# Women of Strength: Living Philippians 4:6-7 Every Day



A 21-day journey for women to overcome anxiety by embracing prayer, thanksgiving, and trust rooted in Philippians 4:6-7.





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#### Introduction

Welcome to this transformative 21-day Bible study designed especially for women seeking peace amidst anxiety. We live in a world full of challenges and uncertainties, and anxiety can easily grip our hearts. Yet, Scripture offers a profound solution in *Philippians 4:6-7*, reminding us to replace worry with prayer and thanksgiving, allowing God's peace to guard our hearts and minds.

This study invites you on a deep journey into the heart of this passage. Across three weeks, you will explore how authentic prayer, genuine gratitude, and unwavering trust transform anxious thoughts into peaceful assurance. Each day highlights a woman in Scripture or a biblical truth that enriches our understanding of anxiety and God's sustaining power.

Whether you face anxiety daily or seek to strengthen your faith for future storms, this study will equip you. We'll dive into real-life applications, reflection questions, and heartfelt prayers to encourage a renewed mindset rooted in God's promises. Remember, you are not alone—each step of the way, God's peace is available when you seek Him.

Let's embark together on this journey toward deeper faith, profound peace, and greater confidence in God's care. *Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.* 

















# Day 1: Day 1: Peace









#### 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 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."







# Devotional: Foundation of Peace: Prayer and Thanksgiving

Starting with the promise of peace. Philippians 4:6-7 is often quoted because it holds the key to anxiety-free living — not by ignoring challenges but by replacing worry with faith. This passage teaches us that peace is not the absence of difficulties but the presence of God's guard over our hearts, especially when we bring our worries to Him through prayer and thanksgiving.

Imagine a daily practice where instead of stewing in anxious thoughts, you bring each concern to God as a petition, wrapped in gratitude. Gratitude is powerful; it shifts our focus from problems to God's provisions. When anxiety strikes, remember to pause, pray sincerely, and thank God for His faithfulness.

This is the foundation: God invites you to cast your cares on Him, and in return, He offers peace beyond human understanding. Today, consider any worries you're holding and invite God into those moments. Let this be the first step of your journey.







Day 1: 💮 Embracing God's Peace

# Reflect and Apply

1.	What worries are occupying your heart right now?
2.	How can approaching God with thanksgiving change your perspective on these worries?
	What does 'peace that transcends understanding' mean for you personally?







Day 1: 💮 Embracing God's Peace

# **Journaling Prompts**

1.	List three specific anxieties you want to bring to God in prayer.
2.	Write down things you are thankful for today, even amid challenges.
3.	Describe how you currently react to anxiety and how you'd like that to change.







Day 1: 🛞 Embracing God's Peace

#### Prayer for Today

Heavenly Father, today I come to You with an open heart. I bring my anxieties before You and choose to trust You with every concern. Help me to pray earnestly and remember to be thankful, even in the midst of uncertainty. Guard my heart and mind with Your perfect peace that goes beyond all understanding. Remind me that You are always near, and Your love is steadfast. In Jesus' name, *amen.*









Day 2: 💋 Trusting Beyond Sight









Day 2: **B** Trusting Beyond Sight

#### Your Verse

Proverbs 3:5 NIV: "Trust in the LORD with all your heart and lean not on your own understanding;"

#### **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.







Day 2: **B** Trusting Beyond Sight

#### Devotional: Choosing Trust Over Control

**Trust is essential in overcoming anxiety.** Women often feel pressure to control every detail, especially when anxious. But Scripture invites us to release control and trust God's perfect plan, even when we can't see the whole picture.

Proverbs 3:5 reminds us to lean not on our own understanding but wholeheartedly trust God. This trust requires humility; it means admitting that our perspective is limited, but God's wisdom is infinite. When anxiety tempts us to doubt, we choose faith instead — believing God's plans for us are good and that He works all things for our good.

Trusting God is a daily decision. It doesn't mean we won't face tough emotions, but it means we refuse to let fear dictate our actions. Let today be a day of surrendering control and embracing God's loving guidance.







Day 2: 💋 Trusting Beyond Sight

# Reflect and Apply

1. I	n what areas of your life do you struggle to trust God fully?
_	
	How might leaning on your own understanding fuel anxiety rather than beace?
_	
3. V	What helps you take the step to trust God more deeply amid uncertainty?
_	







Day 2: 💋 Trusting Beyond Sight

# **Journaling Prompts**

	Write about a time God came through when you didn't understand His plan.
2.	List fears or worries you are holding onto instead of surrendering to God.
3.	Describe what trusting God looks like in your daily life.







