

# ANXIETY



**Matthew 11:28-30** **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yolk is easy to bear, and the burden I give you is light.”**

**CALVARY CHAPEL NUEVO**  
**Daily Devotion Journal**

# **ANXIETY**

## **CALVARY CHAPEL NUEVO**

**P.O. Box 1347 • NUEVO, CA 92567**

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**FOR RESOURCES GO TO**

**[CALVARYNUEVO.ORG](http://CALVARYNUEVO.ORG) OR [WORDBYMAIL.COM](http://WORDBYMAIL.COM)**

**OR CONTACT US BY PHONE OR EMAIL ABOVE**

## **Daily Devotion Journal**

There may be nothing more powerful in our Christian life than spending quiet devotional time with God on a regular basis. This is where God's Word comes alive to us, where we hear Him speak to us, and where we find ourselves in a place to respond to Him.

The Daily Devotion Journal is designed to help you do just that. Pick a meaningful scripture, give yourself 20-30 minutes, and purposefully meet God in His Word and Prayer. Follow each step. Don't rush through it. Really commit to meet God during this time.

First, Pray. Slow down and make your heart ready to hear from God.

Then, **MEDITATE** on the scripture. Read it slowly, carefully, repeatedly, asking God to speak to you through His Word. If necessary, check the surrounding verses to help you understand the key scripture. You can also begin to pray this scripture while you're meditating on it. Start making this scripture a prayer for your life.

Next, write out the scripture in your own words. While you're writing, let the words sink in.

Now you're ready to **APPLY** this scripture to your life. Be personal and specific. Write down what area of your life The Holy Spirit is addressing through this scripture. How does this scripture specifically apply to your life? Be honest. Be real with God.

Next, decide what you going to do, today, in **RESPONSE** to this scripture? Maybe it's a physical action, maybe it's taking your thoughts captive, maybe it's choosing to respond in your heart according to God's Word. How are you going to respond to this scripture, today?

Finally, write out a prayer to God in response to this time with Him. Ask for the power of The Holy Spirit to make this scripture real in your life. Make your commitment to God, and thank Him for speaking to you through His Word.

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Now, the final question is; How do you choose the scripture to use with the journal?

The best way is to come back to the Discipleship Resource Table on any Sunday and the people there will be glad to help you find appropriate scripture. You can also email me at [shep@calvarynuevo.org](mailto:shep@calvarynuevo.org) and tell me what topic you're looking for scripture on, and we will send you scripture to use with your Daily Devotion Journal. You can also ask someone you consider a spiritual mentor to help you find appropriate scriptures.

You can download this journal page at [calvarynuevo.org](http://calvarynuevo.org). Or you can ask us for journal books that come with 30 journal pages. We have journal books with no scripture, for you to put your own scripture in, and we also have 'topical' journal books, that come with 30 pre-printed scriptures for you to spend 30 days on one specific subject with God.

Our 'topical' journal books have been a tremendous blessing to everyone who has used them. Please consider trying one in your quiet time with the Lord.

I promise you, God will meet you during this time. And if you will surrender all of your life to Him, and allow His Word to renew your mind, He will transform you.

*Rom 12:1-2,*

***Pastor Dave***

## **The Road Map**

We live in a high-paced world. There is always a deadline to meet or a To-Do list that is never satisfied. Our hectic lives often produce anxiety. Anxiety is a crushing, suffocating feeling that consumes our lives. However, it is often the product of our own making. Anxiety takes over our thought lives and has everything to do with perspective and priorities.

In this 30-day journal you will dive deep into passages that relate to biblical perspective, priorities, and peace. First, you will see biblical descriptions of anxiety. Second you will see passages from Scripture that will aid you in putting aside anxious thoughts and replacing them with God-focused thoughts.

May the Word of God change your mind and heart and relieve you of anxiety.

God Bless you!

## **Biblical Descriptions of Anxiety**



## Journal thoughts and prayers

Date: \_\_\_\_\_

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## Daily Devotion Journal

**SCRIPTURE :**

**Proverbs 12:25**

Date \_\_\_\_\_

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**MEDITATE on the scripture.** Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

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Date: \_\_\_\_\_

# Daily Devotion Journal

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**Matthew 6:25**

Date \_\_\_\_\_

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**SCRIPTURE** :

**Matthew 6:26,28**

Date \_\_\_\_\_

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**SCRIPTURE :**

**Matthew 6:33-34**

Date \_\_\_\_\_

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## Journal thoughts and prayers

Date: \_\_\_\_\_

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# Daily Devotion Journal

**SCRIPTURE** :

**Psalm 4:8**

Date \_\_\_\_\_

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### Journal thoughts and prayers

Date: \_\_\_\_\_

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# Daily Devotion Journal

**SCRIPTURE** :

**Isaiah 57:19-20**

Date \_\_\_\_\_

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## Journal thoughts and prayers

Date: \_\_\_\_\_

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## Daily Devotion Journal

**SCRIPTURE** : Mark 4:18-20 (Review vv. 3-9) Date \_\_\_\_\_

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## **Overcoming Anxiety**

## Journal thoughts and prayers

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# Daily Devotion Journal

**SCRIPTURE** :

**Isaiah 41:10,13**

Date \_\_\_\_\_

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**SCRIPTURE** :

**1 Peter 5:7**

Date \_\_\_\_\_

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**SCRIPTURE** :

**Philippians 4:6-7**

Date \_\_\_\_\_

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**Philippians 4:8**

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### Journal thoughts and prayers

