# Peace for Anxious Hearts: A Bible Study on Children and Anxiety



Explore God's comfort and guidance in managing anxiety in children through Scripture, reflection, and prayer over five insightful days.





#### Table of contents

Introduction	3
Day 1:  God's Presence Calms Our Fears	4
<u>Day 2:  Trusting God Amidst Unseen Fears</u>	10
Day 3: 🎇 God's Strength in Weakness	16
<u>Day 4: ₩ Renewing Minds with God's Truth</u>	22
Day 5: 🛱 Embracing God's Peace Daily	28







#### Introduction

Understanding anxiety in children is an important step for parents, caregivers, and anyone involved in the lives of young ones. Anxiety can manifest in various ways—worry, fear, restlessness—and it deeply affects a child's development and daily experience. God's Word offers us timeless wisdom and reassurance that extends peace even in the midst of emotional turmoil.

Throughout Scripture, we see God's tender care for the vulnerable and His invitation to cast all our cares upon Him. This study invites you to explore passages that affirm God's presence and promises, helping both adults and children to find calm in Him. Often anxiety is accompanied by feelings of isolation or helplessness, but the Bible reminds us that we are never alone—God walks with us through every challenge.

Across these five days, you will discover how God addresses fear and worry directly, providing practical spiritual truths for children's anxious hearts and those who support them. Each day combines Scripture, devotional insights, reflection questions, journaling prompts, and prayers crafted to deepen your connection to God's peace.

As you study, remember that caring for a child's mental health is a holistic journey that includes spiritual, emotional, and sometimes professional support. Let this time in God's Word be a source of strength and hope that empowers you to comfort, guide, and uplift the anxious children in your life.

















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







#### Devotional: Finding Comfort in God's Nearness

Fear and anxiety often thrive in moments when we feel alone or overwhelmed. For children, these feelings can be confusing and scary, especially when they don't fully understand what's happening inside them. The Psalmist's affirmation in **Psalm 34:4** reminds us that seeking God is the first step towards freedom from fear. God promises to hear and to deliver us.

We must teach children that God's presence is a safe place where worries cannot conquer. In *Isaiah 41:10*, God encourages us not to fear because He walks with us at every step. For anxious children, internalizing this truth can gently transform their perspective from despair to hope.

Jesus Himself gives us peace that the world cannot give (John 14:27). This peace is deeper than calm surroundings—it is a steadfast assurance rooted in God's unchanging love. When children experience this peace, their anxiety can lessen, giving them strength to face daily challenges.

Encourage children to call out to God openly in their worry, trusting that He listens and cares deeply. This divine friendship is a foundation that anxiety cannot shake.







## Reflect and Apply

1.	How do you personally seek God when you feel anxious or afraid?
	What are some ways you can help a child feel God's presence during times of worry?
	Have you experienced God's peace in a difficult situation? How might that encourage a child?







## **Journaling Prompts**

1.	Write about a time when God delivered you from fear.
2.	List verses or prayers you can share with a child experiencing anxiety.
3.	Describe what God's peace feels like to you.







### Prayer for Today

#### Heavenly Father,

Thank You for being our refuge in times of fear. Help us to remember that You are always near, especially when worries crowd our minds or the minds of the children we love. Teach us to lean on Your promises and to share Your peace freely. Please calm anxious hearts and fill them with Your perfect love that drives out fear. Strengthen us as we support anxious little ones, guiding them to trust You more each day. In Jesus' name, Amen.

















#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord.







#### Devotional: Building Trust Through God's Promises

Anxiety often stems from uncertainty and the unknown. Children may feel overwhelmed by things they can't see or control. **Proverbs 3:5–6** offers guidance: instead of trusting what feels confusing or frightening, we are invited to trust God wholeheartedly. This trust doesn't ignore feelings but redirects them toward God's understanding and care.

Psalm 56:3 is a powerful reminder that even when fear shows its face, placing trust in God is the antidote. Encouraging anxious children to express their fears and then choose to trust God helps form a spiritual habit that builds resilience.

Jeremiah 29:11 reassures us that God has good plans for our lives—even when things seem uncertain or scary. Teaching children that God's plans are full of hope provides a stable anchor during emotional storms.

Trusting God takes practice and patience, especially for little ones, but it's a skill worth nurturing. Helping children pray, read Scripture, and recount stories of God's faithfulness gradually builds their confidence in Him. As caregivers, modeling trust encourages children more than words alone.







## Reflect and Apply

1.	In what ways does trusting God help reduce anxiety?
2.	How can you help a child choose trust over fear in challenging moments?
	What does 'lean not on your own understanding' mean when facing anxiety?







## **Journaling Prompts**

Write a personal story where trusting God changed your perspective.
Identify fears you have difficulty releasing to God and why.
Create a simple prayer to help a child trust God in anxiety.







### Prayer for Today

#### Lord God,

Teach us to trust You when life feels uncertain and scary. Help the children experiencing anxiety to lean on Your understanding and not their own. Strengthen their faith through Your promises that You have good plans for their future. May Your peace rule in their hearts and minds, reassuring them of Your unfailing love. Guide us as caregivers to be patient and loving examples of trust. In Jesus' name, Amen.

















