# Journey to Peace: A 21-Day Recovery from Panic Attacks



Explore God's comfort and strength over 21 days to find healing and peace from panic attacks through Scripture and reflection.





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#### Introduction

Welcome to your journey of recovery from panic attacks. This 21-day study invites you to experience God's peace, comfort, and power amidst anxiety. Panic attacks can feel overwhelming and isolating, but *you are not alone*. Scripture offers profound hope and healing for those wrestling with fear and uncertainty.

Over the next weeks, we will explore God's promises, invite His presence into anxious moments, and discover practical spiritual truths to claim freedom and peace. Each day includes a passage, supportive verses, a devotional to inspire your heart, and reflections for deeper understanding. Journaling prompts will help you engage with your feelings, prayers, and growth.

Why focus on recovery from panic attacks? Panic attacks can disrupt your life physically, emotionally, and spiritually. Yet the Bible acknowledges our struggles and extends God's calming presence that surpasses all understanding (Philippians 4:7). As you embark on this study, remember that healing is a process—one filled with grace, patience, and hope.

*Take each day step by step.* Invite God into your anxieties. Trust that He cares deeply about your mental and emotional health (1 Peter 5:7). This journey isn't about perfection but progress, knowing that God's love reaches even the darkest moments.







Let's begin this path together toward renewed strength, restored peace, and confidence rooted in God's unchanging truth. May this study be a source of courage and comfort as you move from fear into faith.







# Day 1: W Finding Peace in God's Presence









Day 1: W Finding Peace in God's Presence

#### Your Verse

Psalm 34:17-18 - "The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: 😂 Finding Peace in God's Presence

#### Devotional: God is near in our brokenness

Panic attacks often leave us feeling broken and overwhelmed, but today's verses remind us that God is powerfully present in those moments. The psalmist declares that the Lord hears the cries of the righteous and delivers them from trouble. This means your fears and anxious moments are deeply seen by God.

God draws near to the brokenhearted. When panic threatens to engulf us, it's comforting to know that God's closeness is not distant or theoretical but real and active. He isn't indifferent to our pain but approaches with healing and salvation.

Take heart in this truth: You are not alone in your struggle. When you cry out in fear or despair, God listens and rescues. Begin each day by inviting Him into your anxious moments and lean on His presence as your refuge.







Day 1: "S Finding Peace in God's Presence

## Reflect and Apply

	How do I experience God's presence during moments of panic or anxiety?
2.	What does it mean to me that God is close when I feel broken or crushed?
	In what ways can I practically remind myself of God's nearness during a panic attack?







Day 1: W Finding Peace in God's Presence

## **Journaling Prompts**

1.	List moments when you felt God's comfort during anxiety.
2.	Write about what 'being brokenhearted' looks like for you personally.
3.	Describe ways you can invite God's presence into your day-to-day fears.







Day 1: W Finding Peace in God's Presence

#### Prayer for Today

**Dear Lord,** in times when panic threatens to overwhelm me, remind me that You are near. Comfort my broken heart and silence my fears with Your peace. Help me to trust Your loving presence even when I feel crushed. Be my refuge and strength, *my ever-present help in times of trouble*. Thank You for hearing my cries and rescuing me from despair. Please guide me gently on this journey of recovery, filling me with hope and courage. *In Jesus' name, Amen.* 











Day 2: Besting in God's Care









Day 2: Besting in God's Care

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the LORD and he will sustain you."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Day 2: **B** Resting in God's Care

#### Devotional: Jesus invites us to lay down our burdens

Living with panic attacks often feels exhausting, like carrying a heavy burden no one else can see. Jesus offers a powerful invitation in today's passage: to come to Him with weariness and burdens and receive rest.

This rest is not just physical but soul-deep peace. When anxiety tightens its grip, we can exchange our heavy weights for Jesus' light yoke. The Lord promises to sustain us and cares deeply about every anxious thought and feeling.

Attempting recovery alone is daunting. Today, accept Jesus' offer to walk alongside you. Hand over your worries to Him and experience His sustaining love—a rest that renews your spirit.







Day 2: Besting in God's Care

## Reflect and Apply

1.	What burdens am I currently carrying that Jesus wants me to give Him?
2.	How can I practice resting in God throughout my day?
3.	What makes it hard for me to fully trust Jesus with my anxiety?