Day 2: **B** Trusting Beyond Sight

#### Prayer for Today

**Lord,** I confess that sometimes I try to manage everything on my own. Today, I choose to surrender my need for control and place my trust fully in You. Help me to remember Your promises and rest in Your perfect plans. When fear knocks, remind me to look to You first. Strengthen my faith and steady my heart. In Jesus' name, *amen.* (1)

















Day 3: 🌄 Prayer as a Powerful Weapon

#### Your Verse

1 Thessalonians 5:17 NIV: "Pray continually,"

#### **Supporting Scriptures**

- James 5:16 "The prayer of a righteous person is powerful and effective."
- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."







Day 3: W Prayer as a Powerful Weapon

#### Devotional: Developing a Habit of Prayer

**Prayer is the lifeline for overcoming anxiety.** Philippians 4:6 exhorts us to bring every concern before God through prayer and supplication. For women balancing many roles, it can feel overwhelming, yet God invites us to pray continually — not just in times of crisis but as a way of life.

Prayer connects our hearts with God's, aligning our will with His and casting our burdens away. It is both declaration and surrender, a practice that strengthens us spiritually. When anxiety threatens, turning first to God in prayer redirects our focus from problems to the Problem Solver.

*Imagine the power in persistent prayer.* The peace that follows is a testimony to the faithfulness of our God who hears and answers. Commit today to a prayer discipline that shapes your mindset and draws you closer to Him.







Day 3: 👺 Prayer as a Powerful Weapon

# Reflect and Apply

1.	How consistent is your prayer life when anxiety rises?
2.	What obstacles prevent you from praying continually?
3.	How have you experienced God's faithfulness through prayer?







Day 3: 🎖 Prayer as a Powerful Weapon

#### **Journaling Prompts**

	Record your prayer requests and any answers you notice throughout the day.
2.	Reflect on moments when prayer brought peace despite challenges.
3.	Create a list of short prayers to repeat when anxiety hits.







Day 3: Prayer as a Powerful Weapon

#### Prayer for Today

**Gracious Father,** teach me to pray without ceasing. Help me to bring my anxieties quickly into Your presence, trusting that You are attentive to every word. Give me the discipline and desire to seek You daily, knowing that prayer is my refuge and strength. Thank You for hearing me and giving peace beyond understanding. In Jesus' name, *amen.* 🙏 🖤 🗀 🐒









# Day 4: 🌉 Thankfulness Transforms









Day 4: 👸 Thankfulness Transforms

#### Your Verse

1 Thessalonians 5:18 NIV: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."







Day 4: 👸 Thankfulness Transforms

#### Devotional: The Power of Thankful Hearts

**Gratitude is a spiritual game-changer.** The anxiety mind often zeroes in on what's lacking or threatening, but Scripture challenges us to give thanks in all circumstances — not always for all circumstances, but in them.

Thankfulness refocuses our hearts on God's goodness and provision. It acknowledges His sovereignty and reminds us that He is working even when we can't see it. Practicing gratitude in the midst of trials rewires our thinking and opens doors for peace.

Today, reflect on the blessings that often go unnoticed — simple joys, lessons learned, and God's constant presence. Cultivate a habit of thanksgiving that floods your mind with hope, pushing out anxiety's grip.







Day 4: 餐 Thankfulness Transforms

#### Reflect and Apply

1.	What is one difficult situation where you can choose to be thankful?
2.	How does gratitude shift your emotional state when anxiety arises?
3.	What small blessings do you tend to overlook in your daily life?







Day 4: 餐 Thankfulness Transforms

# **Journaling Prompts**

1.	Make a list of five things you are grateful for today.
2.	Write about a time when gratitude helped you endure a trial.
	Describe how thanksgiving can become your default response instead of worry.







Day 4: 👸 Thankfulness Transforms

#### Prayer for Today

Lord of all blessings, thank You for Your unfailing love and faithfulness. Even when I feel overwhelmed, help me to cultivate a heart of gratitude. Teach me to see Your hand in every moment and give thanks in every circumstance. May thankfulness fill me and usher in Your peace. In Jesus' name, amen. 😂















Day 5: 😂 Casting Cares on God









Day 5: @ Casting Cares on God

#### Your Verse

1 Peter 5:7 NIV: "Cast all your anxiety on him because he cares for you."

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 5: 😂 Casting Cares on God

#### Devotional: Surrendering Anxiety to God's Care

The call to release anxiety to God. Anxiety feels heavy and isolating, but Scripture tells us that we don't have to carry it alone. To 'cast' something means to throw or release it fully. God invites you to throw your cares onto Him because He deeply cares for you.

