



Overcoming Anxiety Through God's Peace



A 7-day journey for teens to discover and embrace
God's peace in overcoming anxiety and finding
lasting calm in life's challenges.



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Introduction

Welcome to this 7-day Bible study designed especially for teens facing anxiety! Anxiety can feel overwhelming, making our hearts race and minds spiral. But the Bible reassures us that *God's peace* surpasses all understanding and is available to each of us, even in the most stressful moments. 🌿

In the midst of school pressures, friendships, family challenges, and future worries, it's comforting to know He invites us to cast our cares on Him. Jesus said, "Peace I leave with you; my peace I give you." This study will walk you through scripture, devotional thoughts, reflection questions, and prayers to help you trust in God's unfailing peace.

Each day, we'll explore God's promises and practical ways to lean on Him rather than on our own understanding. You'll find encouragement that you are never alone, even when anxiety tries to steal your joy.

Let this time be your refuge—a daily pause to breathe deeply in faith and let God renew your mind and heart. By the end of this journey, may you begin to experience the calm and confidence that comes from knowing God is with you every step of the way. Take it one day at a time, and remember, *You are deeply loved and held in His peace.* ❤️ ✨





Day 1: Embracing God's Peace



Day 1: 🌅 Embracing God's Peace

Your Verse

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."

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 1: 🌅 Embracing God's Peace

Devotional: God's Peace is a Gift to Receive

Starting your journey, it's important to know that God's peace is a unique kind of calm—different from what the world offers. Jesus promised His peace to His followers, which means it's not based on our circumstances but on His love and power.

When we feel anxious, our hearts can feel heavy and restless. But Jesus encourages us not to let our hearts be troubled or afraid. Instead, He invites us to receive His peace as a gift.

How do we do this? Part of it is recognizing that anxiety doesn't have to control us. Philippians 4:6 reminds us to bring our worries to God through prayer, with thanksgiving, trusting that He cares deeply for our needs. Isaiah 26:3 further paints a beautiful image: when we fix our minds on God, He keeps us in perfect peace.

Today, let your focus be on accepting God's peace over your anxiety, knowing that this peace is something lasting and reliable.



Day 1:  Embracing God's Peace

Reflect and Apply

1. How does knowing that Jesus offers a different kind of peace change your view of anxiety?

2. What worries are hardest for you to give to God, and why?

3. In what ways can you remind yourself to trust God's promises on challenging days?



Day 1:  Embracing God's Peace

Journaling Prompts

1. Write down your current anxious thoughts and then rewrite them as prayers to God.

2. List three situations where you've experienced God's peace before.

3. Describe what it means to you that Jesus doesn't give peace like the world does.



Day 1: 🌅 Embracing God's Peace

Prayer for Today

Lord, thank You for Your promise of peace. Help me to receive Your calm in the midst of my anxious thoughts. Teach me not to be afraid or troubled but to trust You fully. Please renew my mind and steady my heart today. I want to lean on You instead of my worries. Thank You for loving me deeply and giving me peace that lasts. *Amen.* 🙏❤️✌️





Day 2: 🧠 Renewing the Mind



Day 2: 🧠 Renewing the Mind

Your Verse

Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

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.”*
- *Psalms 94:19 – “When anxiety was great within me, your consolation brought me joy.”*



Day 2: 🧠 Renewing the Mind

Devotional: Changing Your Thoughts to Overcome Anxiety

Anxiety often steals our peace by filling our minds with fear and doubt. But Romans 12:2 invites us to transform our thinking by renewing our minds. This means replacing harmful thought patterns with God's truth.

Think about the lies anxiety whispers: *"I can't handle this,"* or *"This will never get better."* God's Word counters those lies with powerful promises. 2 Timothy 1:7 assures us that God gives us His Spirit—not fear. We are empowered with love and self-control, not bound by anxiety.

When worry feels overwhelming, pause and bring your anxious thoughts to God, just like the psalmist did in Psalm 94:19 —allow His consolation to bring you joy and peace.

Today, challenge your worried thoughts by practicing God's renewing work in your mind. Replace fear with faith, and open your heart to His calming Spirit.



