

## Listed below are seven familiar, calming Scriptures – one for each day.

If you're tempted to be anxious, memorize, and meditate on one verse each day. This simple exercise will help bring peace to your heart in this time of uncertainty.



### **MONDAY**

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.”

### **TUESDAY**

Psalms 46:1-2 “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea...”

### **WEDNESDAY**

Isaiah 40:31 “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

### **THURSDAY**

Matthew 6:25-26 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

### **FRIDAY**

John 16:33 “I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

### **SATURDAY**

2 Corinthians 4:16-18 “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

### **SUNDAY**

Matthew 10:28 “Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.”