Women Experiencing God's Peace Amid Panic



A 21-day Bible study for women seeking God's calming peace through Scripture during anxiety and panic attacks.





Table of contents

<u>Introduction</u>	4
Day 1: Beginning in God's Peace	6
<u>Day 2: Sinding Rest Like Mary</u>	12
<u>Day 3: ★ Peace in the Midst of Fear</u>	18
<u>Day 4: Clothed in Strength Like Deborah</u>	24
Day 5: 🏵 Embracing Peace Like Hannah	30
Day 6: Wisdom in Calm Moments	36
Day 7: Singing Peace Like Miriam	42
Day 8: 1 Light in the Darkness	48
Day 9: \(\Delta \) Living Water for the Soul	54
<u>Day 10: God's Presence in Loneliness</u>	60
Day 11: Breathing with the Spirit	66
Day 12: 🕰 God's Timing, Not Ours	72
Day 13: Living in God's Provision	78
Day 14: Peaceful Rest with God	84
Day 15: Choosing Love Over Fear	90
Day 16: Secured by God's Promise	96











Introduction

Welcome to this transformative 21-day journey. Anxiety and panic attacks can feel overwhelming, stealing our peace and shaking our very foundation. For women especially, navigating these storms can be deeply challenging emotionally, physically, and spiritually. Yet, *God invites us into His peace — a peace far beyond human understanding.*

This Bible study is designed to accompany you through those difficult moments, offering Scripture, encouragement, and practical spiritual tools to calm both body and soul. We will explore stories of biblical women who faced fear and uncertainty, reflect on God's promises, and learn to lean fully on Him in the middle of panic.

Each day brings a new reflection, rooted in God's Word, to help you anchor your heart when anxiety surges. As you engage with each passage and devotional, remember: God's peace is not absence of trouble but presence of His sustaining power. You are never alone, even when your breath feels short and your mind races.

Through prayer, journaling, and honest reflection, this study invites you to surrender your panic moments to God's gentle care, allowing His peace to renew your strength and quiet your spirit.

Step by step, day by day, may you discover the profound calm that comes from trusting in the One who holds all things — including your anxious heart







— safely in His hands.

















Your Verse

Philippians 4:6-7 NIV: "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

- Isaiah 41:10 NIV: "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 94:19 NIV: "When anxiety was great within me, your consolation brought me joy."







Devotional: God's Peace Surpasses All Understanding

Welcome to day one. The Bible begins providing us immediate hope and a practical plan: when anxiety arises, turn to God in prayer. Paul reminds the Philippians — and us — to bring all worries, big or small, before God's throne with grateful hearts. Why gratitude? Because focusing on God's goodness redirects our scattered minds.

Notice the promise: God's peace *guards* both our hearts and minds — like a divine fortress in the storm. This peace is unlike anything we can manufacture or fully explain; it surpasses understanding and settles deep inside.

Imagine surrendering your current fears and frantic thoughts to this powerful peace. Take a moment today to invite God into your anxious moments, presenting your worries honestly but also with thanksgiving for His faithfulness. The quiet calm that follows isn't always immediate, but it is sure and sustaining.







Reflect and Apply

1.	What anxieties are weighing heaviest on your heart today?
2.	How can prayer and thanksgiving shift your perspective amid panic?
3.	In what ways does God's peace feel like a protective guard over your mind and heart?







Journaling Prompts

escribe a time God's peace guarded you in a difficult moment.
ist practical ways you can turn to God in prayer when feeling panic.







Prayer for Today

Lord, I bring my anxious thoughts before You today. Help me to trust Your promise of peace, even when panic feels overwhelming. Calm my racing mind and quiet my fearful heart. Teach me to pray with thanksgiving, remembering Your faithfulness in my life. Hold me close, my refuge and strength. *Thank You for guarding me with Your peace.* In Jesus' name, **Amen.**



















Day 2: 🐯 Finding Rest Like Mary

Your Verse

Luke 10:38–42 NIV: "But Martha was distracted by all the preparations; Mary had chosen what is better, and it will not be taken away from her."

Supporting Scriptures

- Matthew 11:28 NIV: "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 46:10 NIV: "Be still, and know that I am God."







Day 2: W Finding Rest Like Mary

Devotional: Resting in Jesus Amidst Distraction

In this familiar story, Mary exemplifies the calm presence we need in times of panic. While Martha was busy and anxious, Mary sat quietly at Jesus' feet, soaking in His peace and presence.

During panic attacks, the world may feel noisy inside and out. Our minds race with worries, and our bodies respond with tension. Yet Jesus invites us, as He did Mary, to come and simply rest with Him.