Reflect and Apply

1. What are some common fearful thoughts you experience?

2. How can renewing your mind change your perspective on anxiety?

3. In what ways has God's Spirit already shown power, love, or self-discipline in your life?



Journaling Prompts

1. Write down three negative thoughts and then rewrite them with the truth of God's Word.

2. Describe a time when God helped you replace fear with faith.

3. List spiritual habits that can help renew your mind daily.



Day 2: 🧠 Renewing the Mind

Prayer for Today

Father, I ask You to renew my mind today. Help me stop conforming to anxious thoughts and start embracing Your truth. Fill me with Your Spirit's power, love, and self-control so fear cannot win. Thank You for bringing joy even when I'm overwhelmed. Teach me to turn to You first when anxiety arises. *In Jesus' name, amen.* 🙏 🧠 💡





Day 3: 🙏 Casting Your Cares



Day 3: 🌻 Casting Your Cares

Your Verse

1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Psalms 55:22 - "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*



Day 3: 🌻 Casting Your Cares

Devotional: Letting Go and Trusting God's Care

Anxiety often comes when we try to carry everything ourselves. Yet God calls us to cast our worries on Him because He cares deeply about what burdens us.

1 Peter 5:7 is a beautiful invitation to unload your fears and doubts onto God's loving shoulders. We don't have to carry anxiety alone.

Jesus extends a similar invitation in Matthew 11:28, offering rest to the weary. When life presses hard, He promises rest and peace.

Psalms 55:22 encourages us to cast our cares on the Lord and trust that He will sustain us. This doesn't mean things always change immediately, but it means we have a faithful God who supports and never abandons us.

Today, practice physically or mentally casting your anxiety onto God—through prayer, journaling, or talking to Him. Imagine placing your worries in His hands and embracing His sustaining love.



Reflect and Apply

1. What anxieties do you find hardest to give to God?

2. How does knowing God cares for you change how you handle your worries?

3. What does it look like for you to personally cast your cares on Him today?



Journaling Prompts

1. Write down specific anxieties you can give to God right now.

2. Describe what it feels like to let go of a worry and trust God.

3. Reflect on a time when God sustained you through a difficult moment.



Day 3: 🌸 Casting Your Cares

Prayer for Today

Dear God, thank You for caring so much about my worries. Help me to cast all my anxiety on You today. Teach me to trust Your care and to find rest in Your presence. When I feel overwhelmed, remind me that You will sustain me and never let me be shaken. I surrender my burdens and lean on Your faithful love.

Amen. 🙌💖🙏





Day 4: Finding Rest in God



Day 4: 🌿 Finding Rest in God

Your Verse

Psalm 46:10 – “Be still, and know that I am God.”

Supporting Scriptures

- *Exodus 33:14 – “The Lord replied, ‘My Presence will go with you, and I will give you rest.’”*
- *Hebrews 4:9-10 – “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.”*



Day 4: 🌿 Finding Rest in God

Devotional: Stillness Opens the Door to Peace

In the chaos of anxious thoughts, God calls us to stop and be still. Psalm 46:10's simple yet profound instruction invites us to pause and recognize God's sovereignty over every situation.

Our restless hearts long for peace, and we find it when we allow God's presence to lead us into rest. Exodus 33:14 promises that God's presence renews and refreshes us.

Hebrews reminds us of God's Sabbath-rest—a deep spiritual rest beyond physical rest. Entering this rest means trusting God's work, not our own efforts, to carry us through.

Today, try setting aside quiet moments to breathe deeply, meditate on God's character, and simply be still before Him. Let go of your to-do lists and anxious planning, and choose to rest in God's loving presence.



Day 4: 🌿 Finding Rest in God

Reflect and Apply

1. What makes it hard for you to be still before God?

2. How can you make space for moments of rest in your busy life?

3. What does God's rest mean practically for your anxiety?



Day 4: 🌿 Finding Rest in God

Journaling Prompts

1. Write about what it feels like to be still and know God is in control.

2. Describe a daily routine that could help you enter God's rest.

3. Reflect on when you last felt refreshed by God's presence.



Day 4: 🌿 Finding Rest in God

Prayer for Today

Lord, help me be still and know that You are God. Quiet my anxious mind and help me rest in Your presence. Teach me to trust Your timing and to find peace in Your control over my life. May I rely on Your rest rather than my own efforts. Thank You for the peace and renewal You offer. *Amen.* 🌿 🙏 🕊





Day 5: 💪 Strength Through Weakness



Day 5: 🐣 Strength Through Weakness

Your Verse

2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Supporting Scriptures

- *Isaiah 40:29 – “He gives strength to the weary and increases the power of the weak.”*
- *Psalms 34:17 – “The righteous cry out, and the Lord hears them; he delivers them from all their troubles.”*



Day 5: 🐣 Strength Through Weakness

Devotional: God's Power is Strongest in Our Weakness

Feeling weak or overwhelmed by anxiety doesn't mean you are failing—it's when God's power is often revealed most clearly. Paul's words in 2 Corinthians remind us that God's grace suffices during our weakest moments.

Instead of hiding our struggles, we can boast in our weaknesses because they create space for Christ's strength to shine.