This is an invitation to rest — not just physical rest, but spiritual rest for your soul. When women feel pressured to manage everything perfectly, God offers freedom through surrender. Trust that your worries are safe in His hands and that He is stronger than any fear.

Today, visualize handing over your anxieties to God personally. Experience the relief of His sustaining care and restful peace that follows.







Day 5: 😂 Casting Cares on God

# Reflect and Apply

1.	What fears or burdens are you holding tightly instead of casting on God?
2.	How can you practically 'cast' your anxiety onto God daily?
3.	What does God's care mean to you during anxious moments?







Day 5: 😂 Casting Cares on God

#### **Journaling Prompts**

1.	Write down anxieties you want to release to God right now.
2.	Document feelings you notice after imagining casting your cares to Him.
3.	Describe what resting in God looks like when worry attacks.







Day 5: @ Casting Cares on God

#### Prayer for Today

**Dear Lord,** I lay my burdens and anxieties before You today. I release the need to carry them myself and embrace Your loving care. Sustain me when I feel weak and remind me that I am never alone. Help me to rest in Your strength and peace. In Jesus' name, *amen.* (1) (2) (2)









Day 6: 😂 Strength in Weakness









Day 6: 🚨 Strength in Weakness

#### Your Verse

2 Corinthians 12:9 NIV: "My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses..."

### **Supporting Scriptures**

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 6: 🚨 Strength in Weakness

### Devotional: God's Power Shines Through Weakness

**Embracing weakness reveals God's strength.** Anxiety often makes us feel vulnerable and helpless but Scripture flips this perspective. When we acknowledge our weakness, God's power is fully displayed.

Paul's words in 2 Corinthians highlight that grace is enough. When anxiety exposes our limits, it opens the door for God's perfect strength to shine. Women, especially, may wrestle with the pressure to appear strong—but God values sincere honesty and reliance on Him above all.

Today, welcome your weaknesses, knowing they are the canvas for God's grace and power. Rather than shame, let your vulnerability lead you closer to God's empowering presence.







Day 6: 😂 Strength in Weakness

## Reflect and Apply

1.	How do you typically respond to feelings of weakness or anxiety?
2.	What prevents you from embracing your limitations before God?
	How can seeing your weakness as an opportunity for God's strength encourage you?







Day 6: 😂 Strength in Weakness

## **Journaling Prompts**

	Write about a situation where God's power was evident through your weakness.
2.	List ways you can be more honest with God about your struggles.
3.	Journal how accepting weakness could reduce your anxiety.







Day 6: 🚨 Strength in Weakness

## Prayer for Today

**Mighty God,** thank You that Your grace covers my weakness and that Your power is made perfect when I feel powerless. Help me to release the need to be self-sufficient and to rely fully on You. Strengthen me, renew my spirit, and fill me with Your peace today. In Jesus' name, *amen.* & 🙏 👺 👽

















#### Your Verse

Judges 4:4-5 NIV: "Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time..."

#### **Supporting Scriptures**

- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
- Psalm 27:1 "The LORD is my light and my salvation—whom shall I fear?"







### Devotional: Finding Courage in God's Leadership

**Deborah: A woman of faith and courage.** In a time of turmoil, Deborah led Israel with wisdom and trust in God's guidance. Her story reminds us that courage is an essential part of overcoming fear and anxiety.

Women often face unique pressures, but God calls us to be bold in faith, not timid in worry. Deborah's leadership stemmed from deep trust and spiritual strength. When anxiety threatens to paralyze you, remember Deborah's example — leaning on God's direction.

Let courage arise today. Pray for the strength to face challenges with confidence, knowing God fights alongside you.







## Reflect and Apply

1.	Where in your life do you need courage to face anxiety today?
2.	How can Deborah's example inspire your faith walk?
3.	What steps can you take to rely more on God's strength daily?







## **Journaling Prompts**

	Write a prayer asking God for courage in a specific anxiety-inducing situation.
	Reflect on a past experience where you acted courageously with God's help.
3.	List Scripture verses that encourage boldness and faith.