Day 2: **B** Resting in God's Care

## **Journaling Prompts**

1.	Write about a time you felt Jesus' rest in a difficult situation.
2.	List anxieties you can consciously give to God today.
3.	Describe what a 'light yoke' means in your experience.







Day 2: Besting in God's Care

#### Prayer for Today















#### Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: God's power is our true strength

When panic attacks strike, they often leave us feeling weak and helpless. Isaiah reminds us that God provides strength for the weary and power for those who feel weak.

This is not a strength that comes from ourselves but from God's grace and presence. Paul echoes this truth, explaining that God's power shines brightest when we acknowledge our weakness.

Recovering from panic attacks requires relying not on our own willpower but on the sustaining strength God offers. Today, lean into God's promise to empower your recovery journey, trusting His grace to carry you when you feel drained.







## Reflect and Apply

How does admitting my weakness open me up to God's strength?
When have I experienced God's power in difficult moments?
What areas of anxiety do I need to surrender so God can strengthen me?







## **Journaling Prompts**

1.	Write about a time God's strength sustained you.
2.	List feelings or thoughts that keep you from trusting God's power.
3.	Describe how grace helps you face your panic attacks.







#### Prayer for Today

**Heavenly Father,** I feel weak and exhausted, but I thank You for Your promise to give strength to the weary. Help me surrender my efforts and rely on Your grace, knowing that Your power is made perfect in my weakness. Be my refuge and fortify my spirit as I face recovery day by day. Remind me that I don't walk this path alone. *In Jesus' mighty name, Amen.*







# Day 4: Renewing the Mind with Truth









Day 4: 
Renewing the Mind with Truth

#### 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**

- Philippians 4:8 "Finally, brothers and sisters, whatever is true, noble, right, pure, lovely...think about such things."
- 2 Timothy 1:7 "God gave us a spirit not of fear but of power, love and self-discipline."







Day 4: Renewing the Mind with Truth

# Devotional: Transforming anxiety through renewed thinking

Panic attacks bring intense thoughts of fear and danger that can trap us mentally. Yet God calls us to reject worldly patterns of fear and allow Him to renew our minds.

Renewing your mind means actively focusing on God's truth over anxious lies. Paul encourages believers to fix attention on what is pure, beautiful, and praiseworthy rather than false or fearful thoughts.

This transformation doesn't happen overnight, but daily inviting God's truth to shape your thoughts changes your emotional landscape. Remember: The spirit God gives you is one of *power*, *love*, *and self-discipline*—not fear.







Day 4: Q Renewing the Mind with Truth

## Reflect and Apply

1.	What negative thought patterns fuel my panic attacks?
2.	How can I practically redirect my mind to God's truths?
3.	What passages or promises help me replace fear with faith?







Day 4: Q Renewing the Mind with Truth

#### **Journaling Prompts**

1.	Identify common fearful thoughts and write God's truth over them.
2.	Describe how focusing on God's promises impacts your anxiety.
3.	Commit to a daily practice that renews your mind.







Day 4: 
Renewing the Mind with Truth

#### Prayer for Today

God of Truth, help me to reject fear and lies that flood my mind during panic attacks. Renew my thoughts so I may focus on Your promises and live in Your power and love. Teach me discipline to choose what is pure and good. Strengthen my heart to embrace Your truth daily and experience freedom from anxiety's grip. *In Jesus' name, Amen.* 

















#### Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him..."

#### **Supporting Scriptures**

- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."
- Hebrews 6:19 "We have this hope as an anchor for the soul."







#### Devotional: God's hope sustains us in storms

Recovery from panic attacks is often an uncertain journey full of ups and downs. Holding onto hope in God strengthens us in hard times.

Hope is described as an anchor for the soul. It stabilizes us when fear threatens to overwhelm. Because God's mercy is new every morning, we can begin each day refreshed with His grace.

Trusting God to fill you with joy and peace sustains your spirit, even when panic seems persistent. Let hope fuel your courage to keep moving forward.







## Reflect and Apply

1.	How does God's hope anchor me in anxiety's storms?
2.	What role does joy and peace play in my recovery?
3.	Where do I struggle to maintain hope in difficult moments?







## **Journaling Prompts**

1.	Write about a time when hope helped you through panic.
2.	List verses or songs that inspire hope in your heart.
3.	Journal ways to cultivate joy and peace daily.







