

# FEAR & ANXIETY

## READING PLAN

### WEEK 1

#### WHAT WE FEAR

MONDAY - Fear of the Future

READ: Jeremiah 29:11, Revelation 1:17-18, Romans 8:28

SOAP: Jeremiah 29:11

TUESDAY - Fear of Disaster

READ: Proverbs 1:33, Proverbs 3:25-26, Luke 6:46-49

SOAP: Proverbs 1:33

WEDNESDAY - Fear of Man

READ: Proverbs 29:25, Isaiah 51:7

SOAP: Proverbs 29:25

THURSDAY - Fear of Loneliness

READ: Isaiah 41:10, Psalm 68:5

SOAP: Isaiah 41:10

FRIDAY - Fear of Not Being in Control

READ: Luke 12:22-26, John 16:33

SOAP: Luke 12:22

### WEEK 2

#### WHY IT'S DANGEROUS TO LIVE IN FEAR & WHAT WE MUST REMEMBER

MONDAY - Shows Lack of Faith

READ: Luke 8:22-25, Mark 4:40

SOAP: Luke 8:25

TUESDAY - It's Unhealthy

READ: Psalm 55:4-5, Psalm 94:19

SOAP: Psalm 94:19

WEDNESDAY - We Are in a War

READ: Isaiah 54:17, 1 Peter 5:8-9, John 10:10

SOAP: Isaiah 54:17

THURSDAY - Condemnation

READ: Romans 8:1-4

SOAP: Romans 8:1

FRIDAY - Fear of the Lord

READ: Proverbs 3:7-8, Proverbs 9:10, Proverbs 14:26-27,

Proverbs 15:33, Proverbs 31:30, Psalm 34:11-14

SOAP: Proverbs 3:7-8

### WEEK 3

#### WHY WE DON'T NEED TO FEAR & WORRY

MONDAY - God is in Control

READ: John 10:27-29, Luke 12:22-31

SOAP: John 10:29

TUESDAY - God Has Delivered Us

READ: Colossians 1:13-14, Psalm 91:1-16

SOAP: Colossians 1:13-14

WEDNESDAY - God Loves Us

READ: Romans 8:31-39, Zephaniah 3:17, 1 John 4:18-19

SOAP: Romans 8:37-39

THURSDAY - God is Powerful

READ: Matthew 28:18, Job 26:7-14

SOAP: Matthew 28:18

FRIDAY - God is Our Strength

READ: Psalm 27:1, 3

SOAP: Psalm 27:1

### WEEK 4

#### WHAT WE MUST BELIEVE AND THINK

MONDAY - Bring Every Thought Captive  
and Renew Our Minds

READ: 2 Corinthians 10:3-5, Romans 12:2

SOAP: 2 Corinthians 10:5

TUESDAY - Focus Our Mind on the Good

READ: Colossians 3:2, 2 Timothy 1:7, Mark 5:35-43,

Philippians 4:8, Job 3:25, Psalms 23:6, Romans 8:5-7

SOAP: Colossians 3:2

WEDNESDAY - God Will Never Leave

READ: Deuteronomy 31:6, Psalm 23:4

SOAP: Deuteronomy 31:6

THURSDAY - God is Your Help

READ: Psalm 118:5-7, John 17:9-19, Psalm 34:4

SOAP: Psalm 118:5-7

FRIDAY - God is Your Redeemer

READ: Isaiah 41:13-14, Isaiah 43:1-2

SOAP: Isaiah 43:1-2

### WEEK 5

#### WHAT WE MUST SAY

MONDAY - Words of Praise & Worship

READ: Philippians 4:4-7, 1 Thessalonians 5:16, Acts 16:25-26

SOAP: Philippians 4:4

TUESDAY - Words that Declare His Promises

READ: Philippians 4:19, Isaiah 40:29-31, Hebrews 10:19-23

SOAP: Philippians 4:19

WEDNESDAY - Words of Gratitude

READ: Colossians 3:17, 1 Thessalonians 5:18, Psalm 69:30

SOAP: Colossians 3:17

THURSDAY - Words of Prayer

READ: Philippians 4:6-7, 1 Thessalonians 5:17

SOAP: Philippians 4:6

FRIDAY - Words that Build Up

READ: Proverbs 15:4, Ephesians 4:25-32, Matthew 15:11

SOAP: Proverbs 15:4

### WEEK 6

#### WHAT WE MUST DO

MONDAY - Read God's Word and Put on the Armor of God

READ: Ephesians 6:10-18, Psalm 119:105

SOAP: Ephesians 6:11-12

TUESDAY - Commit Everything You Do to the Lord

READ: Proverbs 16:3

SOAP: Proverbs 16:3

WEDNESDAY - Overcome Evil

READ: Romans 12:21

SOAP: Romans 12:21

THURSDAY - Be a Doer of the Word

READ: James 1:22-25, Philippians 4:9

SOAP: James 1:22-23

FRIDAY - Trust God and Do Not Fear

READ: Proverbs 3:5-8, Romans 16:20

SOAP: Proverbs 3:5-8