## **Prayer for Today**

Faithful God, thank You for the example of women like Deborah who trusted You courageously. Help me to be strong and fearless when anxiety rises. Guide my steps and remind me that You are always with me. Fill me with boldness to face each day with confidence in Your power. In Jesus' name, amen. ② ① 🉏 💸

















#### Your Verse

Luke 1:38 NIV: "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her."

#### **Supporting Scriptures**

- Psalm 37:5 "Commit your way to the LORD; trust in him and he will do this."
- Romans 12:1 "Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."







## Devotional: Surrendering with Faith Like Mary

Mary's trust and submission as a model for anxious hearts. At a young age, Mary accepted an incredible calling with faith and obedience. She didn't know all the details or outcomes, yet she said, 'May your word to me be fulfilled.'

Anxiety often arises from fear of the unknown. Mary's example teaches us to surrender our plans and place our lives in God's hands, even when the future is uncertain.

By choosing submission and trust, Mary experienced God's peace and purpose. Like her, you too can embrace God's will with a faithful and peaceful heart today.







# Reflect and Apply

1.	What uncertainties in your life cause anxiety?
2.	How willing are you to say 'yes' to God's plans, even without full understanding?
3.	What can help deepen your trust when facing unknowns?







## **Journaling Prompts**

1.	Write a personal 'yes' prayer to God's plans for your life.
2	Deflect on more onto when Cod directed your nath unexpectedly
۷.	Reflect on moments when God directed your path unexpectedly.
3.	Journal how submission has brought peace or growth in your journey.







## Prayer for Today

**Lord God,** like Mary, I want to say 'yes' to Your will even when I don't see the full picture. Help me surrender my fears and trust Your perfect plan. Fill me with peace and courage to walk in obedience today, knowing Your ways are best. In Jesus' name, *amen.*  $\bigwedge$   $\bigotimes$   $\bigotimes$ 

















#### Your Verse

1 Samuel 1:27 NIV: "I prayed for this child, and the LORD has granted me what I asked of him."

#### **Supporting Scriptures**

- Luke 18:1 "Then Jesus told his disciples a parable to show them that they should always pray and not give up."
- Psalm 62:8 "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."







## Devotional: The Power of Persistent Prayer

**Hannah's story: a lesson in faithful, persistent prayer.** Hannah faced deep anguish and anxiety due to her barrenness. Yet she sought the Lord with humility and persistence, pouring out her heart in prayer until God answered.

Her story encourages women to continue praying through seasons of waiting and uncertainty. Anxiety can tempt us to give up, but God's timing is perfect. Persistent prayer is not about changing God, but about changing our hearts — it deepens trust, patience, and reliance on Him.

*Are you in a waiting season?* Be encouraged to bring your prayers continually before God and trust His faithfulness.







## Reflect and Apply

1.	In what areas of your life do you need to pray persistently?
2.	How does persistent prayer strengthen your trust in God's timing?
3.	What emotions come up when you feel your prayers are unanswered?







## **Journaling Prompts**

	Write about a time when persistent prayer changed your perspective or situation.
2.	List prayer requests you want to commit to praying for consistently.
3.	Journal your feelings during times of waiting and how you seek God.







## Prayer for Today

**Dear God,** teach me to pray persistently like Hannah, trusting that You hear every cry of my heart. Help me to wait patiently for Your answers and to remain faithful in every season. Fill me with hope and peace as I lean on You. In Jesus' name, *amen.* 🙏 🔾 🔾

















#### Your Verse

Philippians 4:7 NIV: "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- Isaiah 54:17 "No weapon forged against you will prevail..."
- John 14:27 "Peace I leave with you; my peace I give you... Do not let your hearts be troubled."







#### Devotional: God's Peace Guards Your Heart

**God's peace is a protective shield.** Anxiety attacks our hearts and minds like arrows aiming to break our peace. But Philippians 4:7 promises a supernatural peace that not only calms but actively guards us.

This peace transcends human reasoning — it is a spiritual guarding against fear, doubt, and despair. Recognizing that God's peace acts as a sentinel can empower you to stand firm when anxiety threatens.

Today, picture God's peace as a strong wall protecting your inner self. Trust in this protection, and refuse to let fear enter your thoughts.