#### Prayer for Today

God of Hope, fill me today with Your joy and peace as I place my trust in You. Help me anchor my soul in Your faithful promises and remember Your mercies are new each morning. In moments when panic threatens my peace, remind me that hope sustains me. Strengthen me for each step of this recovery journey. *Thank You for never leaving me, Amen.* &









Day 6: 6 God's Power Over Fear









Day 6: 6 God's Power Over Fear

#### 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**

- Joshua 1:9 "Be strong and courageous...for the LORD your God will be with you wherever you go."
- Psalm 27:1 "The LORD is my light and my salvation—whom shall I fear?"







Day 6: 6 God's Power Over Fear

#### Devotional: Overcoming fear with divine strength

**Fear is a natural response during panic attacks, but God calls us to a different spirit.** 2 Timothy 1:7 reminds us that God's Spirit gifts us with power, love, and self-discipline—not timidity.

This power is supernatural strength enabling us to face fear courageously. Joshua encourages strength in God's presence, and the psalmist boldly asks: "Whom shall I fear?"

Recovery means recognizing fear but not letting it define or control you. Invoke God's Spirit to empower you with love and discipline to face anxious moments head-on.







Day 6: 🖰 God's Power Over Fear

# Reflect and Apply

1.	In what ways can I claim God's power over fear right now?
2.	How does love help me respond differently to panic?
3.	Where do I need more self-discipline to manage anxiety?







Day 6: 6 God's Power Over Fear

# **Journaling Prompts**

1.	Write how God's Spirit has given you strength before.
2.	List fears that you can submit to God's power today.
3.	Describe steps to exercise self-discipline in moments of panic.







Day 6: 6 God's Power Over Fear

## Prayer for Today

**Spirit of God,** fill me with Your power, love, and self-discipline. Replace my fear with Your courage. Help me stand strong and face panic with confidence because You are with me. Teach me to respond to fear through Your divine strength and love. Thank You for never leaving me vulnerable to anxiety alone. *In Jesus' name, Amen.*

















#### Your Verse

Lamentations 3:22–23 – "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning."

#### Supporting Scriptures

- Isaiah 40:31 "Those who hope in the LORD will renew their strength."
- 2 Corinthians 4:16 "Though outwardly we are wasting away, yet inwardly we are being renewed day by day."







#### Devotional: God's mercies renew hope daily

**Each day brings new battles and victories in recovery from panic.** God's compassion never fails and offers fresh mercies every morning.

This daily renewal invites us to start again with hope and strength. Isaiah encourages us to hope in the Lord, promising renewed strength to face challenges.

Even when the body or emotions feel drained, God is continuously restoring our inner being. Embrace this truth today and receive His renewing grace for each anxious step.







# Reflect and Apply

1.	How do I experience God's compassion when anxiety recurs?
2.	What does it mean to be renewed inwardly each day?
3.	How can I remind myself to trust in God's daily mercies?







# **Journaling Prompts**

1.	Journal about a recent experience of God's daily renewal.
2.	Write a prayer asking God to renew your strength today.
3.	List ways to cultivate hope each morning.







### Prayer for Today

**Merciful God,** thank You for Your unfailing compassion and new mercies each day. When panic attacks return, remind me that I am not consumed because of Your love. Renew my strength and hope today so I can move forward with courage. Help me to rely on Your grace moment by moment. *In Jesus' name, Amen.* 

















#### Your Verse

Psalm 91:1-2 - "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."







#### Devotional: God's shelter is our peaceful refuge

In the midst of panic, we often desire a place of safety—something or someone to shelter us. Psalm 91 portrays God as that shelter, a refuge where we can rest.

Dwelling in God's presence provides peace that calms the soul. Being still before Him invites confidence that He is sovereign over all fears.

When anxiety rises, consciously step into God's shelter by quieting your mind and anchoring your trust in Him. There you will find the perfect peace promised by Scripture.







# Reflect and Apply

1.	What does dwelling in God's shelter look like for me today?
2.	How can I practice being still in God amid anxiety?
3.	In what ways does trust in God bring me peace?







# **Journaling Prompts**

1.	Describe how God's shelter has protected you emotionally.
2.	Write about the challenge and blessing of being still with God.
3.	Plan a daily habit to seek God's refuge intentionally.







