



Peace Amidst Climate Anxiety



Explore God's promises to find peace and hope amidst the rising fears of climate change and eco-anxiety.



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Introduction

Climate anxiety—also called eco-anxiety—is a growing concern as many of us grapple with worry about our planet’s future. News headlines and images of environmental destruction can stir deep fears, leading to stress and a sense of helplessness. But as believers, we are not left without hope or comfort. The Bible addresses anxiety and fear in profound ways, reminding us that God is in control and invites us to cast our burdens upon Him.

This study plan will gently guide you through Scriptures that speak directly to mental peace and God’s sovereignty, showing us how to respond to climate anxiety with faith rather than fear. Each day, you’ll encounter God’s promises—and how they offer reassurance and strength in uncertain times.

Through prayer, reflection, and honest journaling, we’ll explore what it means to trust God amidst global challenges, finding rest in His presence and purpose. Let this time be your sanctuary to rediscover hope and a renewed commitment to stewardship of His creation, supported by His unfailing love.





Day 1: 🌿 Finding Peace in God's Sovereignty



Day 1: 🌿 Finding Peace in God's Sovereignty

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."*
- *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."*



Day 1: 🌿 Finding Peace in God's Sovereignty

Devotional: God's Peace Surpasses All Understanding

Climate anxiety can paralyze us with feelings of uncertainty and helplessness, but the Apostle Paul's words speak directly into this struggle. Instead of allowing anxiety to consume us, Paul invites us to bring all our worries to God through prayer and thanksgiving. This act is an expression of trust—acknowledging God's control over even the vastness of creation and its challenges.

God's peace transcends human understanding. It acts as a guard for our hearts and minds, protecting us from the despair that threatens to take root. This peace is not a bland feeling of calm but a profound assurance rooted in God's unfailing presence and sovereignty.

Today, remember that your anxiety about the earth's future is not a surprise to God. He is intimately aware and lovingly involved. Approach Him with your concerns, and allow His peace to renew your heart even as you engage with the reality of climate change.



Reflect and Apply

1. How do you currently respond when thoughts about the environment cause anxiety?

2. What does it mean for you personally to 'present your requests' to God with thanksgiving?

3. In what ways can you invite God's peace to guard your heart amid uncertainty?



Day 1:  Finding Peace in God's Sovereignty

Journaling Prompts

1. Describe your feelings when you think about climate change and your future.

2. Write a prayer handing over your eco-anxiety to God today.

3. List specific ways you can seek God's peace when worries arise.



Day 1: 🌿 Finding Peace in God's Sovereignty

Prayer for Today

Dear Lord, thank You for being a refuge in times of fear. I admit my anxiety about the planet and the future feels overwhelming at times, but I choose to bring these worries to You in prayer. Thank You for the promise of Your peace that surpasses all understanding. Help me to rest in Your sovereignty and courageously face each day grounded in Your love and strength. Teach me to be a faithful steward of the earth without being consumed by fear. *Guard my heart and mind* in Christ Jesus today and always. Amen. 🌿 🙏 ❤️ ✨





Day 2: 🌿 Trusting God's Care for Creation



Your Verse

Matthew 6:26 - "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

Supporting Scriptures

- *Psalm 104:24 - "How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures."*
- *Romans 8:19-21 - "For the creation waits in eager expectation for the children of God to be revealed... the creation itself will be liberated from its bondage to decay."*



Day 2: 🌱 Trusting God's Care for Creation

Devotional: God's Loving Hands Sustain All Creation

Sometimes climate anxiety makes us feel powerless, as though the fate of the earth rests solely on our shoulders. Yet today's passage reminds us that God is actively caring for all He has made—even the birds of the air who neither sow nor reap.

This imagery encourages us to trust God's ongoing providence. He values all life deeply, especially us as His children. The earth is not abandoned; it is part of His wise and intentional design.

Romans tells us creation is waiting with hope for a future restoration. This eternal perspective offers comfort—reminding us that environmental struggles are not the final word. We are called to care for creation faithfully but also to rest in the assurance of God's final redemption.

When eco-anxiety arises, let these truths inspire confidence rather than despair. You are valuable to God, and He lovingly sustains the earth.



Reflect and Apply

1. In what ways can trusting God's care for creation ease your climate anxiety?

2. How does knowing that creation is awaiting restoration influence your thoughts about environmental issues?

3. How might this trust impact how you live and care for the environment?



Day 2: 🌱 Trusting God's Care for Creation

Journaling Prompts

1. Reflect on a time when God's provision surprised you.

2. Write about how you see God's care in creation around you today.

3. List ways you can participate joyfully in caring for God's creation without fear.



Day 2: 🌱 Trusting God's Care for Creation

Prayer for Today

Gracious Father, thank You for Your tender care for all creation. Help me to trust Your providence even when the news feels overwhelming. Teach me to see the earth and its creatures through Your eyes, as a precious gift under Your loving care. Renew my hope in the promise of restoration, and empower me to respond with faithful stewardship rather than fear. May Your peace guard my heart as I walk in confidence that You hold all things in Your hands. Amen.





Day 3: Renewing the Mind with God's Word



Day 3: 🌸 Renewing the Mind with God's Word

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

- *Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*
- *2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 3: 🌸 Renewing the Mind with God's Word

Devotional: Transforming Anxiety Through Renewed Thinking

Climate anxiety often stems from the overwhelming, negative narratives shaped by media and societal fears. Romans 12:2 calls us to a radical alternative—renewing our minds so we aren't shaped solely by the anxiety-inducing patterns of the world.