# Reflect and Apply

1.	How do you experience God's peace during anxious moments?
2.	What mental or emotional 'gates' can you close to let God's peace in?
3.	How can knowing peace is a guard change your response to worry?







## **Journaling Prompts**

1.	Journal imagery or words that describe God's peace to you.
2.	Write about a moment when you felt protected by God's peace.
3.	Describe practical ways to invite God's peace into your daily routine.







## Prayer for Today

**Lord Jesus,** thank You for the promise of your peace that guards my heart and mind. Help me to welcome Your peace fully and stand firm against fear and anxiety. Shield me when doubts rise and fill me with certainty in Your love. In Your holy name, *amen.* 😂 👽 🙏 🥬

















#### Your Verse

Ruth 1:16 NIV: "Where you go I will go, and where you stay I will stay... Your people will be my people and your God my God."

#### **Supporting Scriptures**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Psalm 46:5 "God is within her, she will not fall; God will help her at break of day."







### Devotional: Faithful Loyalty Calms Anxious Hearts

Ruth's story embodies trust and loyalty in uncertain times. Facing loss and an unknown future, Ruth chose faithfulness to Naomi and to God. Her decision shows how alliance with God and others can calm anxious hearts.

Her willingness to follow God's path despite insecurity speaks to us as women often called to leap into the unknown with faith. Together with God's presence, loyalty to Him and community offers strength.

Today, reflect on your loyalties and where you find your greatest support and courage. Trust in God's faithful companionship through every trial.







# Reflect and Apply

or what anchors your faith during anxious seasons?
does commitment to God and others influence your peace?
nat ways might you deepen your loyalty to God today?







## **Journaling Prompts**

	Write about a relationship or community that has supported you spiritually.
2.	Reflect on times being loyal to God brought peace amid uncertainty.
3.	Journal on how you can strengthen your trust and commitment.







## Prayer for Today

God of Faithfulness, thank You for Your unwavering presence and the gift of loyal love through others. Help me to remain faithful to You and to surround myself with God-centered community. Strengthen my trust and calm my anxieties with Your enduring peace. In Jesus' name, *amen.* 🙏 🌣 😂

















#### Your Verse

Luke 1:41 NIV: "When Elizabeth heard Mary's greeting, the baby leaped in her womb..."

#### **Supporting Scriptures**

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- Hebrews 10:24-25 "Encourage one another and build each other up..."







### Devotional: The Gift of Encouragement

**Elizabeth's greeting brought encouragement and peace.** In moments of doubt or fear, encouragement from others holds immense value, especially among women.

Elizabeth's joyful welcome to Mary is an inspiring example of how support uplifts faith. Anxiety often isolates, but God designed relationships to strengthen and remind us of His promises.

*Today, seek or offer encouragement.* Reach out or receive words that sharpen your hope and deepen your trust in God.







# Reflect and Apply

1.	Who encourages you when anxiety feels overwhelming?
2.	How do you support others facing fear or uncertainty?
3.	What role does community play in experiencing God's peace?







# **Journaling Prompts**

Write about a moment someone's encouragement impacted your faith.
List ways you can be an encourager to others this week.
Reflect on how you feel after receiving support in anxiety.







## Prayer for Today

**Lord,** thank You for the people You place in my life to encourage and uplift me. Help me to be a source of hope for others and to welcome encouragement with a grateful heart. Bind us together in Your love and peace. In Jesus' name, amen.

















#### Your Verse

Genesis 21:1–2 NIV: "Now the LORD was gracious to Sarah as he had said, and the LORD did for Sarah what he had promised."

## **Supporting Scriptures**

- Psalm 40:1 "I waited patiently for the LORD; he turned to me and heard my cry."
- Lamentations 3:25 "The LORD is good to those whose hope is in him."







## Devotional: Patience and Hope in God's Timing

**Sarah's story showcases hope in God's timing.** She waited years to receive God's promise of a child, enduring doubt and wonder. This waiting period can reflect seasons of anxious anticipation many women face.

God's faithfulness to Sarah encourages us to hold onto hope without giving in to despair. Even when answers delay, God is working behind the scenes.

Be encouraged today to remain hopeful and patient. Trust that God's promises are sure, and He is faithful to fulfill them.







# Reflect and Apply

1.	Are you currently in a season of waiting that fuels anxiety?
2.	How does Sarah's story impact your view of God's promises?
3.	What practices help you maintain hope amid delays?