## Prayer for Today

Almighty God, I seek Your shelter amid the storms of panic. Help me to dwell in Your presence and rest under Your shadow. Teach me to be still and know You are in control. Keep my mind steadfast and grant me perfect peace as I trust in You. Thank You for being my refuge and strength, Amen. 💫 🙏 😂

















#### Your Verse

Lamentations 3:21 - "This I recall to my mind, therefore I have hope."

#### **Supporting Scriptures**

- Deuteronomy 7:9 "The LORD your God is God; he is the faithful God."
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."







# Devotional: Hope grows by remembering God's faithfulness

When panic attacks make hope seem distant, recalling God's faithfulness can anchor our hearts. The prophet Jeremiah declares that remembering God's past faithfulness instills hope.

God is consistently faithful, not fleeting or unpredictable. His character provides a firm foundation for trust.

As you recover, make it a habit to reflect on God's trustworthy acts in your life and in Scripture. Let this remembrance renew your courage and sustain hope when anxiety tempts discouragement.







# Reflect and Apply

What past experiences show God's faithfulness in my life?
How does knowing God is faithful affect my view of panic attacks?
What truths about God's character help me hold on to hope?







# **Journaling Prompts**

1.	Write about a time God was faithful during anxious moments.
2.	List God's promises that encourage you today.
3.	Reflect on how hope shapes your recovery outlook.







# Prayer for Today

Faithful God, I recall Your faithful deeds and promises, and it fills me with hope. Thank You that You never change and always keep Your word. When panic shakes me, help me hold firm to the hope that comes from Your faithfulness. Strengthen my heart to trust You fully. In Jesus' name, Amen. 🌈





















#### Your Verse

Psalm 23:4 – "Even though I walk through the darkest valley, I will fear no evil, for you are with me."

#### **Supporting Scriptures**

- Isaiah 43:2 "When you pass through the waters, I will be with 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."







#### Devotional: God walks with us through darkest times

**Recovery is often a dark valley, filled with fear and uncertainty.** Yet David's psalm reminds us that God's presence dispels fear even in the darkest places.

God promises to be with us through every trial, water, and shadow. We are not abandoned but carried step by step by His unwavering love.

If panic makes the path seem unbearable, remember you are not walking alone. Invite God's companionship and draw courage knowing He faithfully accompanies you.







# Reflect and Apply

1.	How have I experienced God's presence in my darkest times?
2.	What fears can I release knowing God walks with me?
3.	How does God's companionship impact my recovery journey?







# **Journaling Prompts**

1.	Describe moments when you felt God's presence during anxiety.
2.	Write down fears you want to surrender to God today.
3.	Plan ways to invite God's presence daily.







## Prayer for Today

**Loving Father,** thank You that You walk with me through even the darkest valleys. Help me to fear no evil because You are by my side. Remind me daily of Your presence and love as I face panic attacks. Give me courage to lean on You, trusting Your faithful companionship. *In Jesus' name, Amen.* 

















Day 11: 3 Choosing Joy Amidst Anxiety

#### Your Verse

Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 16:11 "In Your presence there is fullness of joy."







Day 11: 😩 Choosing Joy Amidst Anxiety

## Devotional: Joy as a source of strength

Joy might seem impossible when panic grips your heart, but Scripture calls us to rejoice anyway. Paul urges believers to rejoice always, showing that joy is a choice grounded in the Lord, not feelings.

*True joy comes from God's presence.* Nehemiah reminds us that this joy becomes our strength in struggles.

Today, seek God's joy as a wellspring to refresh you. Let gratitude and praise dispel fear and replenish your spirit as you recover.







Day 11: 😩 Choosing Joy Amidst Anxiety

# Reflect and Apply

1.	How can I cultivate joy when panic strikes?
2.	What role does God's presence play in my experience of joy?
3.	How does joy strengthen me during anxiety?







Day 11: 3 Choosing Joy Amidst Anxiety

# **Journaling Prompts**

1.	List things you are grateful for today.
2.	Write about a moment when joy overcame fear.
3.	Plan steps to intentionally rejoice daily.







Day 11: 3 Choosing Joy Amidst Anxiety

## Prayer for Today

**God of Joy,** help me rejoice in You always, even when anxiety threatens to steal my peace. Fill me with Your strength through the joy of Your presence. Teach me to choose praise over fear each day and find renewal in Your love. *In Jesus' name, Amen.* 

















Day 12: V Illuminated by God's Light

#### Your Verse

Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."