Date: \_\_\_\_\_

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## Daily Devotion Journal

**SCRIPTURE** :

**2 Corinthians 12:9-10**

Date \_\_\_\_\_

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**Isaiah 26:3-4**

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Date: \_\_\_\_\_

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**SCRIPTURE :**

**Psalms 37:3-4**

Date \_\_\_\_\_

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**Psalm 85:8**

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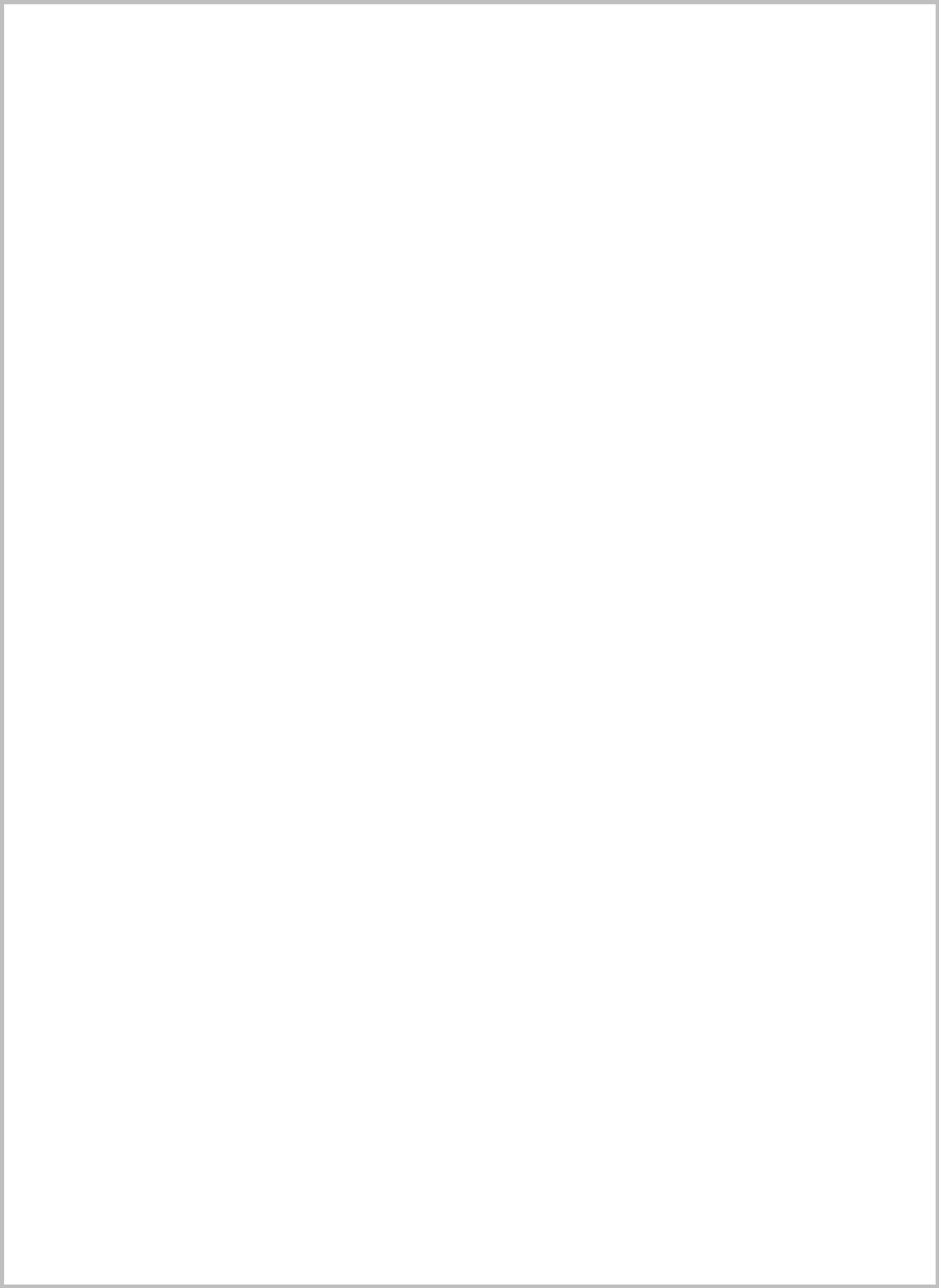
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# Daily Devotion Journal

**SCRIPTURE** :

**Romans 8:6**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

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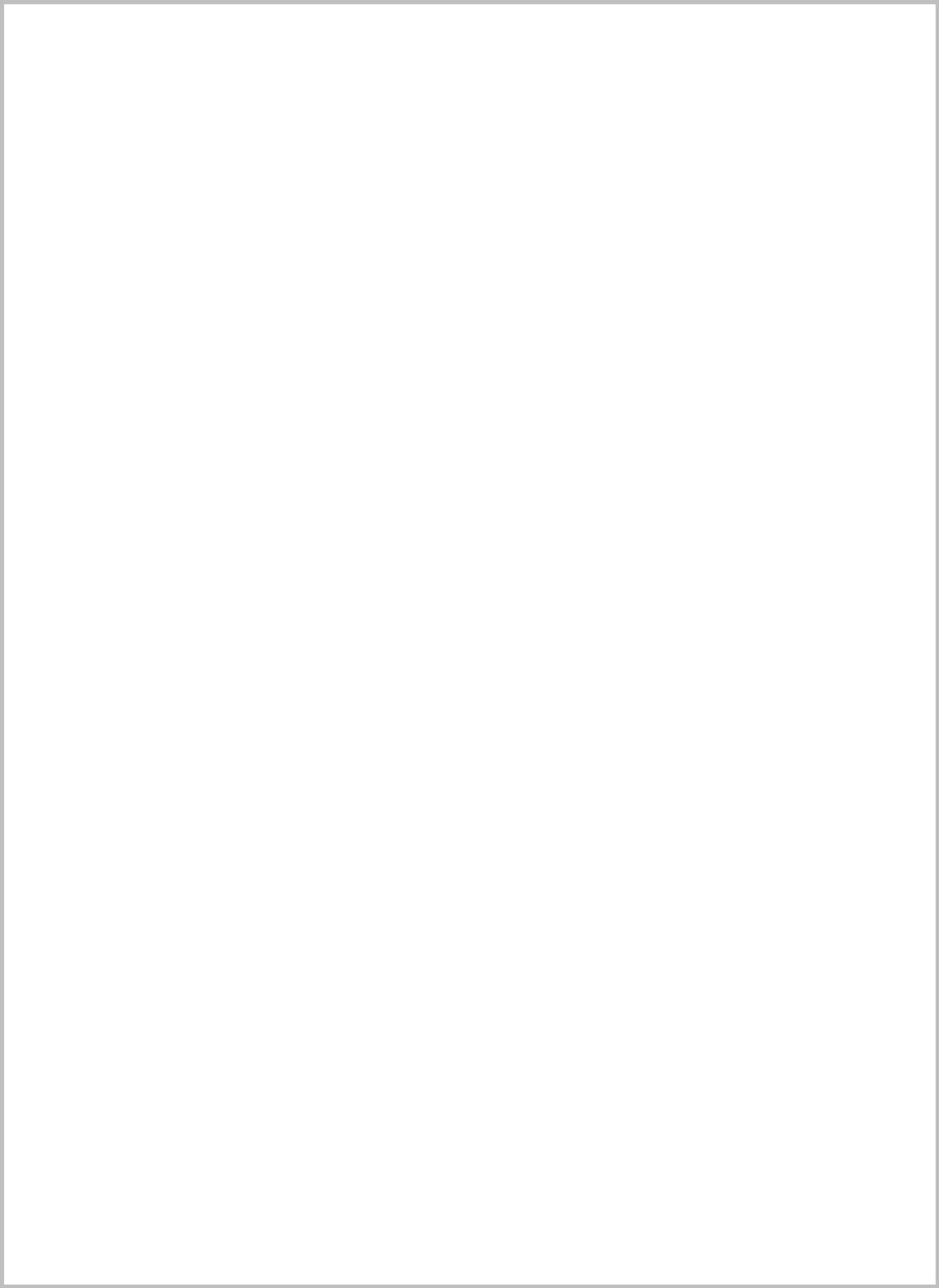
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# Daily Devotion Journal