Choosing what is better means pausing distractions and focusing on Christ's presence. This may look like a deep breath, a whispered prayer, or simply closing your eyes to acknowledge He is near and in control.

Today, let Mary's example prompt you to stop, sit, and rest. Though panic may still press in, resting in Jesus anchors your soul with hope and peace.







Day 2: 🖏 Finding Rest Like Mary

Reflect and Apply

1.	What distractions fuel your anxiety when panic hits?
2.	How can you intentionally choose rest and focus on Jesus today?
3.	In what ways can you 'sit at Jesus' feet' during stressful moments?







Day 2: 😂 Finding Rest Like Mary

Journaling Prompts

1.	Write about a time you felt peace by choosing rest over activity.
2.	List distractions that pull you away from Jesus in anxious moments.
3.	Journal a prayer asking Jesus to help you rest in Him more deeply.







Day 2: W Finding Rest Like Mary

Prayer for Today

Jesus, help me to choose what is better — to pause, rest, and focus on You when anxiety overwhelms. Quiet my restless heart and draw me close to Your loving presence. Teach me to be still and know You are God, even in the chaos. Fill me with Your peace as I sit at Your feet today. *Thank You for being my refuge.* Amen. ♥♥ ♠ ♠

















Your Verse

2 Timothy 1:7 NIV: "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Isaiah 43:1 NIV: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine."
- Psalm 27:1 NIV: "The Lord is my light and my salvation—whom shall I fear?"







Devotional: God's Spirit Empowers Against Fear

Fear and panic often tether us to feelings of weakness and helplessness. Yet Scripture reminds us that God's Spirit doesn't produce timidity but power, love, and self-control.

As women, it's easy to internalize anxiety as a personal failing, but this verse confronts that lie head-on. God equips you with His Spirit, empowering you to face panic with renewed strength.

When fear strikes, remember that you belong to God—named, redeemed, and protected. This identity anchors you beyond emotions, rooting you in truth. With power to resist panic's pulls, love to comfort yourself, and self-discipline to breathe through the waves of anxiety, God's Spirit walks with you.

Claim this promise today to push back fear and move gently toward peace.







Reflect and Apply

1.	How do feelings of panic make you perceive your strength or weakness?
	What does it mean to you that God gave you power, love, and self-discipline?
	How can reminding yourself of God's ownership and redemption bring calm?







Journaling Prompts

1.	Write about a time you felt God's strength during a fearful moment.
2.	List ways the Holy Spirit helps you overcome panic.
3.	Journal a prayer asking God to fill you afresh with His Spirit.







Prayer for Today

Father, thank You for giving me Your Spirit — power, love, and self-discipline. When fear threatens to consume me, remind me that I am Your beloved daughter, redeemed and strong through You. Help me draw on Your Spirit's strength in panic moments so I can respond with calm and courage. Fill me anew today. In Jesus' name, **Amen.** ❖ ﴾ ❖ ♥















Your Verse

Judges 5:7 NIV: "Villagers in Israel would not fight; they held back until I, Deborah, arose, arose a mother in Israel."

Supporting Scriptures

- Psalm 46:5 NIV: "God is within her, she will not fall; God will help her at break of day."
- Proverbs 31:25 NIV: "She is clothed with strength and dignity; she can laugh at the days to come."







Devotional: Rise in God's Strength Amid Anxiety

Deborah stands as an inspiring example of a woman rising in strength amid adversity. Facing fearsome battles for Israel, she stepped forward as a mother, leader, and voice of courage.

When panic feels like it might overwhelm you, remember Deborah's resolve — strengthened by God's presence within her. Her strength was not self-generated but gifted, enabling her to lead fearlessly.

You too are clothed with strength and dignity, empowered by God to face anxious moments. Panic can shake your body and mind, but it cannot define your identity or destiny.

Laugh at the days to come, knowing God equips you to stand strong. When fear whispers lies, lean on His armor of peace and strength.







Reflect and Apply

1.	In what ways does panic make you feel weak or powerless?
2.	How can Deborah's example inspire courage in your own storms?
3.	What does it mean to be clothed in God's strength and dignity?







Journaling Prompts

1.	Describe a time God helped you rise strong despite fear.
2.	Write a list of strengths God has given you to face anxiety.
3.	Pray for courage to face upcoming challenges with God's strength.