#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Philippians 4:13 "I can do all this through him who gives me strength."







#### Devotional: God's Power When We Are Weak

Anxiety can make children feel weak and vulnerable, as if they have no control over their emotions. **Paul's words in 2 Corinthians 12:9** reveal a comforting truth: God's grace is enough, and His power shows most clearly when we feel weakest. For children, understanding that God's strength supports them—even when they feel frail—can be empowering.

Psalm 46:1 assures us that God is always ready to be our refuge and strength. This means children do not need to be strong on their own; they have a divine helper who provides courage and stability.

*Philippians 4:13* further emphasizes that strength comes through Christ, not merely from ourselves. This spiritual empowerment encourages children to rely on God's energy rather than their feelings alone, especially in anxious moments.

Helping children recognize their weaknesses as opportunities to experience God's strength can reshape how they face anxiety. Encourage honest conversations about feelings, paired with trust that God will carry them through difficult times.







## Reflect and Apply

	How have you experienced God's strength in your moments of weakness?
	What does God's grace mean for children who feel anxious and powerless?
3.	How can admitting weakness be a step toward God's power?







## **Journaling Prompts**

1.	Describe a time when you felt weak but saw God's strength.
2.	Write ways to encourage a child to rely on God's strength.
3.	List prayers that invite God's power into anxious moments.







### Prayer for Today

#### Dear God,

Thank You that Your grace is enough when we feel weak and anxious. Help the children struggling with anxiety to understand that Your power is perfect in their weakness. May they find comfort knowing You are their refuge and strength at all times. Fill them with courage to face their fears and lean on You daily. Remind us all that through Christ, we can overcome any challenge. 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**

- Philippians 4:8 "Whatever is true, whatever is noble...think about such things."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







# Devotional: Transforming Anxious Thoughts with Scripture

Anxiety can cause our minds to spiral with negative or fearful thoughts. **Romans 12:2** challenges us to allow God to transform our thinking patterns so that we don't get trapped by fear and worry. This renewal of the mind is critical for children learning how to manage anxious thoughts.

Paul's encouragement in *Philippians 4:8* gives practical advice for redirecting focus toward truth, goodness, and righteousness. Teaching children to identify and dwell on God's truths can slowly shift their mental habits from anxious to peaceful thoughts.

**Isaiah 26:3** promises perfect peace when our minds remain steadfast in trusting God. This promise is a powerful tool for caregivers helping children through anxiety—encouraging consistent meditation on God's Word.

Establishing routines like memorizing Scripture, telling Bible stories, and praying daily helps renew children's minds. Over time, this spiritual habit builds resilience against anxious thoughts and fosters a peaceful heart.







## Reflect and Apply

1.	What negative thought patterns contribute to anxiety in children?
2.	How can Scripture help renew and refocus an anxious mind?
3.	What habits can be developed to cultivate a God-centered mind?







## **Journaling Prompts**

Write down anxious thoughts you want to replace with biblical truth.
List Scriptures that bring peace and how to apply them.
Describe ways to help a child practice renewing their mind.







## **Prayer for Today**

#### Lord,

Renew our minds with Your truth and help us not to be shaped by fear or worry. Teach us and the children to focus on what is true, noble, and pleasing to You. May our steadfast trust in You bring perfect peace and calm anxious hearts. Give us the wisdom to create daily rhythms centered on Your Word that transform anxious thinking into peace. In Jesus' name, Amen.

















#### 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

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







#### Devotional: Prayer and Peace Guard Anxious Hearts

As we close this study, **Philippians 4:6-7** provides a clear and beautiful formula for handling anxiety: don't worry, pray with gratitude, and trust God to provide peace beyond understanding. This peace acts as a guard over our hearts and minds, protecting children from fear's grip.

Jesus' teaching in *Matthew 6:34* reminds us to live one day at a time, which is especially helpful for anxious children who often fear future uncertainties. Focusing on the present and trusting God moment by moment can break the cycle of worry.

**1 Peter 5:7** invites us to cast our anxieties on God, emphasizing His deep care. Teaching children to hand over their worries to God regularly is a vital spiritual practice.

Today, encourage children to pray aloud about their fears and thank God for His care. Celebrate small victories in anxiety management and keep affirming God's peace as a daily, accessible gift.







## Reflect and Apply

1.	How can prayer with thanksgiving change anxious feelings?
2.	What does it mean for God's peace to 'guard' our hearts and minds?
3.	How can you help children live in the present and release worries?







## **Journaling Prompts**

1.	Write a prayer that brings you peace when anxiety arises.
2.	Describe moments when focusing on 'today' helped reduce worry.
3.	List ways to build a habit of casting anxiety on God.







### Prayer for Today

#### Gracious Father,

Thank You for the peace that surpasses all understanding. Help us to bring every anxious thought to You in prayer, including the worries of the children we care for. Teach us to be thankful even amidst challenges and to trust You with our future. May Your peace guard our hearts and minds every day. Guide us to live fully in the present, casting all anxieties upon You because You care deeply. In Jesus' name, Amen.









### Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.