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**Isaiah 57.2**

Date \_\_\_\_\_

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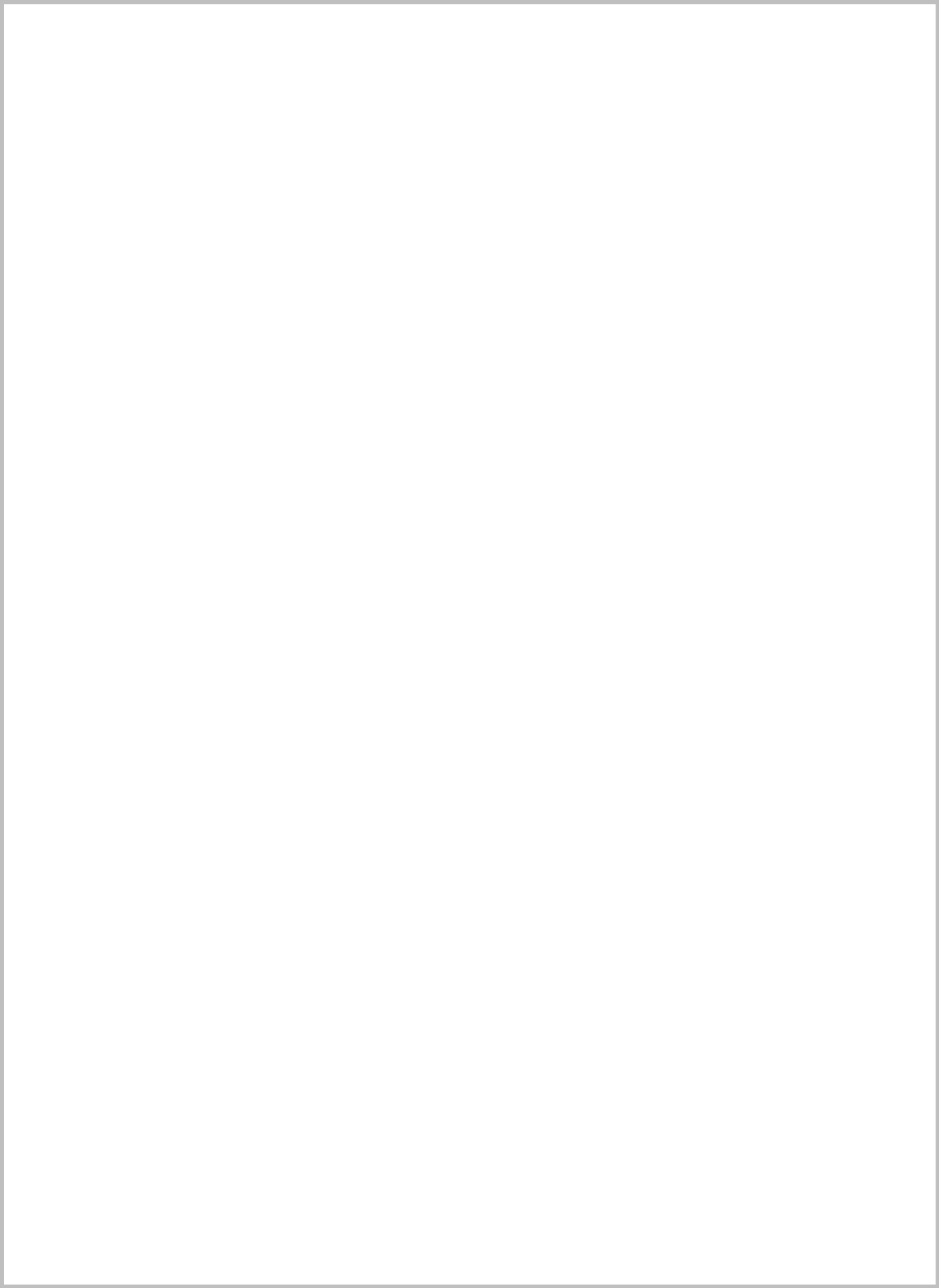
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# Daily Devotion Journal

**SCRIPTURE :**

**Proverbs 1:33**

Date \_\_\_\_\_

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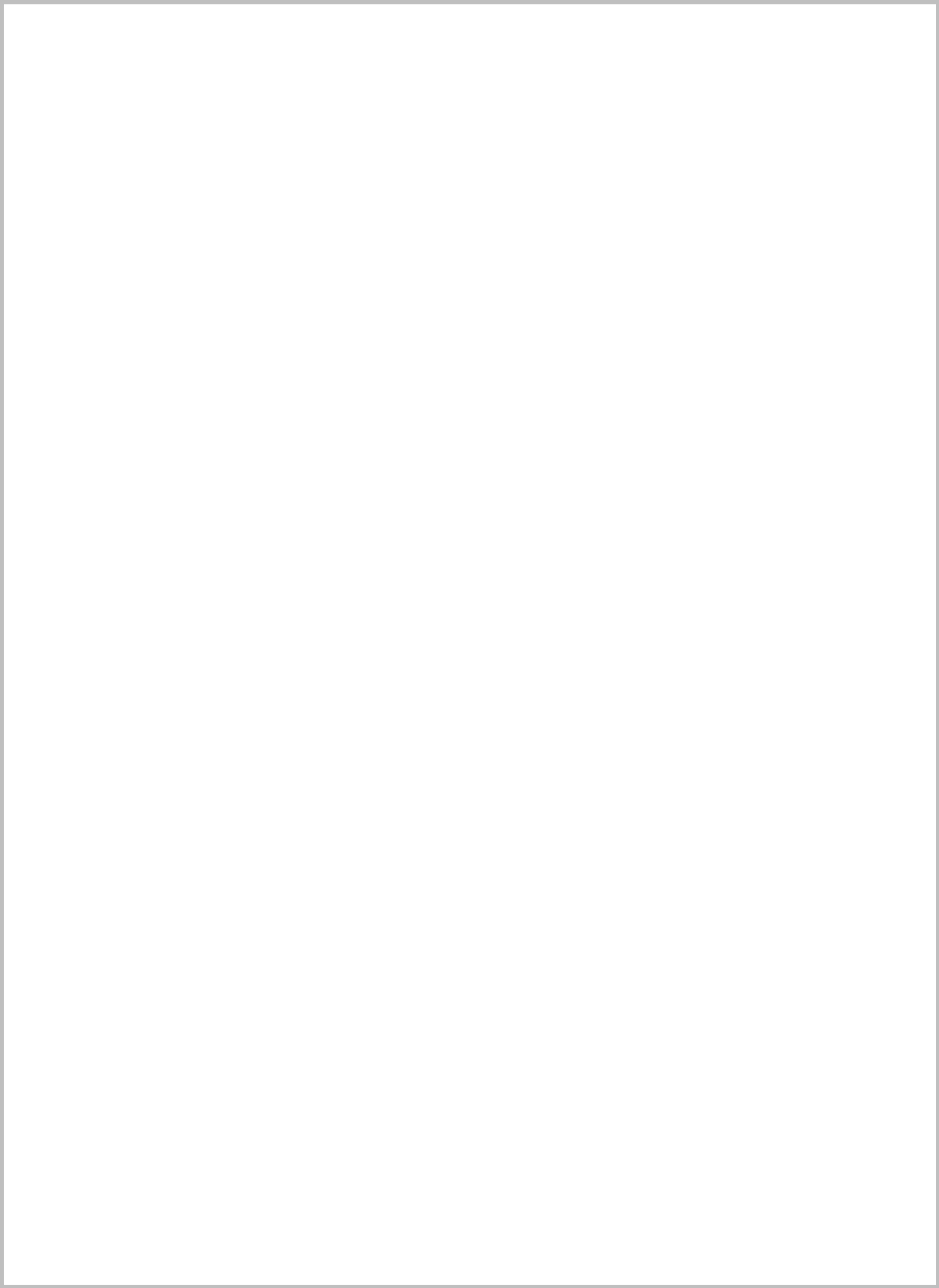
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# Daily Devotion Journal