Prayer for Today

God of Strength, thank You for clothing me with power and dignity when panic strikes. Help me remember Deborah's courage and Your promise that I will not fall. Fill me with laughter and hope as I face the unknown. Let Your strength rise in me, dispelling fear and granting peace. In Jesus' name, **Amen.**









Day 5: Day 5: Embracing Peace Like Hannah









Day 5: 🏠 Embracing Peace Like Hannah

Your Verse

1 Samuel 1:17 NIV: "Do not be angry with me,' Hannah replied, 'I am a woman who is deeply troubled, but I have been praying to the Lord."

Supporting Scriptures

- Psalm 61:2 NIV: "From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I."
- Romans 15:13 NIV: "May the God of hope fill you with all joy and peace as you trust in him."







Day 5: Embracing Peace Like Hannah

Devotional: Honest Prayer Brings Deep Peace

Hannah's honest vulnerability teaches us the power of bringing deep trouble before God. She openly admitted her anguish but grounded herself in prayer and trust.

Sometimes panic attacks come with layers of pain and distress that feel overwhelming. Like Hannah, you don't have to pretend all is well or hide your feelings from God. He welcomes your honesty.

Prayer becomes a lifeline — a way to anchor our souls to the unshakable rock of God. When your heart feels faint and panic encroaches, cry out for His guidance and peace. Trust that He is listening, loving, and working even through your hardest moments.

Let Hannah's example encourage you to embrace peace by persistently praying and trusting God through inner turmoil.







Day 5: 🔅 Embracing Peace Like Hannah

Reflect and Apply

How comfortable are you being vulnerable with God during panic?
What feelings or troubles do you need to bring honestly to God today?
How can persistent prayer become your refuge in anxiety?







Day 5: 💮 Embracing Peace Like Hannah

Journaling Prompts

1.	Write a prayer expressing your deepest troubles to God.
2.	List times God has responded to your honest prayers.
3.	Journal about the ways prayer changes your perspective on fear.







Day 5: 🏠 Embracing Peace Like Hannah

Prayer for Today

Lord, You know my heart's troubles and receive my honest cries. In the midst of panic, help me turn to You without shame or fear. Guide me to the solid rock of Your peace when my soul feels faint. Fill me with hope and joy as I trust Your unfailing love. In Jesus' name, **Amen.** (2) (3) (5) (5)







Day 6: Wisdom in Calm Moments









Day 6: Wisdom in Calm Moments

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

- James 1:5 NIV: "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."
- Psalm 32:8 NIV: "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







Day 6: Wisdom in Calm Moments

Devotional: Trusting God Over Anxious Thoughts

Wise trust in God grows when we lean on Him rather than our limited understanding. Panic often clouds our judgment, making situations appear worse or more hopeless than they are.

Today's verses call us to submit every thought and decision about our anxiety to God. In doing so, He promises to direct us and clear our paths.

God's wisdom is available generously when we ask. This means even the smallest steps during panic — seeking help, practicing breathing, or reciting Scripture — can be guided by divine insight.

Let this truth empower you to lean into God's guidance instead of your anxious reasoning. In quiet moments, invite His counsel and trust Him to lead you toward peace and restoration.







Day 6: 🖓 Wisdom in Calm Moments

Reflect and Apply

nd peace?
]







Day 6: Wisdom in Calm Moments

Journaling Prompts

1.	Write about a decision you've made trusting God rather than fear.
2.	List ways you can invite God's wisdom into your moments of panic.
3.	Journal a prayer asking God for clarity and direction now.







Day 6: Wisdom in Calm Moments

Prayer for Today







Day 7: Enging Peace Like Miriam









Day 7: **5** Singing Peace Like Miriam

Your Verse

Exodus 15:20–21 NIV: "Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her... and sang to the Lord."

Supporting Scriptures

- Psalm 98:4 NIV: "Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises!"
- Psalm 147:3 NIV: "He heals the brokenhearted and binds up their wounds."







Day 7: 5 Singing Peace Like Miriam

Devotional: Praising God as a Path to Peace

Miriam led the women in song after God's deliverance of Israel. Music and praise have long been powerful tools for restoring peace and joy in the soul.

When panic strikes, it can feel like everything is out of control. Singing or listening to worship music directs your focus upward, reminding your heart of God's power and faithfulness.

Praise breaks the chains of fear, uplifting the soul and realigning our posture toward hope. Even a whispered melody or the rhythm of a favorite hymn can soothe the tremors of panic and call your spirit into stillness.

Today, choose to sing or listen to songs of praise, letting your heart join Miriam's chorus of trust and celebration.







Day 7: 🕭 Singing Peace Like Miriam

Reflect and Apply

1.	How does music influence your feelings during anxiety?
2.	What songs or verses help you focus on God's power and love?
3.	How might praise shift your perspective during panic attacks?







