

31 Days of Scripture Readings on Fear, Worry or Anxiety

(from *Unafraid: Living with Courage and Hope in Uncertain Times*, by Adam Hamilton)

Day 1—Deuteronomy 31:6	Day 17—John 6:16-21
Day 2—Joshua 1:9	Day 18—John 14:27
Day 3—Psalm 3	Day 19—Romans 8:14-17
Day 4—Psalm 56	Day 20—Romans 8:28
Day 5—Proverbs 3:25-26	Day 21—Romans 8:35-39
Day 6—Isaiah 12	Day 22—Philippians 4:4-7
Day 7—Isaiah 47:8-10	Day 23—Philippians 4:8-9
Day 8—Matthew 8:23-27	Day 24—Colossians 3:12-17
Day 9—Matthew 10:26-33	Day 25—1 John 4:16-21
Day 10—Matthew 14:22-33	Day 26—Psalm 23
Day 11—Matthew 28:1-10	Day 27—Psalm 55:1-5, 16-19
Day 12—Luke 1:26-38	Day 28—Proverbs 29:25
Day 13—Luke 2:8-10	Day 29—Isaiah 41:1-10
Day 14—Luke 5:1-11	Day 30—Isaiah 43:1-3a
Day 15—Luke 12:4-7	Day 31—Revelation 21:3-4
Day 16—Luke 12:22-34	

A suggested way of engaging with scripture: Lectio Divina (Divine Reading)

Follow these steps once or twice a day with each scripture passage. Feel free to expand or adapt them to best connect with and receive meaning and inspiration from the text.

1. Find a quiet place where you can be alone without interruption. Begin with prayer, naming five things you are thankful for.
2. Acknowledge that you are struggling with fear, worry, or anxiety. Then pray, *“Lord, speak to me as I read these words. Help me to hear from you.”*
3. Read the scripture, noting any words or phrases that stand out. Underline them or write them down. After you’ve read it once, pray again, *“Lord, speak to me as I read these words again.”*
4. Read the scripture again, this time aloud, slowly, listening as you read. Underline the words or phrases that stand out to you this time.
5. One more time, pray, *“Lord, speak to me. I’m listening.”* Read the passage a third time, either silently, or in a whisper. Again, underline or jot down those portions of the scripture that speak to you.
6. Finally, pray once more, but this time use the words of the scripture text that you underlined or wrote down, claiming for yourself the faith of the scripture writer and expressing your own faith in the One who was written about. End with words like these: *“Lord I belong to you. Keep me safe in your arms. Help me to remember you are always by my side.”*