

The Cure For Anxiety

5 Day Devotion

Day 1:

Scripture: "Therefore I tell you, do not be anxious about your life..." (Matthew 6:25)

Reflection: What specific worries are consuming your thoughts lately?

Application: Take time to "track down" one of your anxieties today, following it to its root.

Prayer: Lord, help me identify the true source of my worries so I can bring them to You.

Day 2:

Scripture: "Look at the birds of the air...Are you not of more value than they?" (Matthew 6:26)

Reflection: How does remembering God's care for creation impact your view of His care for you?

Application: Notice examples of God's provision in nature around you today.

Prayer: Father, increase my faith in Your loving care for me.

Day 3:

Scripture: "And which of you by being anxious can add a single hour to his span of life?" (Matthew 6:27)

Reflection: How has worry proven useless in your past experiences?

Application: When anxious thoughts arise today, remind yourself that worry changes nothing.

Prayer: God, help me release my illusion of control and trust in Your sovereignty.

Day 4:

Scripture: "But seek first the kingdom of God and his righteousness..." (Matthew 6:33)

Reflection: What competing "kingdoms" vie for first place in your life?

Application: Intentionally put God's priorities before your own in one area today.

Prayer: Lord, may Your kingdom and righteousness be my primary pursuit.

Day 5:

Scripture: "Therefore do not be anxious about tomorrow..." (Matthew 6:34)

Reflection: How does focusing on future worries rob you of peace today?

Application: Practice taking life "one day at a time" by staying present and trusting God with tomorrow.

Prayer: Father, grant me Your peace that surpasses understanding as I focus on today.