Day 7: 🕭 Singing Peace Like Miriam

Journaling Prompts

1.	Write about a time music helped you find peace in hard circumstances.
2.	List songs or scriptures that bring you comfort and strength.
3.	Journal a prayer of praise to God for His care and protection.







Day 7: **5** Singing Peace Like Miriam

Prayer for Today

















Day 8: 1 Light in the Darkness

Your Verse

Psalm 119:105 NIV: "Your word is a lamp to my feet and a light to my path."

Supporting Scriptures

- John 1:5 NIV: "The light shines in the darkness, and the darkness has not overcome it."
- Isaiah 60:1 NIV: "Arise, shine, for your light has come, and the glory of the Lord rises upon you."







Day 8: 1 Light in the Darkness

Devotional: God's Word Illuminates Fearful Moments

In panic, darkness can seem to engulf our mind and spirit. Yet God's Word shines as a steady lamp, guiding us step-by-step through fear.

When anxiety spirals, Scripture is a lifeline illuminating truth beyond the shadows. It reminds us that no darkness can overcome God's light or His promises.

Arise, shine — **even when panic wants to keep you paralyzed.** God's glory is rising upon you, offering a beacon of hope and courage amid confusion.

Take time today to read and meditate on Scripture, letting God's light penetrate your fears and lead you toward peace.







Day 8: 🐧 Light in the Darkness

Reflect and Apply

1.	What fears or thoughts feel like darkness around you right now?
2.	How can reading Scripture provide guidance and hope in panic?
3.	What steps can you take to 'arise and shine' despite anxiety?







Day 8: 🐧 Light in the Darkness

Journaling Prompts

1.	Write about a passage that has brought you comfort in dark times.
2.	List scriptures you can turn to when panic threatens to overwhelm.
3.	Journal a prayer asking God to shine His light on your anxious fears.







Day 8: 1 Light in the Darkness

Prayer for Today

Lord, Your Word is my lamp and light, breaking through the darkness of panic. Shine Your truth into the shadows of my mind, so I may walk confidently in Your peace. Help me to arise and shine, trusting in Your presence even when fear is near. In Jesus' name, **Amen.** 1

















Day 9: 💧 Living Water for the Soul

Your Verse

John 4:13–14 NIV: "Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst."

Supporting Scriptures

- Psalm 42:1 NIV: "As the deer pants for streams of water, so my soul pants for you, my God."
- Revelation 21:6 NIV: "To the thirsty I will give water without cost from the spring of the water of life."







Day 9: \(\subseteq \text{Living Water for the Soul} \)

Devotional: Jesus Quenches Our Soul's Thirst

Jesus offers a living water that satisfies the deep thirst within our souls.

Anxiety often drains us—emotionally parched and thirsting for peace beyond what the world offers.

When panic hits, come drink deeply from Jesus' wellspring of life and peace. This living water refreshes your heart and soul, transforming fear into calm.

Ask Jesus to fill your thirsty soul today with His grace and presence. Let this refreshing connection renew your strength and silence the turmoil within.

Remember, you do not have to struggle alone; His living water flows freely, ready to restore.







Day 9: 👌 Living Water for the Soul

Reflect and Apply

1.	What emptiness or thirst do you feel in moments of panic?
2.	How can you invite Jesus to refresh your soul today?
3.	Describe ways God's 'living water' has restored you in hard times.







Day 9: 👌 Living Water for the Soul

Journaling Prompts

	Write about a time you experienced deep refreshment from God's presence.
2.	List ways you can 'drink' from Jesus during anxious moments.
3.	Journal a prayer asking Jesus to satisfy your soul's thirst now.







Day 9: \(\subseteq \text{Living Water for the Soul} \)

Prayer for Today

Jesus, You are the living water that refreshes my weary soul. When panic leaves me thirsty and drained, fill me anew from Your spring of peace. Help me to come to You often and rest in Your grace. Thank You for satisfying my deepest needs. In Your name, **Amen.** \lozenge $\rlap{\ }\bigcirc$ $\rlap{\ }\bigcirc$







Day 10: Od's Presence in Loneliness









Day 10: 🍑 God's Presence in Loneliness

Your Verse

Psalm 23:4 NIV: "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Supporting Scriptures

- Deuteronomy 31:6 NIV: "The Lord himself goes before you and will be with you; he will never leave you nor forsake you."
- Hebrews 13:5 NIV: "Never will I leave you; never will I forsake you."







Day 10: Od's Presence in Loneliness

Devotional: God Walks With You Through Darkness

Panic attacks can bring profound feelings of loneliness and isolation. Yet Psalm 23 reminds us that even in the darkest valleys, God walks beside us.

