



# Peace for Anxious Minds



Discover God's comfort and calming truth to overcome anxiety and racing thoughts during restless nights.

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## Introduction

Welcome to this 5-day Bible study on mental health focused on anxiety in the **night**. Nighttime often brings quiet, but for many, it also brings *racing thoughts and sleeplessness*. Anxiety can feel overwhelming when the world is silent, and worries become louder. Yet, the Bible offers peace, hope, and assurance that God is near even in those darkest moments.

This study will explore Scripture that speaks directly to anxious hearts. We'll learn how God's promises anchor our minds and quiet our spirits. Each day builds on the last to help you identify anxiety's grip, invite God's calming presence, and renew your trust in Him. You'll be encouraged to use prayer and reflection as powerful tools against insomnia caused by worry.

As you journey through these days, *remember you are not alone*. God understands your struggles and offers rest in His unfailing love. We trust that this study will bring practical and spiritual help to find peace and sleep in Him.





# Day 1: 🛏 Finding Rest in God's Presence



Day 1: 📖 Finding Rest in God's Presence

## Your Verse

*Psalm 4:8 - "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."*

## Supporting Scriptures

- *Psalm 34:4 - "I sought the LORD, and he answered me; he delivered me from all my fears."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1: 📖 Finding Rest in God's Presence

## Devotional: Resting Safely in God's Care

**Nighttime often magnifies our fears and worries.** When the noise fades away, our minds can spiral into anxious thoughts making sleep seem impossible. However, Psalm 4:8 reminds us that true rest comes from trusting God's protective presence.

David, the psalmist, faced many troubles but found peace by trusting God to keep him safe. This does not mean difficulties vanish, but that our souls can rest peacefully because God watches over us.

**Imagine yourself lying down tonight, inviting God's peace to replace your fears.** You aren't alone. God invites you to bring your worries to Him—He hears you and wants you to rest in His care. Allow His presence to soothe your restless thoughts and embrace the assurance that He alone can give true security.



## Reflect and Apply

1. What thoughts usually keep you awake at night?

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2. How can you remind yourself to trust God's protection during those times?

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3. What does resting in God's presence look like for you practically?

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Day 1: 📖 Finding Rest in God's Presence

## Journaling Prompts

1. Write down your specific worries that surface at night.

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2. List ways God has provided safety or peace in the past.

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3. Describe how you can invite God's presence before sleeping tonight.

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Day 1: 🛏 Finding Rest in God's Presence

## Prayer for Today

**Dear Lord**, you know the anxious thoughts that flood my mind when I try to sleep. Help me to trust in your peace and protection, even in the dark. Quiet my mind and calm my heart. Let me lie down and rest safely, wrapped in your loving presence. Teach me to bring my burdens to you before bedtime, finding true rest only in you. *Thank you for your faithfulness and care.* Amen.





## Day 2: 🌙 Calming Racing Thoughts with God's Word



Day 2: 🌙 Calming Racing Thoughts with God's Word

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## 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 - "God gave us a spirit not of fear but of power and love and self-control."*



Day 2: 🌙 Calming Racing Thoughts with God's Word

## Devotional: Replacing Anxiety with Peaceful Trust

**Racing thoughts can feel uncontrollable, but God provides a way out.**

Philippians 4:6-7 encourages us to replace anxiety with prayer and thanksgiving. When we hand over our worries to God, His peace, unexpected and beyond what we can understand, guards our minds and hearts.

**Instead of wrestling with your busy thoughts at night, try bringing them before God honestly.** Talk to Him, lay out each anxious thought and replace them with trust. Following that, thank Him for His goodness and faithfulness — gratitude shifts our focus and invites divine peace to fill the restless spaces.

*Memorizing verses like Isaiah 26:3 can become a balm for your mind,* reminding you that steadfast trust anchors perfect peace. Remember, fear is not from God; He equips us with power to stand firm and self-control to quiet our minds.



Day 2: 🌙 Calming Racing Thoughts with God's Word

## Reflect and Apply

1. What anxious thoughts can you bring to God in prayer tonight?

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2. How can actively practicing gratitude help calm your mind?

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3. What scriptures can you memorize to recite when anxiety strikes?

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Day 2: 🌙 Calming Racing Thoughts with God's Word

## Journaling Prompts

1. Write a list of your worries and next to each, a prayer of handing it to God.

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2. Record three things you are grateful for today despite your worries.

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3. Write down a favorite verse that brings you peace and why.

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Day 2: 🌙 Calming Racing Thoughts with God's Word

## Prayer for Today

**Father God**, my mind races with worries, but I choose to bring them all to You. Help me to pray with thanksgiving and trust Your peace to guard my heart and mind tonight. Teach me to remember Your promises and to replace fear with faith. Fill me with Your calming Spirit and quiet my restless thoughts. Thank You for giving me power, love, and self-control that defeats anxiety. *I rest in You alone.* Amen. 🙏 🧠 🌙 📖





## Day 3: ✨ God's Perfect Love Frees Us from Fear





Day 3: ✨ God's Perfect Love Frees Us from Fear

## Your Verse

*1 John 4:18 - "There is no fear in love. But perfect love drives out fear..."*

## Supporting Scriptures

- *Romans 8:38-39 - "Nothing can separate us from the love of God..."*
- *Zephaniah 3:17 - "The LORD your God is with you, the Mighty Warrior who saves... he will take great delight in you; he will quiet you with his love."*



Day 3: ✨ God's Perfect Love Frees Us from Fear

## Devotional: Letting God's Love Banish Fear

**Fear often gains power in the silence of night**, but God's perfect love is stronger. 1 John 4:18 reminds us that where God's love is truly known and experienced, fear loses its grip.