**SCRIPTURE** :

**Luke 12:32-34**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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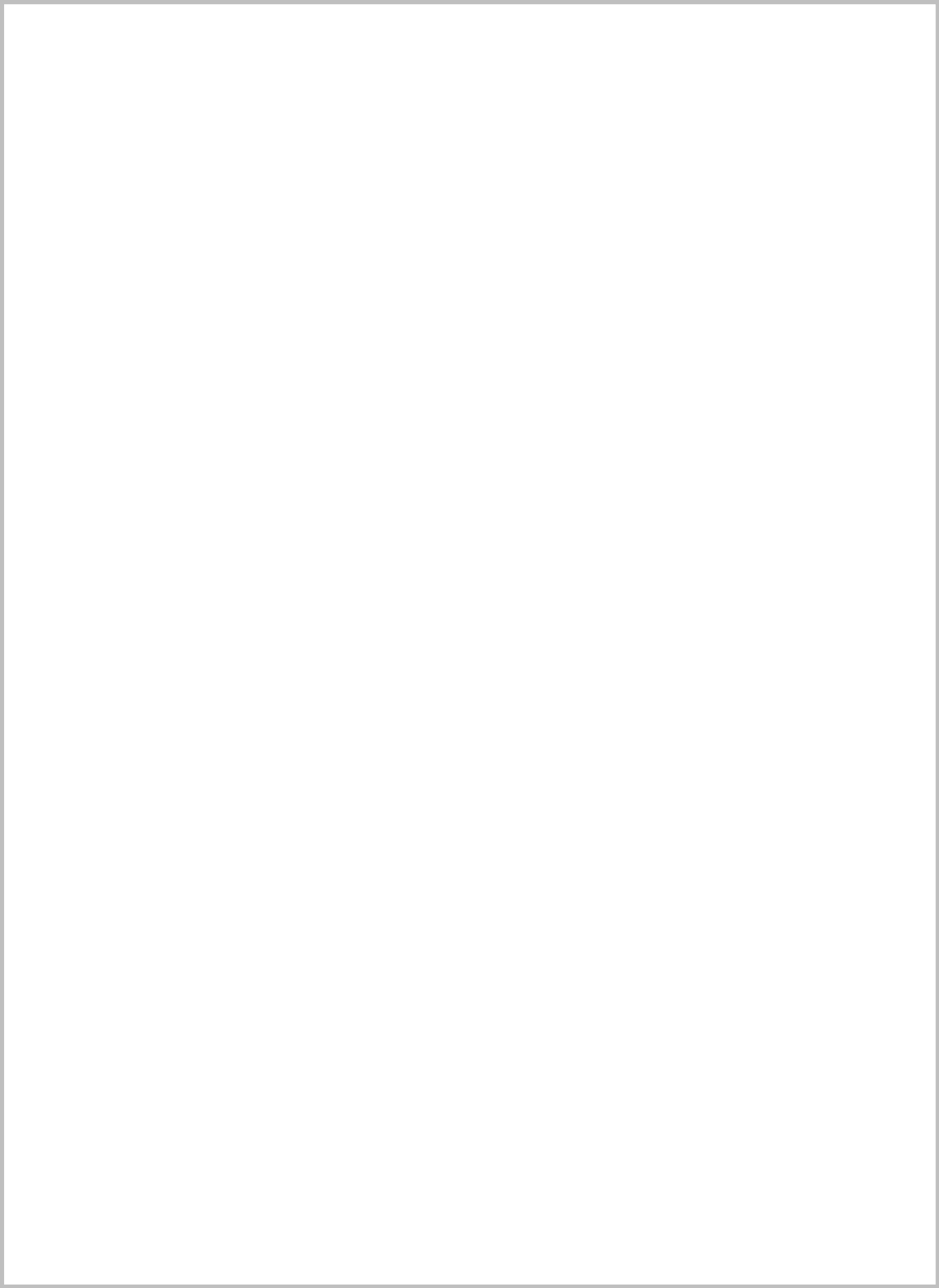
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# Daily Devotion Journal

**SCRIPTURE** :

**Luke 21:34-36**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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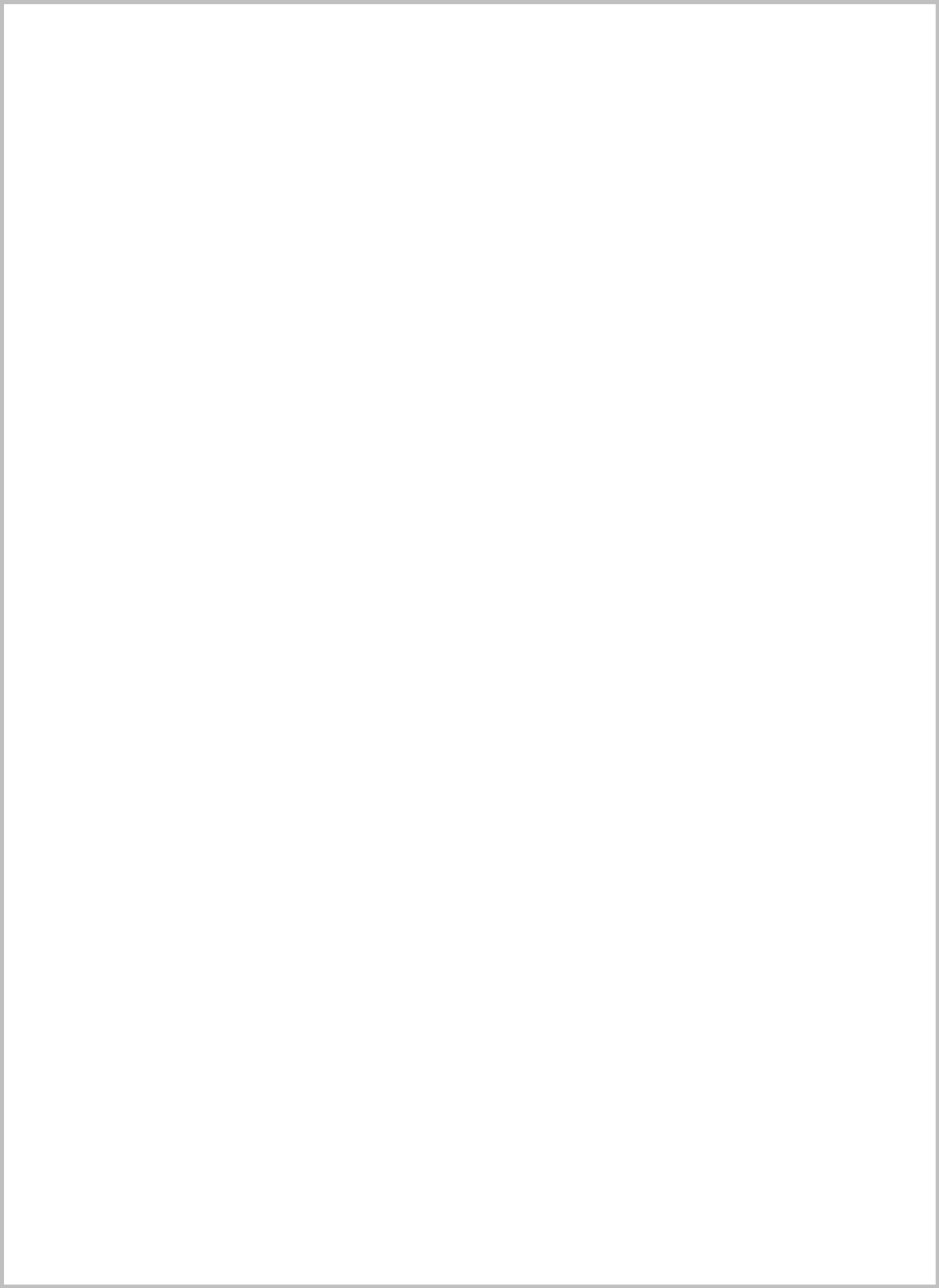
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# Daily Devotion Journal

