



# Overcoming Anxiety: Finding Peace in God's Care



A 3-day journey for teens to conquer anxiety by trusting God's peace amid school stress and personal fears through Scripture and prayer.

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# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌿 Trusting God in the Midst of Anxiety.</u>	4
<u>Day 2: ✨ Choosing Faith Over Fear Today.</u>	10
<u>Day 3: 🕊 Embracing Peace Through Prayer</u>	16



## Introduction

Life as a teen can often feel overwhelming. Between school pressures, social expectations, and personal fears, anxiety may try to take hold. However, God's Word offers a powerful source of comfort and hope. **In these three days, you'll explore practical and spiritual ways to overcome anxiety by placing your trust in God's unfailing care.** This plan helps you discover how to transform your worries into prayers, unlocking peace that surpasses all understanding.

*Anxiety isn't something you have to face alone.* God invites you to cast your cares on Him because He truly cares about every detail of your life. As you journey through this plan, you'll learn how you can turn overwhelming stress into confident trust. Scripture will reveal God's promises, giving you courage and calm in anxious moments.

Remember, peace is possible even amid storms. With Jesus as your anchor, you can face school challenges, personal fears, and future uncertainties without being consumed by worry. Let's begin this journey to experience the freedom and rest God promises to every anxious heart.





## Day 1: 🌿 Trusting God in the Midst of Anxiety



Day 1: 🌿 Trusting God in the Midst of Anxiety

## Your Verse

*Philippians 4:6-7 NIV - "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

- *1 Peter 5:7 NIV - "Cast all your anxiety on him because he cares for you."*
- *Matthew 6:34 NIV - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*



Day 1: 🌿 Trusting God in the Midst of Anxiety

## Devotional: Turn Worries Into Prayers and Find Peace

Sometimes school feels like a pressure cooker, and personal fears can seem impossible to shake. The Bible gives us a beautiful prescription for these moments: **don't carry your anxiety alone, but bring it to God in prayer.**

Philippians 4:6-7 encourages us to turn worry into prayer, reminding us that God's peace, which goes beyond anything we can understand, will protect our hearts and minds.

*Today, take a moment to talk to God about what's weighing on your mind.* No concern is too small or too big. When you present your requests with thanksgiving, you're not just handing over your troubles, but also opening your heart to God's calming presence. This is a powerful way to switch your mindset from anxious thinking to trusting God's control.

Remember, God cares deeply for you. As 1 Peter 5:7 says, you can cast all your anxieties on Him. Your struggles are known and precious to God, and He wants to give you peace that no stress or worry can shake.



Day 1: 🌿 Trusting God in the Midst of Anxiety

## Reflect and Apply

1. What specific worries are you carrying today? Have you brought them honestly to God in prayer?

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2. How does knowing that God's peace can 'guard your hearts and minds' change the way you approach your anxieties?

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3. What does it mean to present requests 'with thanksgiving,' and how can this attitude impact your stress?

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Day 1: 🌿 Trusting God in the Midst of Anxiety

## Journaling Prompts

1. Write down three anxious thoughts you want to give to God today.

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2. Reflect on a time when prayer helped calm your worries and describe that experience.

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3. List ways you can remind yourself daily to trust God instead of your fears.

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Day 1: 🌿 Trusting God in the Midst of Anxiety

## Prayer for Today

**Lord, thank You for Your invitation to bring all my worries to You. Help me to trust You deeply when anxiety creeps in, even during school stress or personal fears. Please fill me with Your perfect peace that guards my heart and mind. Teach me to turn every worry into a prayer, with gratitude for Your constant care. Remind me that I am never alone and that You are always with me. In Jesus' name, Amen.** 🙏❤️🌿✨





## Day 2: ✨ Choosing Faith Over Fear Today



## Day 2: ✨ Choosing Faith Over Fear Today

## Your Verse

*Isaiah 41:10 NIV - "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

- *Joshua 1:9 NIV - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*
- *Psalms 34:4 NIV - "I sought the Lord, and he answered me; he delivered me from all my fears."*



Day 2: ✨ Choosing Faith Over Fear Today

## Devotional: God's Strength Helps You Face Fear and Anxiety

Fear often whispers lies that tell us we are alone or too weak to handle challenges. But **God's Word says the opposite – He is your ever-present help who strengthens and supports you.** Isaiah 41:10 is a powerful reminder that you don't have to live in fear because God promises to be with you and uphold you securely.