His rod and staff symbolize protection and guidance, offering comfort when fear feels overwhelming. You are never truly alone, even when panic tempts you to believe otherwise.

God's presence is your constant companion, surrounding you with care and courage. Reach out to Him in those lonely moments and receive His peaceful embrace.

Remember His unbreakable promise: He will never leave or forsake you.







Day 10: Ծ God's Presence in Loneliness

Reflect and Apply

1.	How does loneliness impact your experience of panic?
2.	How does knowing God never forsakes you change your perspective?
3.	What ways can you sense God's comforting presence today?







Day 10: 🍑 God's Presence in Loneliness

Journaling Prompts

1.	Write about a moment when God's presence comforted you deeply.
2.	List practical ways to remind yourself you are not alone in panic.
3.	Journal a prayer inviting God's companionship into your fears.







Day 10: 🍑 God's Presence in Loneliness

Prayer for Today

Dear Lord, when loneliness and fear press in, remind me that You are always with me. Thank You for Your comfort, protection, and constant presence through every valley. Help me to feel Your nearness and trust in Your unfailing love. I am never alone because You walk beside me. In Jesus' name, **Amen.** \heartsuit



















Day 11: 💪 Breathing with the Spirit

Your Verse

Genesis 2:7 NIV: "The Lord God formed the man from the dust and breathed into his nostrils the breath of life."

Supporting Scriptures

- Ezekiel 37:5 NIV: "I will make breath enter you, and you will come to life."
- Acts 2:4 NIV: "They were all filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."







Day 11: 💪 Breathing with the Spirit

Devotional: God's Breath Brings Life and Peace

Our breath is a powerful connection to life and to God's Spirit. Panic attacks often disturb breathing patterns, escalating fear and physical tension.

Remember God's breath that gave life at creation—the same Spirit who can renew and calm you now. Conscious, slow breathing connects body and spirit, inviting the Holy Spirit's peaceful presence to fill and restore.

Practice deep, intentional breaths as a spiritual tool in moments of panic. Let each inhale remind you of God's life-giving Spirit and each exhale release fear and tension.

Invite the Holy Spirit into your breath and body, allowing peace to flow through every cell.







Day 11: 🕞 Breathing with the Spirit

Reflect and Apply

1.	How does your breathing change when panic arises?
2.	In what ways can you use breath as a tool to invite God's peace?
3.	What spiritual significance do you find in God's breath giving life?







Day 11: 🕞 Breathing with the Spirit

Journaling Prompts

1.	Describe your experience practicing slow, intentional breathing.
2.	Write a prayer inviting the Holy Spirit to fill your breath and heart.
3.	List practical breathing techniques linked with Scripture that calm fear.







Day 11: 🔂 Breathing with the Spirit

Prayer for Today

Holy Spirit, breathe life and peace into me when panic disrupts my breath. Help me to slow down, breathe deeply, and be filled by Your calming presence. Restore my soul with every inhale and release my fears with every exhale. Fill me anew today with Your life-giving breath. In Jesus' name, Amen.

















Day 12:

God's Timing, Not Ours

Your Verse

Ecclesiastes 3:1 NIV: "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Psalm 27:14 NIV: "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 NIV: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles."







Day 12: 🙇 God's Timing, Not Ours

Devotional: Trusting God's Perfect Timing

In the throes of panic, we often wish for immediate relief. God's timing, however, may require patience and trust through seasons of waiting.

Ecclesiastes reminds us that every moment has a purpose—even anxious seasons. Waiting on the Lord doesn't mean inactivity; it requires strength, courage, and hope.

Trust that He is working in your life, renewing your strength even when you cannot see the full picture. Embrace His timing, confident that peace will come at the right moment.

Today, practice waiting on God with heart courage, knowing He moves in perfect love and purpose.







Day 12: 🚨 God's Timing, Not Ours

Reflect and Apply

1.	How do you feel about waiting for peace during anxious times?
2.	What does waiting on God look like for you practically?
3.	How can trusting God's timing renew your strength and hope?







Day 12: 🚨 God's Timing, Not Ours

Journaling Prompts

1.	Write about times God's timing surprised you with good outcomes.
2.	Journal your feelings about waiting for peace and healing.
3.	Pray for courage and patience to trust God's perfect timing.