**SCRIPTURE** :

**Romans 15:13**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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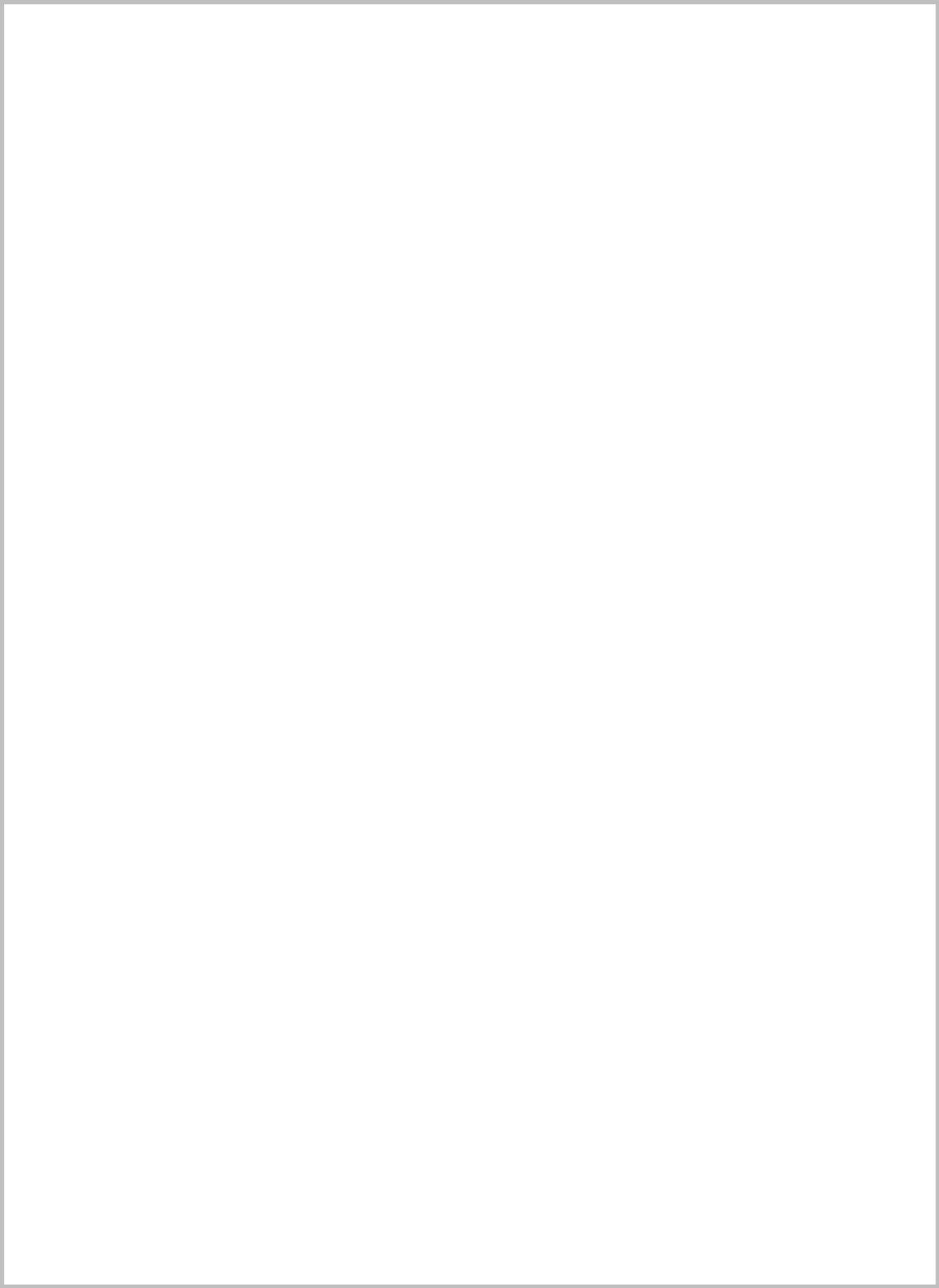
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## Daily Devotion Journal

**SCRIPTURE** :

**Hebrews 3:1, 12:2**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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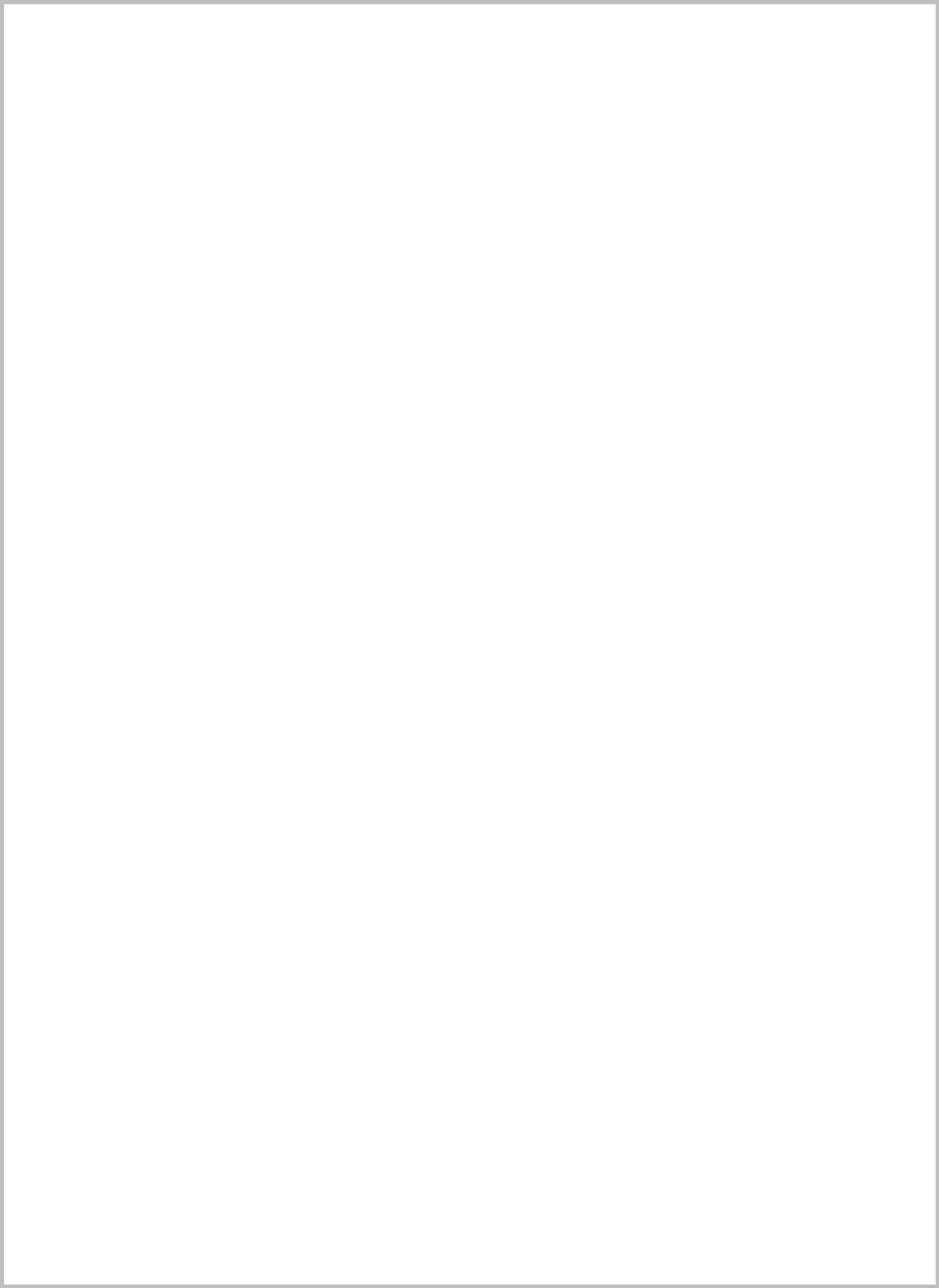
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# Daily Devotion Journal