# **Journaling Prompts**

Write about a promise from God you are waiting to see fulfilled.
Reflect on how waiting has strengthened your faith or character.
List scriptures that inspire patience and hope for you.







## Prayer for Today

**Faithful God,** help me to wait patiently and with hope as Sarah did. Remind me that Your timing is perfect and Your promises are sure. Strengthen my heart when anxious thoughts arise. Teach me to trust You fully, even when answers seem delayed. In Jesus' name, *amen.*  $\bigwedge$ 

















#### Your Verse

Luke 2:36-38 NIV: "Anna... never left the temple but worshiped night and day, fasting and praying."

#### **Supporting Scriptures**

- Psalm 95:6 "Come, let us bow down in worship..."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







### Devotional: Worship as an Anchor in Anxiety

**Anna's dedication as a model of steadfast faith.** She worshiped continually, even in the latter years of her life, demonstrating how worship and prayer anchor us in God's presence during anxiety.

Worship shifts our hearts from what's troubling us to who God is — powerful, unchanging, loving. Anna's passion encourages women to cultivate devotion regardless of life's seasons.

*Today, deepen your worship and prayer life.* Let praise become your refuge and source of peace.







# Reflect and Apply

1.	How does worship affect your feelings of anxiety?
2.	What keeps you from engaging in consistent worship and prayer?
3.	How can you make worship a daily habit to guard your heart?







# **Journaling Prompts**

1.	Write about your favorite ways to worship and connect with God.
2.	Describe how worship has brought peace in anxious moments.
3.	Create a worship playlist or routine to use during stressful days.







## Prayer for Today

**Lord of Glory,** thank You for the example of Anna who worshiped tirelessly. Help me to cultivate a heart of worship that trusts You fully. When anxiety threatens, lift my eyes to You and fill me with peace. I choose to praise You today. In Jesus' name, *amen.*  $\bigwedge$  2 3









# Day 15: 👸 Esther's Bold Intercession









Day 15: 🛞 Esther's Bold Intercession

#### Your Verse

Esther 4:14 NIV: "...And who knows but that you have come to your royal position for such a time as this?"

#### **Supporting Scriptures**

- Daniel 9:3 "I turned to the Lord God and pleaded... with fasting and sackcloth."
- Nehemiah 1:4 "When I heard these things, I sat down and wept... then I prayed to the God of heaven."







Day 15: 餐 Esther's Bold Intercession

### Devotional: Bold Intercession for God's Purpose

**Esther's bravery shows the power of intercessory prayer.** Faced with danger, she chose to pray, fast, and step boldly into her God-placed position. Anxiety can make us hesitant, but God calls us to courage through prayer.

Bold intercession involves standing in the gap, trusting God's plan, and acting despite fear. Women can learn from Esther how prayer empowers action and calms anxious hearts.

Today, pray boldly and seek God's direction for your own 'moment'. Reinforce your confidence in His plan for your life.







Day 15:  $\bigotimes$  Esther's Bold Intercession

# Reflect and Apply

1.	What situations require bold prayer and action in your life?
	How can you be courageous like Esther when anxiety tempts you to retreat?
3.	What does God's calling 'for such a time as this' mean to you personally?







Day 15: 餐 Esther's Bold Intercession

# **Journaling Prompts**

1.	Write a prayer committing to fearless intercession.
	Reflect on fears that hold you back and how God can help overcome them.
3.	Journal opportunities where you feel God is calling you to act now.







Day 15: 🛞 Esther's Bold Intercession

## Prayer for Today

**Lord,** grant me Esther's courage to pray boldly and act faithfully. Help me overcome anxiety with trust and step forward in faith for Your purposes. Use me as You will, for such a time as this. In Jesus' name, *amen.*  $\bigwedge$ 









Day 16: By Joy as Strength









Day 16: 🥦 Joy as Strength

#### Your Verse

Nehemiah 8:10 NIV: "Do not grieve, for the joy of the LORD is your strength."

## **Supporting Scriptures**

- Psalm 16:11 "In your presence there is fullness of joy; at your right hand are pleasures forevermore."
- Galatians 5:22 "The fruit of the Spirit is love, joy, peace..."







Day 16: 🥬 Joy as Strength

## Devotional: Finding Strength through God's Joy

**Joy is a powerful weapon against anxiety.** When life feels heavy, remembering God's joy can lift and sustain us. Nehemiah teaches that joy drawn from the Lord provides strength to persevere.