Day 12: 🚨 God's Timing, Not Ours

Prayer for Today

Lord, teach me to wait patiently and trust Your perfect timing amidst anxiety. Renew my strength and give me courage to take heart as I wait on You. Help me believe that Your timing is good and peace will come in Your way and season. In Jesus' name, **Amen.** \triangle \triangle \diamondsuit

















Day 13: Fiving in God's Provision

Your Verse

Matthew 6:31-33 NIV: "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?"... But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Supporting Scriptures

- Philippians 4:19 NIV: "And my God will meet all your needs according to the riches of his glory in Christ Jesus."
- Psalm 34:10 NIV: "The lions may grow weak and hungry, but those who seek the Lord lack no good thing."







Day 13: Fiving in God's Provision

Devotional: Trusting God to Provide Every Need

Worry often robs us of the joy of God's provision in our daily lives. Anxiety about basic needs creates paralyzing 'what if' scenarios that fuel panic.

Jesus commands us not to be consumed with worry but to seek God's kingdom first. When we prioritize relationship with Him, He promises to supply all our needs abundantly.

Place your anxious thoughts about provision into God's hands today. Trust His faithful promises that nothing good will be withheld from His children.

Live confidently in His provision and rest assured that He cares deeply for every aspect of your life.







Day 13: 🎸 Living in God's Provision

Reflect and Apply

1.	What worries about provision fuel your panic most?
2.	How can seeking God's kingdom shift your focus away from anxiety?
3.	What evidence have you seen of God's faithful provision?







Day 13: Living in God's Provision

Journaling Prompts

1.	Write about times God provided unexpectedly in your life.
2.	List your needs and release them to God in prayer.
3.	Journal a commitment to seek God's kingdom above worry today.







Day 13: Fliving in God's Provision

Prayer for Today

Heavenly Father, I release my worries about provision into Your capable hands. Help me to seek Your kingdom and righteousness first, trusting in Your promises to provide. Replace my anxiety with steadfast faith in Your care and abundance. Thank You for meeting every need according to Your glorious riches. In Jesus' name, Amen.

















Your Verse

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

Supporting Scriptures

- Matthew 11:28 NIV: "Come to me, all you who are weary and burdened, and I will give you rest."
- Proverbs 3:24 NIV: "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."







Devotional: Surrendering Anxiety for Restful Sleep

Sleep and rest are often disrupted by panic and anxiety. God longs to restore your peace and safety even in these vulnerable moments.

Psalm 4:8 offers a beautiful picture of lying down in peace because God alone guards your safety. Jesus invites the weary to come to Him for rest—rest that refreshes soul and body.

Tonight, intentionally surrender your fears to God before sleep. Trust His protection over you and ask Him to grant restorative rest.

Allow His peace to quiet anxious thoughts so you can sleep safely in His loving care.







Reflect and Apply

1.	How does anxiety affect your quality of rest and sleep?
2.	What does it mean to you that God makes you dwell in safety?
3.	How can you practice surrendering your fears before bedtime?







Journaling Prompts

1.	Write about your bedtime routine and how to incorporate surrender to God.
2.	List fears or worries you want to release before sleep tonight.
3.	Journal a prayer inviting God's peace over your rest.







Prayer for Today

Lord, as I lie down to sleep, I entrust my fears and anxieties to You. Thank You for being my refuge and safety through the night. Grant me peaceful, restorative sleep filled with Your presence and protection. Calm my mind and renew my strength for tomorrow. In Jesus' name, **Amen.**

















Your Verse

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

Supporting Scriptures

- Romans 8:38–39 NIV: "For I am convinced that neither death nor life... will be able to separate us from the love of God."
- Psalm 33:18 NIV: "But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love."







Devotional: God's Love Drives Out Fear

Fear thrives where love is absent. Panic attacks often come with a sense of isolation and vulnerability that feeds fear.

God's perfect love — a love that never fails or deserts — casts out fear. When you dwell in His love, fear loses its power.

Choose today to abide in God's unfailing love. Meditate on His promises and remember that nothing can separate you from His care.

Love is stronger than panic. Let God's love saturate your heart and dispel every anxious thought.







Reflect and Apply

	How does fear feel different when you remember God's perfect love for you?
2.	What steps can you take to choose love over fear in anxious moments?
3.	How does God's unfailing love bring hope during panic attacks?







Journaling Prompts

1.	Write about ways you have experienced God's love overcoming fear.
2.	List fears you want God's love to conquer today.
3.	Journal a prayer inviting God's perfect love to fill your heart.