Isaiah encourages those weary or weak by promising renewed strength from God, and Psalm 34 offers assurance that when we cry out for help, the Lord listens and delivers.

Today, embrace your limitations and fears not as defects but as opportunities for God's glorious power to work in your life. Bring your anxiety honestly before God and hold onto the truth that His grace and strength are available.



Reflect and Apply

1. How do you usually react when you feel weak or anxious?

2. What does it mean to you that God's power is made perfect in your weakness?

3. In what ways has God been strong in your life during tough times?



Day 5: 🦋 Strength Through Weakness

Journaling Prompts

1. Write about a time when you felt weak but experienced God's strength.

2. List areas of your life where you need to rely more on God's grace.

3. Reflect on how admitting weakness can be a form of spiritual strength.



Day 5: 💪 Strength Through Weakness

Prayer for Today

Jesus, I admit my weaknesses and fears to You. Thank You that Your grace is enough and Your power is strongest when I am weak. Help me not to hide my struggles but to trust You fully. Strengthen me today to face anxiety with confidence in Your power and love. Hold me close in my weakness. *Amen.* 💪





Day 6: Hope Beyond Anxiety



Your Verse

Jeremiah 29:11 – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Supporting Scriptures

- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*
- *Psalms 33:18 – “But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love.”*



Day 6:  Hope Beyond Anxiety

Devotional: Clinging to God's Hope in Uncertain Times

Anxiety often thrives in uncertainty and fear of the unknown. But God's Word shines a light of hope into the darkest moments.

Jeremiah 29:11 is a powerful reminder that God has good plans for your life, plans for a hopeful future. Even when today feels overwhelming, this hope anchors your soul.

Romans 15:13 encourages us to trust God, letting Him fill us with joy and peace. When we place our hope in God's unfailing love, as Psalm 33:18 says, we are never alone or forgotten.

Today, focus on renewing your hope by meditating on God's promises. Write down or verbalize your hopes and fears, then ask God to help you hold onto hope faithfully—even amid anxiety.



Day 6:  Hope Beyond Anxiety

Reflect and Apply

1. What fears about the future cause you anxiety?

2. How can trusting God's plans alter your feelings about what lies ahead?

3. What hope from God's promises do you need to hold onto today?



Journaling Prompts

1. Write a letter to God expressing your hopes and fears about the future.

2. List Bible verses that remind you of God's faithfulness and hope.

3. Reflect on how hope changes your perspective when anxiety arises.



Day 6: 🌈 Hope Beyond Anxiety

Prayer for Today

Father, thank You that You have good plans for me. Help me hold onto hope when anxious thoughts creep in. Fill me with Your joy and peace as I trust You with my future. Remind me that Your eyes are always on me, and Your unfailing love never ends. In Your care, I find hope. *Amen.* 🌈 ✨ 🙏





Day 7: Walking Daily in Peace



Your Verse

Colossians 3:15 - “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.”

Supporting Scriptures

- *Galatians 5:22* - “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness.”
- *Psalms 119:165* - “Great peace have those who love your law, and nothing can make them stumble.”



Day 7: 🕊 Walking Daily in Peace

Devotional: Choosing God's Peace Every Day

As you complete this 7-day study, remember that walking in God's peace is a daily choice. Colossians 3:15 urges us to let Christ's peace govern our hearts, influencing every decision and interaction.

Peace is also a fruit of the Spirit, which means as you grow in your relationship with God, His peace becomes more evident in your life.

Psalms 119:165 reassures us that those who love and follow God's word experience great peace that guards them from stumbling.

Make it your goal to invite God's peace into your daily moments—through prayer, Scripture, and trusting Him amidst anxieties. As you practice this, peace will become your natural response instead of anxiety.

Congratulations on your courage to face anxiety with God's truth! Continue walking forward, leaning on Him, and sharing His peace with others.



Reflect and Apply

1. How has your understanding of God's peace changed this week?

2. What practical steps can you take to let Christ's peace rule in your heart daily?

3. How can you encourage others struggling with anxiety to find God's peace?



Journaling Prompts

1. Write about how your prayer life and trust in God's peace have grown.

2. Plan one thing you will do tomorrow to cultivate peace in your heart.

3. Reflect on someone you can support with God's peace and how you might do that.



Day 7: 🕊 Walking Daily in Peace

Prayer for Today

Lord Jesus, thank You for teaching me to choose Your peace. Help me to let Your peace rule my heart every day, no matter what challenges come. Guide me to grow in Your Spirit and to love Your Word deeply. May Your peace surround and protect me, and may I be a source of peace to others. *Amen.* 🕊





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