## **Supporting Scriptures**

- John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness."
- Isaiah 42:16 "I will lead the blind by ways they have not known..."







Day 12: V Illuminated by God's Light

## Devotional: God's light guides us through darkness

Panic attacks can feel like walking through a dark maze—confusing and frightening. God's word shines like a lamp, illuminating the path ahead.

Jesus declares Himself the light of the world, promising no one who follows Him will walk in darkness. Even when we feel blind or lost, God leads us safely in ways we may not understand.

Embrace Scripture as your guiding light and trust God to direct your steps in recovery from fear toward freedom.







Day 12: 🖓 Illuminated by God's Light

## Reflect and Apply

How has Scripture helped me navigate anxious times?
What darkness do I need God's light to reveal or dispel?
How can I more intentionally follow Jesus' light daily?







Day 12: 🖓 Illuminated by God's Light

## **Journaling Prompts**

1.	Write your favorite Scripture that brings light during anxiety.
2.	Describe a time you felt God's guidance amid confusion.
3.	Commit to a daily Scripture reading plan.







Day 12: V Illuminated by God's Light

## Prayer for Today

**Lord Jesus,** You are the light of my life. Shine Your word on the path before me and lead me out of darkness. When panic clouds my mind, illuminate the way with Your truth and peace. Help me follow You closely, trusting Your guidance every step. *In Your holy name, Amen.* ? !!

















#### Your Verse

John 4:14 - "Whoever drinks the water I give them will never thirst."

## **Supporting Scriptures**

- Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters."
- Isaiah 55:1 "Come, all you who are thirsty, come to the waters."







## Devotional: Jesus satisfies our deepest needs

**Anxiety often leaves us feeling drained and thirsty for relief.** Jesus promises living water that satisfies forever.

He offers a deep, soul-refreshing peace that calms panic and renews hope. The imagery of green pastures and quiet waters paints a picture of rest and restoration under God's care.

Accept Jesus' invitation today to drink deeply of His peace and find lasting refreshment for your recovering soul.







## Reflect and Apply

1.	What areas of my soul feel most thirsty due to panic?
2.	How can I drink deeply from Jesus' living water daily?
3.	What practical steps can refresh me spiritually and emotionally?







## **Journaling Prompts**

1.	Write a prayer asking Jesus to refresh your weary soul.
2.	List activities that restore your spirit and connect you to God.
3.	Describe how God's peace feels in contrast to panic's thirst.







## Prayer for Today

**Jesus,** You are the living water that satisfies my deepest thirst. When panic drains my strength, pour Your refreshing peace into my soul. Lead me beside still waters and restore my spirit. Help me to continually drink from Your well of grace and find true rest in You. *In Your name, Amen.*  $\lozenge$   $\clubsuit$ 















#### Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding."

## **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Matthew 6:34 "Do not worry about tomorrow...each day has enough trouble of its own."







## Devotional: Releasing control to God's care

Panic attacks often stem from a desire to control fear and uncertainty.

Proverbs calls us to trust God completely rather than rely on our limited understanding.

Surrendering control means resting in God's sovereignty. Being still acknowledges His authority over our lives and anxieties.

Jesus teaches us to let go of worries about the future and focus on today. Recovery begins when we entrust everything to His loving hands and embrace peace that transcends control.







## Reflect and Apply

1.	What areas of my anxiety do I try to control instead of surrender?
2.	How can I practice trusting God more fully today?
3.	What fears arise when I consider letting go of control?







## **Journaling Prompts**

1.	Write about struggles you have with trusting God.
2.	List fears related to control and surrender.
3.	Write a prayer committing your anxiety to God's care.







## **Prayer for Today**

**Faithful God,** help me to trust You with all my heart and release my need to control anxious thoughts and outcomes. Teach me to be still and know You are in charge. Guide me to live fully in Your peace each day without worry for tomorrow. I surrender my fears to Your loving hands. *In Jesus' name, Amen.* 



















#### Your Verse

2 Corinthians 5:17 – "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"

## **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "For we are God's handiwork...created in Christ Jesus to do good works."







## Devotional: Our true self is in Jesus

Panic attacks can shake our sense of worth and identity. Scripture reminds us that in Christ, we are made new.