**SCRIPTURE** :

**Psalm 94:18-19**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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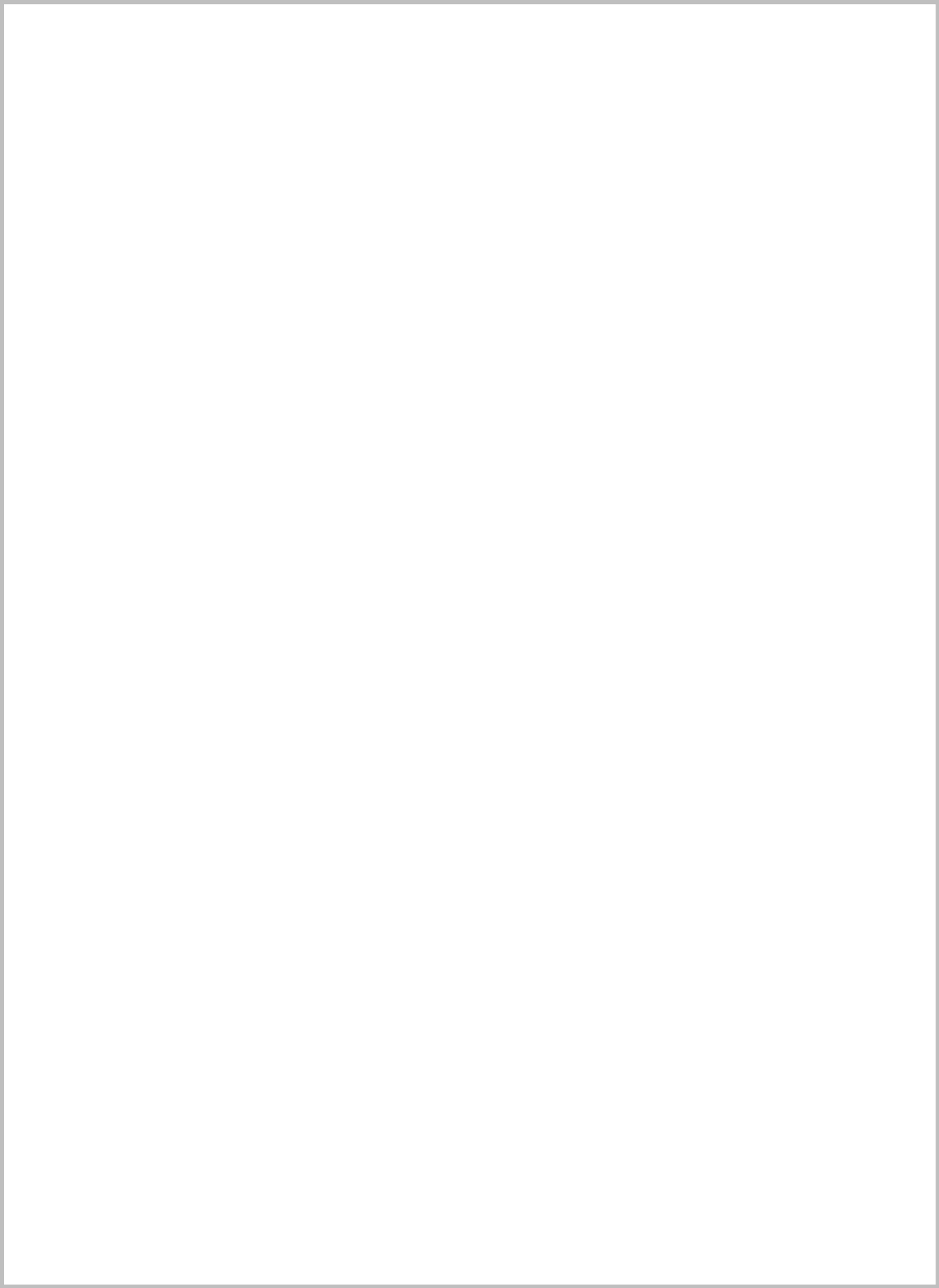
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# Daily Devotion Journal

**SCRIPTURE :**

**Psalm 139:23-24**

Date \_\_\_\_\_

**PRAY - Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE on the scripture.** Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY - How does this scripture apply to YOUR LIFE today?** Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND - What specific actions will you take today in response to this scripture?**

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**PRAY - Write your prayer to God in response to this scripture.**

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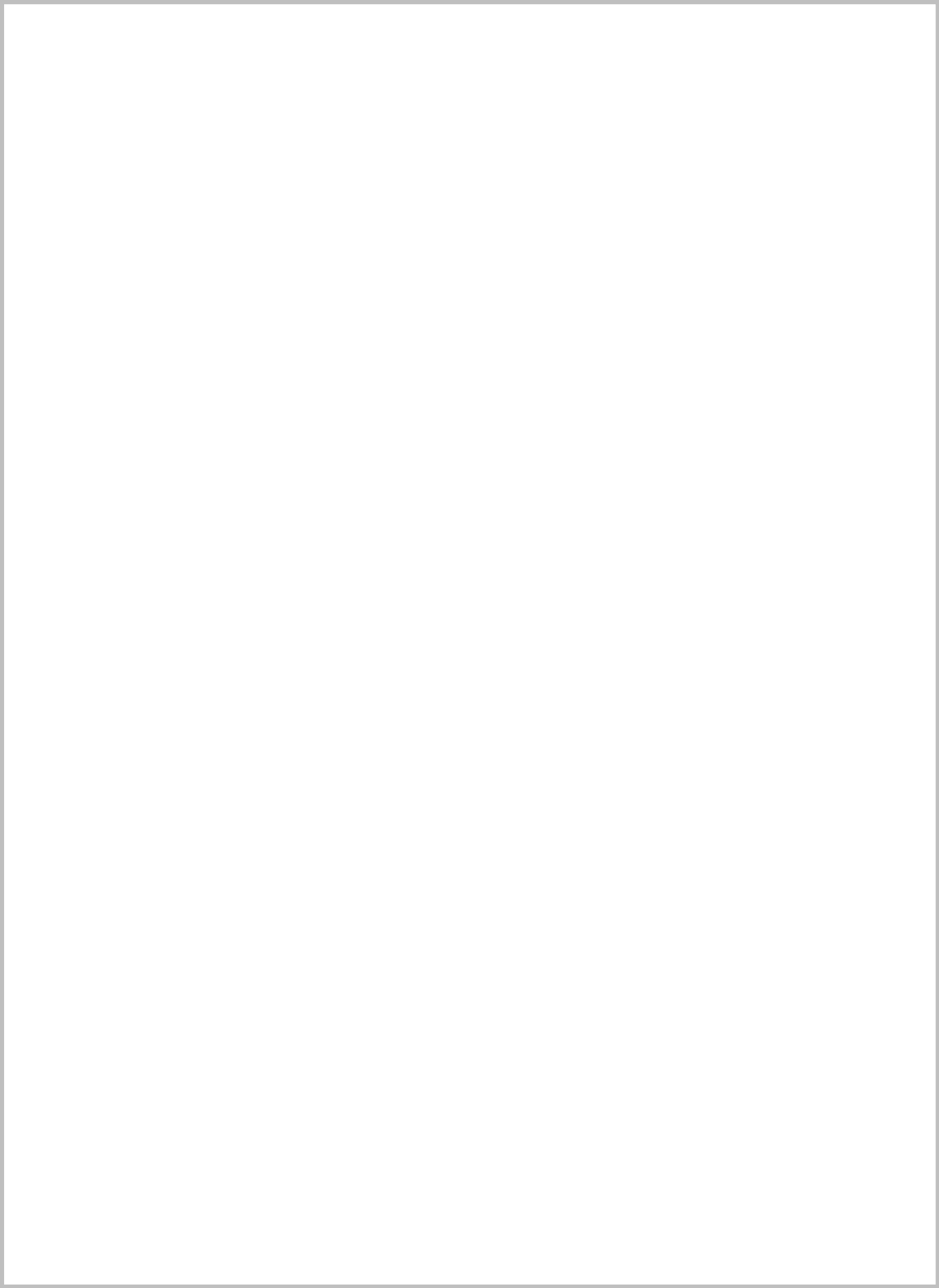
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# Daily Devotion Journal