Prayer for Today

Father, Your perfect love casts out all fear. Help me to dwell deeply in Your unfailing love today, replacing panic with peace. Remind me that nothing can separate me from Your care and presence. Fill me with courage and hope as I choose love over fear. In Jesus' name, **Amen.**

















Your Verse

Romans 8:38–39 NIV: "Nothing in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- Jeremiah 32:40 NIV: "I will make an everlasting covenant with them: I will never stop doing good to them."
- Psalm 121:7–8 NIV: "The Lord will keep you from all harm; he will watch over your life."







Devotional: Unshakable Security in God's Love

It can feel fragile to trust in times of panic, but God's promises are unshakable. Romans assures us that nothing can separate us from God's love—neither fear, failure, nor panic.

God's covenant with His people is everlasting and filled with goodness. He watches over you closely, guarding every moment.

Anchor your heart in these unbreakable promises today. When panic tries to push you into doubt, remind yourself of God's secure love and protection.

His promises are a strong fortress no anxiety can breach.







Reflect and Apply

1.	What doubts or fears challenge your belief in God's promises?
2.	How does embracing God's covenant help you face panic with hope?
3.	In what practical ways can you remember God's protection today?







Journaling Prompts

1.	Write about a relationship or promise in God that feels secure and steady.
	List scriptures that remind you of God's everlasting covenant and protection.
3.	Journal a prayer thanking God for His faithful promises.







Prayer for Today

Lord, thank You for loving me with an everlasting, unbreakable covenant. When fear and panic try to shake me, help me cling to Your promises. Protect me from all harm and assure me of Your constant watchfulness. Secure my heart in Your unfailing love. In Jesus' name, **Amen.**









Day 17: **3** Beauty Through Trial









Day 17: 3 Beauty Through Trial

Your Verse

James 1:2-4 NIV: "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

Supporting Scriptures

- Romans 5:3–5 NIV: "We also glory in our sufferings, because we know that suffering produces perseverance."
- 2 Corinthians 12:9 NIV: "My grace is sufficient for you, for my power is made perfect in weakness."







Day 17: W Beauty Through Trial

Devotional: Perseverance Grows Through Trials

Panic and anxiety can feel like unending trials. Yet these hardships, through God's refining, produce perseverance and spiritual maturity.

James encourages us to see trials as opportunities for growth and joy — not because the pain is good in itself but because God uses it to shape and strengthen us.

God's grace is always sufficient, shining brightest in our moments of weakness. Your current pain is not wasted but woven into a beautiful testimony of faith.

Let today's truths inspire you to trust God's transforming work in your anxiety journey.







Day 17: 👺 Beauty Through Trial

Reflect and Apply

1.	How have past trials shaped your faith and strength?
2.	Can you see your panic as part of God's refining process?
3.	What does God's sufficient grace mean for you in weakness?







Day 17: 👺 Beauty Through Trial

Journaling Prompts

1.	Write about a difficult season that ultimately produced growth.
2.	List ways God's grace has supported you during times of weakness.
	Journal a prayer surrendering your current trials to God's transformative power.







Day 17: 👺 Beauty Through Trial

Prayer for Today

Gracious God, help me to find joy and hope even in trials of anxiety. Thank You that Your grace is sufficient and Your power shines in my weakness. Strengthen my faith and produce perseverance in my heart. Use my struggles to shape me more into Your likeness. In Jesus' name, **Amen.**









Day 18: 🕹 Cultivating Stillness









Your Verse

Psalm 62:1 NIV: "Truly my soul finds rest in God; my salvation comes from him."

Supporting Scriptures

- Zephaniah 3:17 NIV: "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."
- Isaiah 30:15 NIV: "In repentance and rest is your salvation."







Devotional: Restoring Peace Through Stillness

The practice of stillness helps to counter the chaos of panic attacks.

Cultivating moments of quiet in God's presence roots your soul and invites peace.

Psalm 62 invites us to find true rest only in God. Though the world spins, stilling your heart before Him draws life-giving calm.

Let God's loving quietness soothe your anxious soul today. Try physical stillness—slow your movements, breathe deeply, and center thoughts on God's character and promises.

Repentance and rest go hand-in-hand, opening the door to salvation in everyday moments.







Reflect and Apply

1.	How comfortable are you with stillness during panic moments?
2.	What distractions keep you from resting fully in God's presence?
2	II and any analyticate deiledealite that invite Cad's calculus a suist.
<i>3</i> .	How can you cultivate daily habits that invite God's calming quiet?







Journaling Prompts

1.	Write about a time stillness helped you find peace in anxiety.
2.	List practical ways to create moments of stillness in your day.
3.	Journal a prayer asking God to quiet your heart and mind.