Renewal of the mind is a process grounded in Scripture and the Holy Spirit's empowerment. When we immerse ourselves in God's truth, our perspective shifts from fear to faith. God's peace becomes our anchor.

Isaiah encourages us that steadfast minds anchored in trust experience perfect peace. Similarly, Tim reminds us that God's Spirit equips us with power and love—not fear. This daily transformation encourages us to approach eco-anxiety proactively, replacing worry with empowered action and faith-filled surrender.

Each thought challenged by God's Word builds resilience against despair, helping us better understand and participate in God's good and perfect will even amid uncertainty.



Reflect and Apply

1. What patterns of thinking increase your climate anxiety, and how can you begin to replace them with God's truth?

2. How can Scripture and the Holy Spirit help renew your mind?

3. What practical steps can you take to focus on God's good, pleasing, and perfect will when anxious thoughts arise?



Day 3: 🌸 Renewing the Mind with God's Word

Journaling Prompts

1. Write down negative thoughts related to climate anxiety and then rewrite them with God's truth.

2. Describe how reading and meditating on Scripture affects your feelings of anxiety.

3. List spiritual disciplines or habits to help you renew your mind daily.



Day 3: 🌸 Renewing the Mind with God's Word

Prayer for Today

Holy Spirit, thank You for the power and love You bring to my life. Help me to renew my mind by Your Word and presence, so I won't be controlled by fear or anxiety about the future of the earth. Teach me to recognize and reject negative thought patterns, and to focus on Your truth and promises instead. Give me self-discipline to seek You daily, so my mind grows steadfast in trust and peace. Transform my heart to live courageously and hope-filled in Your will. Amen. ✨📖🧠💪





Day 4: ✨ Resting in God's Presence



Your Verse

Psalm 46:10 – "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Supporting Scriptures

- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Isaiah 40:31 – "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*



Day 4: ✨ Resting in God's Presence

Devotional: Finding Rest to Overcome Anxiety

In the noise of eco-anxiety, the psalmist's call to "be still" may feel impossible. Yet stillness is a powerful spiritual discipline that invites us into God's presence—where fear loses its grip and hope is renewed.

God calls the weary to come to Him for rest. This rest is not merely physical but deeply spiritual, replenishing our souls amid stress and worry. When we acknowledge God's sovereignty—His exaltation over earth and nations—we shift our focus from problems to His power and promises.

Hope in God renews strength and equips us to persevere without growing weary. By cultivating moments of silence and prayer, we can slow down, invite God's peace, and rebuild our emotional and mental resilience.

Today, practice stillness as an act of faith, trusting that God will provide the renewed strength you need to face your climate concerns with calm courage.



Reflect and Apply

1. What prevents you from being still and resting in God during anxious moments?

2. How can you incorporate moments of intentional stillness into your daily routine?

3. What difference might resting in God's presence make in your experience of climate anxiety?



Journaling Prompts

1. Describe how you feel before and after a time of quiet prayer or meditation.

2. Write about God's sovereignty and how it comforts you.

3. Plan a daily routine that includes moments of stillness and connection with God.



Day 4: ✨ Resting in God's Presence

Prayer for Today

Lord God, teach me to be still and to know You as the sovereign ruler over all creation. When my heart feels overwhelmed with worry about the earth, help me to come to You for rest and renewal. Strengthen my hope and give me the endurance to face difficulties without growing weary. May I find peace in Your presence and courage to act in love amid uncertainty. Thank You for being my refuge and strength. Amen. 🌿 🙏 ✨ 🕊





Day 5: 🌍 Acting with Hope and Purpose



Your Verse

Colossians 3:23-24 - "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters... It is the Lord Christ you are serving."

Supporting Scriptures

- *Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*
- *Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."*



Devotional: Serving God Through Faith-Fueled Action

After walking through biblical encouragement for anxiety, hope, and rest, today's focus challenges us to translate hope into purposeful action. Climate anxiety can often lead to a cycle of fear and paralysis, but Scripture reminds us that our work—no matter how small—matters deeply when done for the Lord.

Colossians urges us to work wholeheartedly as if serving Christ. This perspective elevates daily actions related to caring for creation into acts of worship and faith. Galatians encourages perseverance, reminding us that our labor will produce fruit in God's perfect timing.

Micah's timeless words guide us in justice, mercy, and humility—the attitudes essential to facing environmental challenges faithfully without despair.

Embrace your role as a hope-bearer. Whether through advocacy, lifestyle changes, or simply praying and encouraging others, your faith-rooted actions contribute to God's redemptive purposes on earth.



Reflect and Apply

1. What small steps can you take this week to act justly and mercifully toward creation?

2. How does serving God as you care for the earth change your motivation and outlook?

3. What keeps you going when eco-anxiety tempts you to give up?



Journaling Prompts

1. Make a list of practical actions you can do to care for the environment as service to God.

2. Reflect on how your faith affects your environmental concerns and choices.

3. Write a prayer committing your efforts to serve God faithfully despite challenges.



Day 5: 🌍 Acting with Hope and Purpose

Prayer for Today

Heavenly Father, thank You for calling me to live with purpose and hope. Help me to serve You wholeheartedly in the care of Your creation. When I feel overwhelmed or discouraged, remind me that my efforts are not in vain because I serve Christ in all I do. Give me strength to persevere, wisdom to act justly, and a heart full of mercy and humility. May my actions glorify You and inspire others to join in hope-filled stewardship. Amen. 🌍 🙏 💪 ❤️





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