

DAY 1

Fear and Anxiety Speak Out: Locating fears

Pray: “God is our refuge and strength, a very present help in trouble.” (Psalm 46:1) As you begin studying today, thank the Lord that your fears are not too big for Him to handle. Ask Him to help you to see fears as opportunities to put your trust in Him.

Memorize: This week we will be memorizing the above verse, Psalm 46:1. “God is our refuge and strength, a very present help in trouble.” Write our verse on the lines below and, as you write, thank the Lord for who He is in this verse.

Study: Read and complete pages 5-8 in your workbook, the section titled “Find your Fears”.

Pray: Thank the Lord that His word speaks to your fears! Write a prayer on the lines below, surrendering your fears to the Lord and asking Him to speak to your heart as you study over the next weeks.

DAY 2

Fear and Anxiety Speak Out: Listening to your fears

Pray: Hebrews 6:13 says, “The Lord is my helper; I will not fear, what can man do to me?” Thank the Lord that He helps you in your fears and that you don’t face them alone. Ask Him now for grace and understanding to be poured out on you as you study His word.

Memorize: Continue memorizing Psalm 46:1. Repeat the first section out loud a few times and then write it on the line. “God is our refuge and strength...”

Study: Read and complete pages 8-14, beginning at the section titled “Listen to Your Fears”.

Pray: Pray Hebrews 6:13, the verse we looked at to start our time together, back to God. Personalize it and make it your own by visualizing the Lord as your helper and inserting your name wherever you see “I, my, or me”. Ask the Lord to make this verse reality in your day to day life.

DAY 3

God reveals His plan: Deliverance at the 11th hour

Pray: In Exodus 14:13, the Lord speaks to the Israelites as they stand by the Red Sea. He says to them, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.” As you study today, ask the Lord to give you a faith that can stand firm no matter the circumstances that surround you. Thank Him that with His help you can walk in faith and experience His work in your life.

Memorize: Continue memorizing Psalm 46:1 by repeating the second part of the verse aloud. Then write it on the line. “a very present help in trouble”

Study: Read and complete pages 15-19 in your workbook, up to the section titled, “The Manna Principle”.

Pray: Write a prayer of response to the Lord. Confess any tendency in your heart to choose to respond to fear with doubt and terror rather than trust. Ask the Lord to help you to trust and honor Him in every area of your life.

DAY 4

God reveals His plan: Grace for Today, part 1

Pray: Deuteronomy 31:6 says, “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.” Thank the Lord that He is always with you, and ask Him to reveal to you the fullness of His presence and grace as you study today.

Memorize: Continue memorizing Psalm 46:1 by filling in the blanks below.

Psalm ___:___: God is _____ and _____, a very _____
_____ in _____.

Study: Read and complete pages 19-23 in your workbook, beginning with “The Manna Principle” and ending at “The Manna Principle in Action”.

Pray: Write a prayer of response to the Lord. Tell Him about the fears you face and by faith thank Him that He is giving you grace to face those fears as you entrust yourself to Him.

DAY 5

God reveals His plan: Grace for Today, part 2

Pray: In John 6:35 Jesus says, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” Thank Jesus that he is your manna, the bread from heaven that sustains and satisfies you. Ask Him to help you see the sufficiency of His provision for you as you study today.

Memorize: Write our memory verse on the lines below and read it out loud.

Study: Read and complete the remainder of the chapter in your workbook, pages 23-27.

Pray: Think back to some times in your life when the Lord provided manna, his grace, for you. Thank the Lord for His great provision by praising Him for those times and by faith praise him for the provision he will provide in your current situation.