Joy is more than happiness; it's a deep spiritual reality rooted in knowing God's presence and promises. It coexists with trials but sustains us beyond feelings.

Today, seek to cultivate joy through God's Word and Spirit. Let it replace anxious fear with confident hope.







Day 16: 🥬 Joy as Strength

# Reflect and Apply

	How does joy help you face anxiety differently from temporary happiness?
2.	What spiritual practices increase your awareness of God's joy?
3.	How can you cultivate joy even when circumstances are tough?







Day 16: 🥬 Joy as Strength

## **Journaling Prompts**

1.	Recall moments when God's joy strengthened you during trials.
2.	List activities or Scriptures that bring joy to your heart.
3.	Write a gratitude list focusing on joyful blessings in your life.







Day 16: 💋 Joy as Strength

## Prayer for Today

**Joyful God,** thank You for the strength Your joy brings to my life. Fill me with Your Spirit's fruit when anxiety threatens to overwhelm. Help me to focus on Your presence and find lasting joy each day. In Jesus' name, *amen.* (4) (5) (5)







# Day 17: Day Encouragement from Proverbs 31









Day 17: 💮 Encouragement from Proverbs 31

#### Your Verse

Proverbs 31:25 NIV: "She is clothed with strength and dignity; she can laugh at the days to come."

#### **Supporting Scriptures**

- Psalm 112:7 "They will have no fear of bad news; their hearts are steadfast, trusting in the LORD."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed..."







Day 17: 
Encouragement from Proverbs 31

### Devotional: Strength and Dignity Amid Anxiety

Women of faith embody strength and dignity amid uncertainty. The Proverbs 31 woman exemplifies confidence born from trust in God. Laughter toward the future reflects a secure hope that can dismantle anxiety.

We may not be perfect, but God's strength clothes us when we root our identity in Him. This truth can encourage women facing fear about what's next.

Today, stand clothed in God's strength and laugh in faith at tomorrow. Receive dignity as one deeply loved and equipped by God.







Day 17: 🎡 Encouragement from Proverbs 31

# Reflect and Apply

1.	What does being 'clothed with strength and dignity' mean to you?
2.	How can a woman laugh at the future with faith rather than fear?
3.	Where do you find your identity when anxiety threatens your self-worth?







Day 17: 🎡 Encouragement from Proverbs 31

## **Journaling Prompts**

1.	Write affirmations based on Proverbs 31 to encourage your soul.
2.	Reflect on how God's strength has upheld you in difficult times.
3.	List fears about the future and replace them with faith statements.







Day 17: 🏠 Encouragement from Proverbs 31

## Prayer for Today

**Father,** clothe me with strength and dignity like the Proverbs 31 woman. Help me to trust You fully and face the future with laughter, hope, and confidence. Let anxiety lose its grip as I rest in Your faithful love. In Jesus' name, *amen.* 



















Day 18: 😩 A Woman Like Mary Magdalene

#### Your Verse

John 20:18 NIV: "Mary Magdalene went to the disciples with the news: 'I have seen the Lord!"

#### **Supporting Scriptures**

- Romans 8:38–39 "Neither death nor life...will be able to separate us from the love of God..."
- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."







Day 18: 😩 A Woman Like Mary Magdalene

#### Devotional: From Brokenness to Hope and Joy

Mary Magdalene's story is one of restoration and hope. From brokenness to joy, she witnessed the resurrection and became a bearer of good news. Anxiety often has roots in pain and trauma, but God's love restores and empowers.

Mary's transformation encourages women that no past pain or current fear can separate them from God's love and peace.

Today, embrace God's healing and step into the joy of His presence. Let your anxious heart be comforted and renewed.







Day 18: 😂 A Woman Like Mary Magdalene

# Reflect and Apply

1.	How has God comforted you in broken or anxious moments?
2.	What fears or guilt might you need God to heal today?
3.	How can embracing God's love change your experience of anxiety?







Day 18: 😂 A Woman Like Mary Magdalene

### **Journaling Prompts**

1.	Write about God's restoration in your life story.
2.	List ways God comforts you when your heart is heavy.
3.	Describe what it means to live in the hope of resurrection joy.







Day 18: 😩 A Woman Like Mary Magdalene

#### Prayer for Today

**Restoring God,** thank You for healing my broken heart and filling me with hope. Help me to continually experience Your presence and peace amid anxiety. Empower me to share Your good news with confidence and joy. In Jesus' name, *amen.*  $\bigwedge$   $\Longrightarrow$   $\Longrightarrow$ 









Day 19: W God's Unfailing Love









#### Your Verse

Psalm 136:26 NIV: "Give thanks to the God of heaven. His love endures forever."