*Choosing faith over fear is an ongoing decision.* When anxiety storms come, remember that God hasn't abandoned you. Instead, He offers His hand to hold and His strength to sustain you through every stressful season in school or life.

This truth becomes real when you focus your heart on God's promises instead of your fears. Psalm 34:4 encourages seeking the Lord in your fear, and He listens and delivers. Today, decide to face your fears by trusting in God's faithful presence.



Day 2: ✨ Choosing Faith Over Fear Today

## Reflect and Apply

1. What fears are you tempted to face alone instead of relying on God?

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2. How can you remind yourself of God's promises when fear tries to take over?

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3. In what areas of your life do you need God's strength most right now?

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## Journaling Prompts

1. Write about a fear you are facing and how you can invite God's help.

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2. List at least three Bible verses that encourage you to be strong and courageous.

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3. Describe how God's presence has helped you through a difficult time in the past.

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Day 2: ✨ Choosing Faith Over Fear Today

## Prayer for Today

**Dear God, thank You for Your promise not to leave me alone in my fears. Please help me to be strong and courageous today, knowing You are right beside me. When anxiety hits, remind me to seek You and trust in Your power to uphold me. Fill me with Your peace that overcomes every fear and worry. I surrender my fears to You because You are my refuge and strength. In Jesus' name, Amen.** 🙏❤️🛡️✨





## Day 3: 🕊️ Embracing Peace Through Prayer





## Day 3: 🕊 Embracing Peace Through Prayer

## Your Verse

*Matthew 11:28-30 NIV - "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

## Supporting Scriptures

- *John 14:27 NIV - "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 55:22 NIV - "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*



Day 3: 🕊 Embracing Peace Through Prayer

## Devotional: Rest in Jesus' Peace Through Prayer Today

Jesus extends a tender invitation in Matthew 11:28–30: **to come to Him when you feel weary and burdened by anxiety.** This is not a call to keep carrying heavy loads alone but to exchange your worries for His gentle rest and peace.

*Prayer is more than words; it's a heartfelt connection with God* where you can experience His calm and reassurance. John 14:27 reminds us that Jesus intentionally gives a peace unlike anything the world can offer—a peace that removes fear and settles troubled hearts.

When anxiety threatens to unbalance your soul, turn to prayer as your refuge. Cast your cares on the Lord, trusting He will sustain you no matter what pressures school or life may bring. Embracing this divine peace daily transforms anxiety into a peaceful confidence grounded in God's loving care.



## Reflect and Apply

1. How can you make coming to Jesus in prayer a daily habit when anxiety arises?

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2. What does it mean to take Jesus' yoke and learn from Him in your anxious moments?

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3. How does Jesus' peace differ from the temporary relief the world offers?

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## Journaling Prompts

1. Write a prayer to Jesus about the burdens you want to surrender today.

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2. Describe a moment you felt Jesus' peace after turning to Him in prayer.

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3. Make a plan for how to remind yourself to seek Jesus' rest when stressed.

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Day 3: 🕊 Embracing Peace Through Prayer

## Prayer for Today

**Jesus, thank You for inviting me to come to You when I'm overwhelmed. Help me to take Your yoke and learn from You, trusting Your gentle heart will give me rest. When anxiety weighs me down, teach me to turn to You in prayer and accept the peace only You can give. Calm my troubled heart and sustain me as I face daily challenges. I choose to rest in Your loving care and find strength in Your presence. Amen.** 🙏 🕊 ❤️ ✨





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