**SCRIPTURE :**

**Jeremiah 17:7-10**

Date \_\_\_\_\_

**PRAY - Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE on the scripture.** Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY - How does this scripture apply to YOUR LIFE today?** Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND - What specific actions will you take today in response to this scripture?**

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**PRAY - Write your prayer to God in response to this scripture.**

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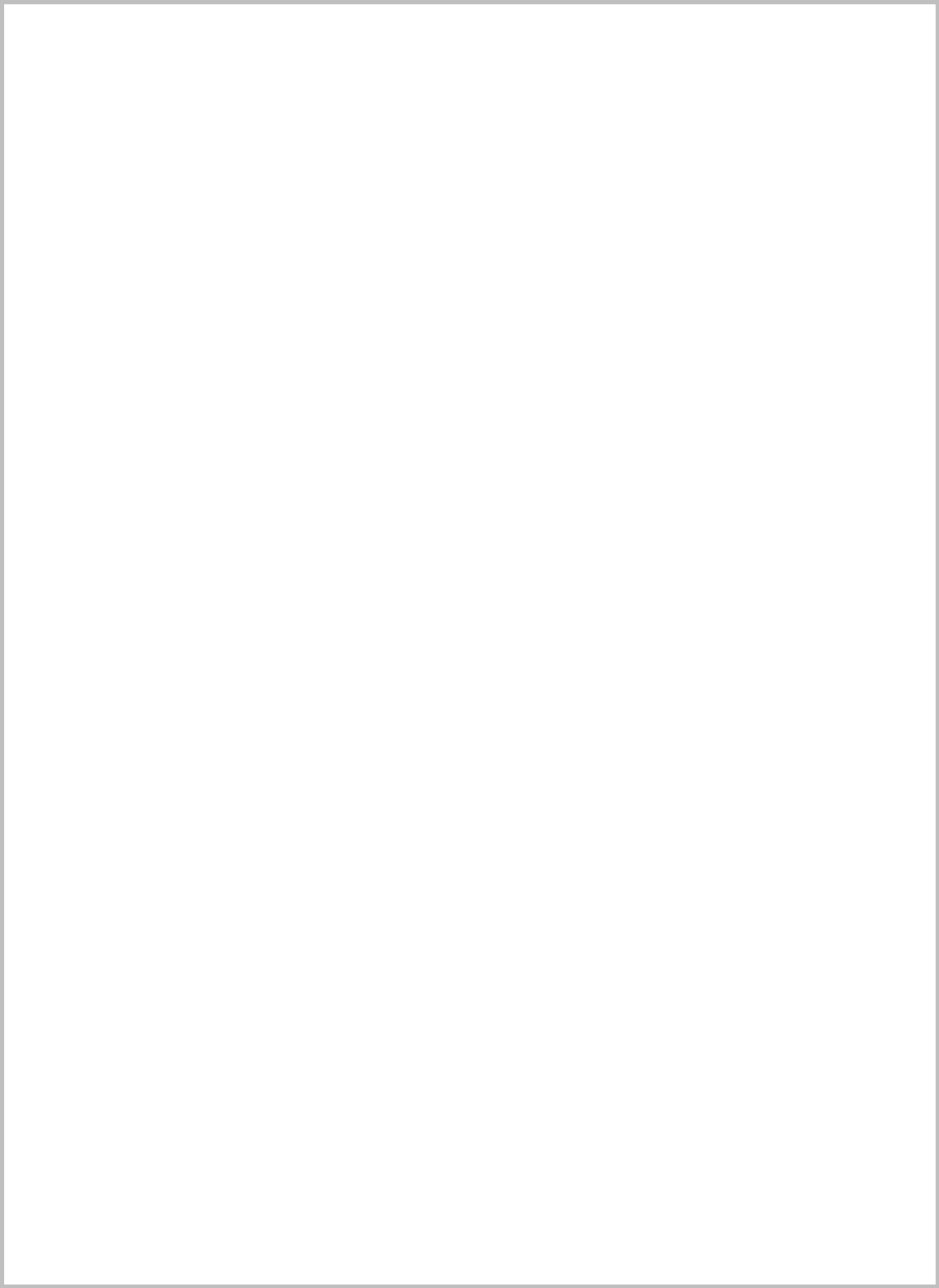
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# Daily Devotion Journal