#### **Supporting Scriptures**

- Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."
- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail."







#### Devotional: Anchored in God's Enduring Love

**God's eternal love is a sure anchor.** Anxiety can shake us, but God's love remains firm through every storm. Psalm 136 is a beautiful reminder to give thanks for His enduring love that never fails or fades.

This enduring love is the foundation for peace and trust. Recognizing we are deeply loved changes how we view ourselves and our problems.

Today, rest in God's unfailing love and let it dispel anxious thoughts. Be thankful for this unchanging truth that sustains your spirit.







# Reflect and Apply

How does knowing God's love is eternal affect your anxiety?
What doubts about God's love might feed your anxiety?
How can you daily remind yourself of the depth of God's love?







### **Journaling Prompts**

1.	Write about times you've felt God's unfailing love most deeply.
2.	List verses or quotes that affirm God's love to you.
3.	Reflect on how internalizing God's love can transform your fear.







### Prayer for Today

**Abiding God,** thank You that Your love never ends and is always with me. Help me to live rooted in this love so that anxiety loses its grip. Renew my heart daily with Your compassion and grace. In Jesus' name, *amen.*  $\heartsuit$   $\bigwedge$   $\heartsuit$ 









# Day 20: & Living the Promise









Day 20: 😂 Living the Promise

#### Your Verse

John 14:27 NIV: "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

#### **Supporting Scriptures**

- Ephesians 2:14 "For he himself is our peace."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







Day 20: 😂 Living the Promise

### Devotional: Embracing Jesus' Peace Daily

**Jesus promises peace that surpasses the world's offerings.** Unlike worldly peace, which is fragile and conditional, Christ's peace is enduring, guarding our hearts in every circumstance.

Living out Philippians 4:6-7 means embracing this promise daily — through prayer, trust, and thanksgiving. It's a choice to anchor ourselves in Christ's presence, allowing His peace to reign amid anxiety.

*Today, claim this promise fully.* Let the peace of Christ rule over your heart and mind.







Day 20: 🚨 Living the Promise

# Reflect and Apply

1.	How is Christ's peace different from the peace the world offers?
2.	What daily habits can help you live in His peace more consistently?
3.	How does knowing Jesus is 'our peace' encourage your faith?







Day 20: 🚨 Living the Promise

### **Journaling Prompts**

Write about ways you can invite Jesus' peace into your daily decisions.
Reflect on times you experienced this peace amid stress.
Journal your commitment to accept and live out this peace.







Day 20: 😂 Living the Promise

### Prayer for Today

**Prince of Peace**, thank You for the peace You freely give. Help me to live in this peace each day, no matter what challenges arise. Let Your peace rule my heart and mind and drive out anxiety completely. In Your name, *amen.* 😂 🙏 💝 🥬

















#### Your Verse

Philippians 4:6-7 NIV: "Do not be anxious about anything..."

#### **Supporting Scriptures**

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil..."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







#### Devotional: Committed to a Life of Peace and Trust

As we conclude, reflect on the journey of replacing anxiety with trust and peace. This 21-day study has equipped you to live Philippians 4:6-7 daily, embracing prayer, thanksgiving, and God's guard over your heart and mind.

Remember, this is a continuous journey. Anxiety may return, but with God's Word, community, and practice, you can face it with courage and grace.

*Celebrate your growth and commit to ongoing faith.* Be encouraged knowing God's peace is steadfast, available, and active in your life every day.







# Reflect and Apply

1.	How has your view of anxiety changed in this study?
2.	What tools will you use to continue living Philippians 4:6-7 daily?
3.	How can you encourage other women in this journey of peace?







### **Journaling Prompts**

Write a letter to yourself summarizing your growth and hopes moving forward.
Plan practical steps to maintain prayer, thanksgiving, and trust in God.
List ways you can share your journey with others for mutual encouragement.







#### Prayer for Today

**Merciful God,** thank You for walking with me through this study. I rejoice in the peace You've given and the trust I'm growing to place in You. Help me to keep turning to You daily in prayer and thanksgiving. May Your peace forever guard my heart and mind, and may I be a light to others seeking the same. In Jesus' name, *amen.*







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