Prayer for Today

Lord, teach me to be still and know that You are God. Help me cultivate quiet moments where my soul finds true rest in You. Quiet my anxious thoughts and fill me with peace as I surrender control. Thank You for delighting in me and saving me. In Jesus' name, **Amen. 4**















Your Verse

Ephesians 6:11 NIV: "Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- Isaiah 54:17 NIV: "No weapon forged against you will prevail."
- 2 Corinthians 10:4 NIV: "The weapons we fight with are not the weapons of the world."







Devotional: Equipped with God's Armor Against Fear

Anxiety often attacks through lies and fear, but God equips you with armor for protection. Ephesians encourages believers to actively put on God's full armor as spiritual defense.

Each piece—truth, righteousness, peace, faith, salvation, and God's word—guards you from panic's assault.

Practice spiritual intentionality by 'dressing' yourself in God's armor daily. This strengthens your mind and spirit against the enemy's tricks.

Trust that no weapon of anxiety can overcome the strength God provides you.







Reflect and Apply

1.	Which parts of God's armor do you find most helpful in panic?
2.	How does recognizing anxiety as a spiritual battle change your approach?
3.	What practical steps can you take to put on God's armor each day?







Journaling Prompts

1.	Write about a time you felt protected by God during anxiety.
2.	List the armor pieces and how they combat different fears.
3.	Journal a prayer putting on God's armor for today.







Prayer for Today

Heavenly Father, I put on Your full armor to stand against the fears and lies that fuel my anxiety. Clothe me with truth, righteousness, peace, faith, salvation, and Your Word. Help me to resist the enemy's schemes and walk confidently in Your strength. No weapon of fear will prevail over me. In Jesus' name, **Amen.**

















Your Verse

Hebrews 4:12 NIV: "For the word of God is alive and active. Sharper than any double-edged sword..."

Supporting Scriptures

- Psalm 119:11 NIV: "I have hidden your word in my heart that I might not sin against you."
- Joshua 1:8 NIV: "Keep this Book of the Law always on your lips; meditate on it day and night."







Devotional: Using Scripture as Your Spiritual Weapon

God's Word is an active, living force, sharper than any sword. It penetrates the deepest parts of our hearts, including anxious thoughts and fears.

Storing Scripture in your heart provides a powerful weapon against panic and discouragement.

Develop habits of memorization, meditation, and declaration of God's promises. Let Scripture become your go-to refuge and defense during panic episodes.

Anchoring your soul in His Word steadies your heart and arms you with truth.







Reflect and Apply

What Scriptures do you find most comforting or empowering in panic?
How can memorizing God's Word protect and calm your mind?
What new habits can you form to deepen your engagement with Scripture?







Journaling Prompts

1.	Write down favorite verses that calm your fear and anxiety.
2.	Plan a daily Scripture meditation or memorization routine.
3.	Journal a prayer asking God to impress His Word on your heart.







Prayer for Today

Lord, Your Word is alive and powerful, cutting through my anxious thoughts. Help me to hide Your promises in my heart and meditate on them daily. Equip me to use Scripture as my weapon and shield when panic threatens. May Your truth anchor and defend me always. In Jesus' name, **Amen.** \square \wedge \triangleleft \wedge

















Your Verse

Isaiah 26:3 NIV: "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Supporting Scriptures

- John 14:27 NIV: "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Romans 15:13 NIV: "May the God of hope fill you with all joy and peace as you trust in him."







Devotional: Steadfast Trust Leads to God's Perfect Peace

As this 21-day journey concludes, remember that perfect peace is found in steadfast trust. When you fix your mind firmly on God, He keeps your heart peacefully steady.

Jesus offers a peace unlike anything the world can give—a lasting, soul-deep calm.

Walking forward, let trust be your daily choice. Panic may arise again, but with God's peace, you can navigate life with joy, hope, and confidence.

Remain connected to Him in prayer, Scripture, and community. Your journey toward peace is ongoing but assured because He is faithful.







Reflect and Apply

	How has your understanding of God's peace deepened through this study?
2.	What practical habits will you continue to cultivate to maintain peace?
	How can you encourage others facing anxiety with the truths you've learned?







Journaling Prompts

1.	Write about your biggest takeaway from this 21-day study.
2.	List ways you will actively trust God in future anxious moments.
3.	Journal a prayer committing to walk forward in God's peace.







Prayer for Today

Lord, thank You for keeping me in perfect peace as I trust in You. Help me to keep my mind steadfast on Your truth, walking forward with confidence and joy. May Your peace guard my heart and mind in every situation. Use me to share this hope with others. In Jesus' name, **Amen.** \triangle \bigcirc \bigcirc \bigcirc







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

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 info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

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.