You that Your peace guards my heart and mind even when anxiety threatens to overwhelm me. Help me to bring all my worries to You in prayer, trusting that You hear me and care. Fill me with Your Spirit that brings power instead of fear, and teach me to rely on Your strength every day. Be my refuge and help, steadying my heart on the days I feel weak. In Jesus' name, Amen.

















#### 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**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







# Devotional: Transforming Anxiety Through God's Truth

Anxiety often fuels unhealthy thought patterns that trap us in fear and doubt.

Romans 12:2 calls us not to conform to worldly patterns but to experience transformation through the renewal of our minds. This renewal is a conscious, daily choice to align our thoughts with God's truth.

Isaiah 26:3 promises perfect peace to those who keep their minds steadfast on God and trusting Him. But to reach that peace, we must 'take captive every thought' as 2 Corinthians 10:5 instructs—examining what we think and choosing to surrender worrying or negative thoughts to God.

Today, practice identifying anxious or fearful thoughts. Replace them with Scripture promises or positive truths about your identity in Christ. Let God's Word reshape your thinking, helping you to live with a renewed and peaceful mind.







# Reflect and Apply

What thought patterns increase your anxiety?
How can you intentionally 'take captive' your negative thoughts today?
What Scriptures or truths remind you of your value and peace in Christ?







# **Journaling Prompts**

1.	Write down common anxious thoughts you experience.
2.	Replace each anxious thought with a Bible verse or truth.
3.	Reflect on how renewing your mind can impact your daily anxiety.







#### Prayer for Today

**Father,** help me to renew my mind daily by fixing my thoughts on You. Grant me the wisdom and strength to recognize anxious or harmful thoughts and take them captive to obedience in Christ. Fill me with Your perfect peace as I trust You more deeply. Transform my mind so I can live free from anxiety and full of Your grace. In Jesus' name, Amen.  $\triangle$ 









# Day 4: 🗱 Hope and Joy in God









Day 4: 🔀 Hope and Joy in God

#### Your Verse

Nehemiah 8:10 - "Do not grieve, for the joy of the LORD is your strength."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Day 4: 🔁 Hope and Joy in God

# Devotional: Drawing Strength from God's Joy and Hope

**Anxiety can steal our joy and weigh heavily on our hearts.** Yet, the Bible reminds us that the joy of the LORD is our strength. This divine joy is a deep, sustaining source of hope and resilience in difficult times.

Romans 15:13 encourages us that God fills us with joy and peace as we trust in Him. Even in the darkest moments, Psalm 30:5 offers hope—though sorrow may linger temporarily, joy will come with the morning. By focusing on God's faithful promises, we can cultivate joy that isn't dependent on circumstances but rooted in His unchanging love.

Today, invite hope and joy into your heart. Praise God for His goodness and reflect on His faithful presence, which strengthens you in anxious moments.







Day 4: 🔀 Hope and Joy in God

# Reflect and Apply

1.	How does anxiety affect your ability to feel joy?
2.	What can you do to focus more on God's joy during anxious times?
3.	Where do you see evidence of God's hope working in your life right now?







Day 4: ♦ Hope and Joy in God

#### **Journaling Prompts**

1.	Recall moments when God's joy helped you face anxiety.
2.	Write a prayer asking God to fill you with His hope and joy.
3.	List blessings that remind you of God's goodness today.







Day 4: 🔁 Hope and Joy in God

#### Prayer for Today

**Lord,** thank You that Your joy is the source of my strength. When anxiety threatens to steal my peace, help me to remember Your promises and trust in Your goodness. Fill my heart with hope and joy that endures through every trial. Teach me to praise You even when my mind feels troubled, knowing that You turn sorrow into rejoicing. In Jesus' name, Amen.

















#### Your Verse

Matthew 11:28–30 – "Come to me, all you who are weary and burdened, and I will give you rest."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Psalm 55:22 "Cast your cares on the LORD and he will sustain you."







#### Devotional: Embracing Rest in Jesus' Peace

Anxiety often makes us weary and burdened, longing for rest. Jesus's invitation in Matthew 11:28–30 is a powerful reminder that He offers rest—not just physical rest but deep, soul-level peace for the weary.

He promises a yoke that is easy and a burden that is light, contrasting the heavy weight of anxiety. The peace Jesus gives is different from what the world offers—it is lasting, calming, and sustaining. John 14:27 confirms this gift, and Psalm 55:22 encourages us to cast our cares on Him because He will sustain us.

Today, accept Jesus's invitation to rest and experience His peace. Let go of your burdens and anxieties, knowing that He is walking beside you and holding you up. You don't have to carry your worries alone—His peace will restore your soul.







# Reflect and Apply

1.	What burdens are you holding that you need to give to Jesus?
2.	How can you practice resting in God's peace daily?
3.	What does Jesus' offer of rest mean to you personally?







# **Journaling Prompts**

Write down your worries and imagine handing them over to Jesus.
Describe what it feels like to rest in God's peace.
Plan a way to remember to seek Jesus' rest when anxiety arises.







#### Prayer for Today

**Jesus,** thank You for inviting me to come to You when I am weary and burdened. I lay down my anxieties and worries at Your feet and receive the rest only You can give. Help me to trust Your peace and to lean on You daily for strength and calm. Carry me through times of anxiety and remind me that Your yoke is easy and Your burden is light. In Your gentle and loving name, Amen. 4







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