



Wisdom to Calm Anxiety



Discover how God's wisdom helps calm anxiety,
bringing discernment and peace to your heart in
uncertain times.



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Introduction

Facing anxiety is a common struggle in our fast-paced world. Many of us feel overwhelmed by worries about the future, health, finances, or relationships. In these moments, *God's wisdom* emerges as a powerful source of peace and clarity. Unlike human understanding, divine wisdom brings insight that transcends circumstances, calming our hearts and guiding our decisions.

In the Bible, wisdom is not merely intellectual knowledge but a gift from God that shapes our character and perspectives. It equips us with discernment—the ability to see beyond surface fears and trust in God's truth. When anxiety threatens to consume us, God's wisdom invites us to rest in His sovereignty, find courage to face challenges, and choose peace over panic.

Throughout this three-day study, we will explore key Scripture passages that reveal **how to embrace God's wisdom** during anxious moments. Each day includes reflection, journaling prompts, and prayer to help you internalize these truths and experience calm through discernment. Let's rely on God's wisdom to transform anxiety into assurance and light in the darkness.





Day 1: Trusting God Amid Anxiety



Day 1: 🌿 Trusting God Amid Anxiety

Your Verse

Proverbs 3:5-6 NIV - "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

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *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."*



Day 1: 🌿 Trusting God Amid Anxiety

Devotional: Trust Yahweh, not your Fears

Anxiety often tempts us to rely solely on our understanding and fears.

Proverbs 3:5–6 challenges us to place full trust in God, not leaning on our limited perspective. When anxiety creeps in, our instincts may lead us down a path of worry and doubt, but God calls us to surrender control to Him.

Trust doesn't mean ignoring the reality of difficult situations; rather, it is an active choice to *believe in God's faithfulness* despite what we feel. It means submitting our anxiety and concerns to Him, seeking His guidance, and allowing His wisdom to direct our paths.

God reassures us in Isaiah 41:10 that we are not alone in our fears—He is with us and strengthens us. And Paul reminds us in Philippians to replace anxiety with prayer, presenting our requests to God with thanksgiving. Through these steps, wisdom brings peace as we exchange worry for trust and find calm in God's presence.



Day 1: 🌿 Trusting God Amid Anxiety

Reflect and Apply

1. How do you typically react when anxiety arises? Do you instinctively trust God or rely on your understanding?

2. What does it look like in your daily life to submit your fears and decisions to God's guidance?

3. Can you recall a time when trusting God helped you overcome a fearful situation?



Day 1: 🌿 Trusting God Amid Anxiety

Journaling Prompts

1. Write about a specific anxiety you are currently facing and what it means to entrust it fully to God.

2. List ways you can remind yourself to lean not on your own understanding during stressful moments.

3. Describe how prayer and thanksgiving can transform your anxious thoughts.



Day 1: 🌿 Trusting God Amid Anxiety

Prayer for Today

Heavenly Father, thank You for always being with me even when anxiety tries to overwhelm my heart. Help me to trust You completely, leaning not on my own understanding but on Your perfect wisdom. Teach me to submit each fear and concern into Your hands, knowing You will guide my steps and provide peace beyond all understanding. Strengthen me when I feel weak and remind me through Your Spirit that I am never alone. *Calm my heart, Lord, and guard my mind in Your truth.* In Jesus' name, Amen. 🙏🌿❤️✍️





Day 2: 📖🕊 Finding Peace through Discernment



Your Verse

James 1:5 NIV – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Supporting Scriptures

- *Psalm 94:19 – "When anxiety was great within me, your consolation brought me joy."*
- *John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*



Day 2: 🕊️ Finding Peace through Discernment

Devotional: Ask God for Wisdom and Peace

Wisdom is a divine gift freely given when we ask God in faith. James 1:5 encourages those who feel overwhelmed or uncertain, promising that God generously provides wisdom without judgment. This gift enables us to discern God's will and navigate the complexities of life with clarity and calm.

When anxiety is great within us, as the psalmist confesses in Psalm 94:19, God's consolation—His comforting presence and reassurance—can bring profound joy and peace to our restless minds.

Moreover, Jesus promises in John 14:27 a peace that transcends worldly understanding. This peace is not absence of trouble but a deep inner calm anchored in God's character and wisdom. As we seek wisdom through prayer, God's peace guards our hearts and minds, helping us respond wisely rather than react impulsively to our anxieties.



Reflect and Apply

1. When facing anxiety, do you turn to God for wisdom or try to manage it alone?

2. How have you experienced God's consolation during times of great worry?

3. What does Jesus' peace mean to you personally, especially compared to peace from the world?



Journaling Prompts

1. Write a prayer asking God to grant you wisdom in a current struggle.

2. Describe a moment when God's peace comforted your anxious heart.

3. Reflect on how discernment can change your response to daily stressors.



Day 2: 🕊️ Finding Peace through Discernment

Prayer for Today

Father God, I come to You asking for Your wisdom in the midst of anxiety and confusion. Teach me to seek Your guidance and trust Your generous heart. Let Your comforting presence fill my soul, and may Your peace, which the world cannot give, guard my mind. Help me discern wisely and respond with calm, knowing You are my refuge. Thank You for Your endless love and perfect peace. In Jesus' name, Amen. 🕊️ 🙏 ✨ 💡





Day 3: 💡 Walking in God's Truth and Calm



Day 3: 🕯 Walking in God's Truth and Calm

Your Verse

Psalm 46:10 NIV - "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 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*



Day 3: 💡 Walking in God's Truth and Calm

Devotional: Embrace Stillness, Trust God's Control

God calls us to be still and recognize His sovereignty in the midst of our **anxious thoughts**. Psalm 46:10 is a powerful reminder that stillness before God ushers in calm and perspective. When we pause to know Him deeply, anxiety loses its grip because we remember God is in control.

Jesus taught not to worry about tomorrow, emphasizing the wisdom in focusing on today's divine provision (Matthew 6:34). Wisdom invites us to patiently trust God's timing and embrace the present moment rather than be consumed by future uncertainties.

Paul encourages believers in Colossians 3:15 to let the peace of Christ rule our hearts. This means intentionally choosing God's peace as a decision and a lifestyle, allowing His truth to calm our minds and guide our emotions. Walking in God's truth anchors us when anxiety threatens to uproot our faith and replaces fear with confident calm rooted in His love.



Reflect and Apply

1. What does it mean for you personally to 'be still' before God in anxious moments?

2. How can you practice releasing worries about the future and focusing on today?

3. In what ways can you let Christ's peace rule your heart daily?



Journaling Prompts

1. Write about how stillness and silence help you connect with God.

2. List fears about the future and write next to each how you can trust God's timing.

3. Reflect on areas where you need to let Christ's peace rule your heart.



Day 3: 💡 Walking in God's Truth and Calm

Prayer for Today

Lord Jesus, teach me to be still and truly know You amid the chaos of life. Help me release my worries about the future and rest in Your sovereign control. Let Your peace rule my heart and calm my anxious thoughts. Strengthen me to walk daily in Your truth and trust Your perfect plan. Thank You for Your presence that brings deep, sustaining calm to my soul. In Your holy name, Amen. 🙏❤️✍️🌿





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