

# MONTHLY ANXIETY SCRIPTURES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		Matthew 11:28	2 Corinthians 12:10	Isaiah 30:8	Job 32:8	James 1:5
James 1:5	Psalms 40:1-2	Deuteronomy 31:6	Psalms 139:14	1 Peter 5:7	John 11:35	Philippians 4:6
Philippians 4:8	Psalms 34:18	Isaiah 35:4	Philippians 4:13	Psalms 91:11	Galatians 6:2	Proverbs 3:24
2 Corinthians 10:5	Genesis 3:9-10	John 3:16	Matthew 6:27	2 Timothy 1:7	Romans 8:28	Isaiah 41:10
Genesis 50:20	Proverbs 22:6	Deuteronomy 3:22	1 Peter 5:8	Colossians 2:6-7		

**Biblical Coping Skills to Practice**

Pause and take Deep Breaths

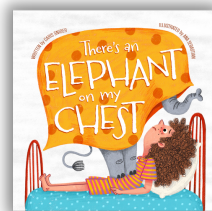
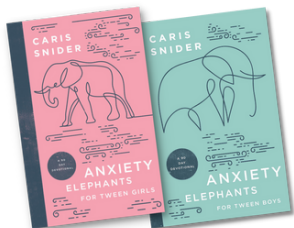
Practice Attitude of Gratitude

Build Your Community

What IF thoughts to What IS

Acknowledgment

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*Caris Snider*