You are no longer defined by anxiety or fear but by the life and love of Jesus within you. Paul's words proclaim a radical transformation: the old self dies, and Christ's life empowers a new identity.

Embracing your true identity in Christ strengthens your confidence and anchors your recovery in a foundation that fear cannot shake.







## Reflect and Apply

1.	How do panic attacks affect my view of myself?
2.	What does being a new creation in Christ mean to me personally?
3.	How can I remind myself daily of my identity in Jesus?







## **Journaling Prompts**

. Write about your journey toward embracing your identity in Christ.
List Scriptures that affirm your worth and newness.
Journal how anxiety tried to define you and how Christ changes that.







## Prayer for Today

**Loving Savior,** thank You for making me a new creation in You. Help me to see myself through Your eyes, not through anxiety or fear. Teach me to live confidently in my true identity and purpose. Empower me daily to walk as Your beloved child, secure and free. *In Your holy name, Amen.* 

















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

## **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







# Devotional: Receiving Jesus' peace moment by moment

During a panic attack, it can feel impossible to find calm, but Jesus offers His peace freely. This peace is not like the world's but a deep, sustaining presence within.

God invites us to steady our minds and hearts in Him. Peace rules our hearts when we intentionally embrace Christ.

Practice breathing deeply and praying for God's peace to fill you. With each breath, surrender anxiety and invite calm. Let Jesus' peace be your anchor every step.







## Reflect and Apply

1.	How do I experience God's peace during anxious moments?
2.	What practices help me receive Jesus' peace more fully?
3.	Where do I still struggle to let God's peace rule my heart?







## **Journaling Prompts**

1.	Describe a recent time when you felt God's peace in panic.
2.	Write a prayer inviting Jesus' peace during anxiety.
3.	List breathing or mindfulness practices that calm you.







## Prayer for Today

**Prince of Peace,** I receive Your peace today. Calm my racing heart and restless mind. Help me to fix my thoughts on You and let Your perfect peace rule in my heart. Teach me to breathe deeply and release anxiety into Your care. Thank You for this unfailing gift. *In Jesus' name, Amen.* 















#### Your Verse

Psalm 18:2 - "The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."

## **Supporting Scriptures**

- Psalm 91:4 "He will cover you with his feathers, and under his wings you will find refuge."
- Ephesians 6:10–11 "Put on the full armor of God...to stand against the devil's schemes."







## Devotional: God is our mighty protector

Anxiety can feel like an attack on our spirit and mind, but God offers mighty protection. Psalm 18 depicts God as a fortress and deliverer.

We can take refuge under His protective wings, safe from harm. The armor of God equips us to stand strong against the enemy's schemes that often fuel fear.

Today, picture God as your shield and shelter. Put on His armor by praying for strength and protection in moments of panic.







## Reflect and Apply

1.	How does visualizing God's protection help during anxiety?
2.	What spiritual 'armor' do I need to put on daily?
3.	How can I resist fearful thoughts knowing God shields me?







## **Journaling Prompts**

1.	Write about occasions when you felt God's protection.
2.	List elements of God's armor and how they apply to you.
3.	Describe a plan to 'put on' God's armor each morning.







## Prayer for Today

**Mighty God,** You are my rock and fortress. I take refuge in You when fear threatens. Cover me with Your wings and equip me with Your armor today. Help me stand firm against panic attacks and the lies that fuel them. Strengthen and protect my heart and mind. *In Jesus' name, Amen.* •

















Day 18: 🗱 Walking in Faith, Not Fear

#### Your Verse

2 Corinthians 5:7 - "For we live by faith, not by sight."

#### **Supporting Scriptures**

- Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see."
- Psalm 56:3 "When I am afraid, I put my trust in you."







Day 18: 🗱 Walking in Faith, Not Fear

#### Devotional: Choosing faith in uncertain moments

Fear thrives on what we can see and imagine, but God calls us to live by faith. Faith gives us confidence beyond visible circumstances.

It anchors us in hope and trust even when panic clouds the mind. When afraid, we can choose to turn toward God rather than the fear.

Practice stepping forward by faith during anxious moments. Each small act paves the way toward lasting recovery.







Day 18: 🎇 Walking in Faith, Not Fear

# Reflect and Apply

1.	What fears tempt me to rely on sight rather than faith?
2.	How can I strengthen my faith during panic attacks?
3.	What previous experiences of trusting God encourage me now?