**SCRIPTURE** :

**Jude 1:21**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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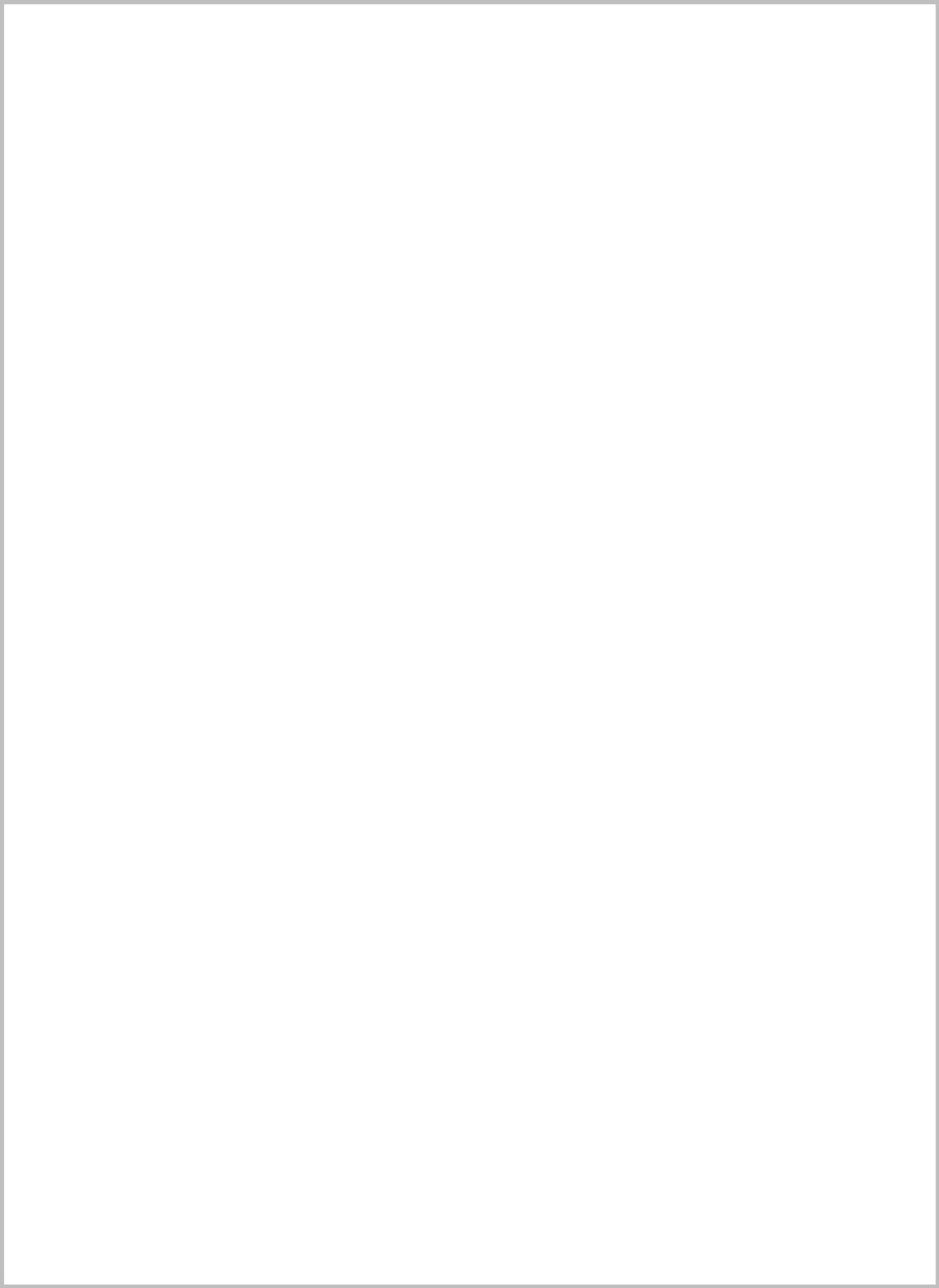
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## Daily Devotion Journal

**SCRIPTURE** : Luke 10:41-42(Review vv. 38-40)      Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal.  
What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific actions will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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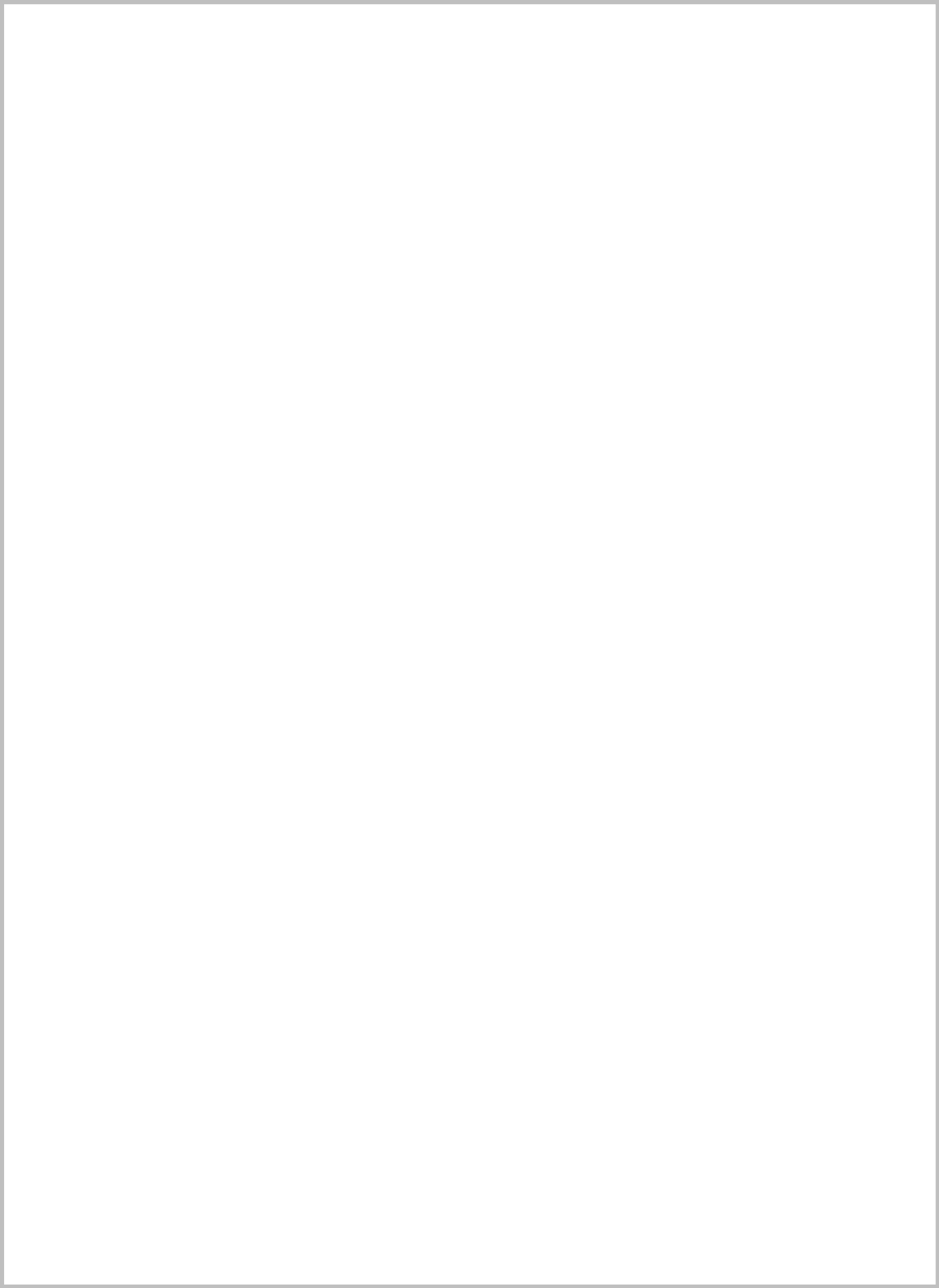
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# Daily Devotion Journal

**SCRIPTURE** :

**Psalms 118:6**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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# Daily Devotion Journal

**SCRIPTURE** :

**John 14:1,27**

Date \_\_\_\_\_

**PRAY** - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

**MEDITATE** on the **scripture**. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

**Write out the key scripture in your own words.** Continue to make this scripture your prayer.

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**APPLY** - How does this scripture apply to **YOUR LIFE** today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

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**RESPOND** - What specific **actions** will you take today in response to this scripture?

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**PRAY** - Write your prayer to God in response to this scripture.

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It is vital that you give all that concerns you to Jesus and fix your thoughts on Him.

Take time to write out a simple commitment “to cast all your cares upon Him because He cares for you”:

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