This kind of love is not wishful thinking but a deep, unshakeable reality that frees us. We are deeply loved by Christ, who goes before us and stands with us. Nothing—not even our worst fears or darkest nights—can separate us from His love (Romans 8:38–39).

**When you feel anxiety rising tonight, meditate on God's fierce and tender love.** Imagine His presence wrapping around you like a warm blanket, quieting your mind and comforting your soul. Zephaniah 3:17 celebrates God's delight in you and His power to bring peace. Let His love silence your fears and bring restful calm.



Day 3: ✨ God's Perfect Love Frees Us from Fear

## Reflect and Apply

1. How does knowing God's perfect love affect your fears?

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2. What fears need to be surrendered to God's love tonight?

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3. In what ways can you remind yourself of God's delight in you?

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Day 3: ✨ God's Perfect Love Frees Us from Fear

## Journaling Prompts

1. Write about a time you felt God's love overcome your fear.

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2. List fears or anxieties you want to give to God's love.

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3. Describe how you can experience God's love more fully daily.

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Day 3: ✨ God's Perfect Love Frees Us from Fear

## Prayer for Today

**Lord Jesus,** Your perfect love casts out fear. Help me to deeply believe and experience that love tonight. Calm every anxious thought by reminding me that You are with me always and nothing can separate me from Your love. Wrap me in Your presence that quiets and delights. Teach me to trust and rest fully in Your loving care, *so fear loses all hold on me.* Amen. ❤️🙏✨🙏





## Day 4: 🧘 Practicing Godly Peace Through Prayer



## Day 4: 🙏 Practicing Godly Peace Through Prayer

## Your Verse

*Psalm 94:19 – "When anxiety was great within me, your consolation brought me joy."*

## Supporting Scriptures

- *1 Peter 5:7 – "Cast all your anxiety on him because he cares for you."*
- *John 14:27 – "Peace I leave with you; my peace I give you... Do not let your hearts be troubled or afraid."*



## Day 4: 🙏 Practicing Godly Peace Through Prayer

## Devotional: Inviting God's Peace Through Prayer

**Prayer is a powerful spiritual practice for calming an anxious mind.** Psalm 94:19 shows the psalmist finding joy through God's consolation amid great anxiety. This highlights God's desire to comfort us deeply and personally.

**Today, try a simple, focused prayer before you sleep.** Cast your worries on God, knowing He cares for you (1 Peter 5:7). Speak honestly to Him — no need to hide your fears. Then ask for His peace, the kind Jesus promised that surpasses human understanding (John 14:27).

*With regular practice, prayer builds a habit of handing over anxious thoughts rather than wrestling with them alone.* Consider incorporating deep breathing or meditative repetition of a calming verse to help slow your mind and body. Your prayer time can become a sacred space where anxiety is exchanged for peace, and restless nights become restful.





## Reflect and Apply

1. How does prayer change your experience of anxiety?

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2. What prevents you from casting your worries fully on God?

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3. How can you create a peaceful bedtime prayer routine?

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## Journaling Prompts

1. Write out a prayer releasing your current anxieties to God.

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2. Describe how you feel before and after prayer for anxiety.

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3. Plan a simple nightly prayer ritual that invites God's peace.

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Day 4: 🙏 Practicing Godly Peace Through Prayer

## Prayer for Today


**Gracious Father**, when anxiety overwhelms me, remind me that You are my consolation and joy. Help me to cast all my worries on You tonight because You care deeply for me. Fill my heart with Your peace that calms my fears and quiets my restless mind. Teach me to trust You more fully in prayer and find refuge in Your loving presence. Tonight, I surrender my anxious thoughts to You and welcome Your peace that passes understanding. Amen. 🙏 😊 🛌 🕊️





## Day 5: 🌅 Embracing Hope for a New Day



Day 5:  Embracing Hope for a New Day

## 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; great is your faithfulness."*

## Supporting Scriptures

- *Psalm 30:5 – "Weeping may stay for the night, but rejoicing comes in the morning."*
- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him..."*



Day 5: 🌅 Embracing Hope for a New Day

## Devotional: Hope and Renewal with Each New Day


**Even the longest nights are followed by fresh mornings filled with God's mercies.** Lamentations 3:22-23 gently reminds us that God's love and compassion never run out; they are renewed every day.

**When anxiety keeps you awake tonight, hold onto this hope.** Though the night may be hard, joy returns with the dawn (Psalm 30:5). Each morning is a fresh start, a new opportunity to experience God's faithfulness and peace.

*Allow hope to anchor your soul.* Trust that God is working even through difficulties. Romans 15:13 prays for joy and peace as we trust God's hope that overflows. No matter how anxious or sleepless the night, God's promise for a new day brings restoration and calm.

**Rest in this hope as you close your eyes tonight and prepare to embrace the new day God provides.**



Day 5:  Embracing Hope for a New Day

## Reflect and Apply

1. How does hope affect your perspective on sleepless, anxious nights?

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2. What promises of God bring you comfort as a new day begins?

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3. How can you cultivate hope daily to face anxiety with confidence?

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Day 5:  Embracing Hope for a New Day

## Journaling Prompts

1. Write about hopes and dreams God is renewing in you.

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2. List morning verses or prayers that renew your confidence.

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3. Reflect on ways God's faithfulness has shown in your life recently.

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Day 5: 🌅 Embracing Hope for a New Day

## Prayer for Today

**Heavenly Father**, thank You for Your new mercies and compassion each morning. When anxiety and sleeplessness invade my night, remind me of the hope I have in You. Fill me with joy and peace as I trust in Your faithful love. Help me to embrace each new day as a fresh start, anchored in Your promises. May Your hope revive my soul and calm my anxious heart always. Amen. 🌅





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