Day 18: 🎇 Walking in Faith, Not Fear

## **Journaling Prompts**

1.	Write about fears that feel overwhelming to trust God with.
2.	List ways you can grow your faith every day.
3.	Describe a time faith helped you overcome fear.







Day 18: 🗱 Walking in Faith, Not Fear

#### Prayer for Today

**Faithful God,** help me to live by faith and not sight. When panic makes fear tangible, teach me to trust You above my feelings. Strengthen my confidence in Your promises and lead me out of darkness by faith's light. Thank You for being my hope. *In Jesus' name, Amen.* \*















#### Your Verse

John 1:5 - "The light shines in the darkness, and the darkness has not overcome it."

#### **Supporting Scriptures**

- Psalm 18:28 "You, LORD, keep my lamp burning; my God turns my darkness into light."
- Isaiah 60:1 "Arise, shine, for your light has come."







#### Devotional: God's light never fails

Panic attacks can feel like overwhelming darkness, but God's light remains unextinguished. John's gospel assures us that darkness will never overcome the light.

God keeps your spiritual lamp burning and turns confusion into clarity. At times, you may feel lost, but God's presence will shine until you see the way clearly again.

Hold tightly to God's light when dark moments come. Ask Him to brighten your path and dispel fear's shadows.







# Reflect and Apply

1.	How do I keep believing in God's light amid darkness?
2.	What darkness do I need God to illuminate today?
3.	How can I remind myself daily that fear does not win?







## **Journaling Prompts**

1.	Write about a time God's light helped you through tough anxiety.
2.	List ways you can nurture your spiritual light daily.
3.	Pray for God to overcome darkness in your heart.







#### Prayer for Today

**Light of the world,** You shine brightly where darkness threatens to consume me. Keep my lamp burning with Your presence. Turn my fear and confusion into hopeful light. Help me to rise and shine reflecting Your glory even through anxiety. *In Jesus' name, Amen.* 1

















#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







#### Devotional: Patience and trust in God's plan

**Recovery doesn't always follow the timeline we desire.** Ecclesiastes reminds us there is a God-ordained time for every season.

Waiting on God requires strength and courage. Though waiting can be difficult, trusting His perfect timing brings renewal and hope.

As you continue the journey from panic, lean into patience—knowing God's plan unfolds in love and purpose. Allow His timing to nurture growth and healing in unexpected ways.







## Reflect and Apply

1.	Where do I struggle with impatience in recovery?
2.	How can I cultivate strength while waiting on God?
3.	What steps help me trust God's timing more fully?







## **Journaling Prompts**

1.	Write about how impatience affects your anxiety.
2.	List ways God has shown faithfulness despite timing delays.
3.	Pray for patience and hope in your recovery process.







#### Prayer for Today

**Patient God,** teach me to wait for You with courage and hope. Help me trust Your perfect timing in every aspect of my healing. Renew my strength as I wait and grow in faith. Thank You for never leaving me alone in the waiting. *In Jesus' name, Amen.*







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#### Your Verse

Jeremiah 30:17 - "I will restore you to health and heal your wounds," declares the LORD.

#### **Supporting Scriptures**

- Psalm 107:19–20 "He sent out his word and healed them...deliverance from their distress."
- Isaiah 53:5 "By his wounds we are healed."







#### Devotional: God's promise of restoration

You have journeyed through fear and uncertainty, embracing God's healing grace. Today we celebrate the restoration God promises.

God declares healing over your wounds—physically, emotionally, and spiritually. His word delivers and restores hope, proving faithful even through hardship.

Remember recovery is ongoing, but God's love ensures you are not defined by panic attacks. Hold tightly to His promises and rejoice in the progress made by His power.







# Reflect and Apply

1.	What evidence of healing do I see in my journey?
2.	How has God shown His faithfulness during recovery?
3.	What steps will I take going forward to maintain peace?







## **Journaling Prompts**

1.	Celebrate personal victories over fear and anxiety.
2.	Write a letter of gratitude to God for His healing.
3.	Set goals for continued spiritual and emotional growth.







#### Prayer for Today

**Restoring God,** thank You for Your healing touch and faithful love throughout my recovery journey. I celebrate the progress You have made in my heart and mind. Continue to restore and strengthen me daily. May I live in freedom from fear and anchored in Your peace forever. *In Jesus' name, Amen.* 









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