

iBelieve

YOU ARE LOVED

7- DAY BIBLE STUDY

A Scripture-Based Guide to Facing Anxiety

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INTRODUCTION

Do you struggle with anxiety? How about worry? Then this weeklong Bible study is for you. Together, we'll review seven common fears and what we can do to extinguish them—or, in the case of the last one, to nurture it.

To get the maximum benefit, please adopt the following approach.

Whenever possible, approach each Bible study at the beginning of your day, so you can replay the theme and verses throughout the day. Always start by looking up the Scripture passage. Read the devotional with an open heart—meaning, regardless of how poorly you measure up against the ideal, resist the temptation to self-criticize or drown in shame. Take your time in pondering the reflection questions. Finally, seal your devotional time with prayer, and expect God to answer in His time. Your fervent prayer avails much (James 5:16).

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”
- James 5:16



01

DAY 1

THE FEAR OF LACK

TODAY'S SCRIPTURE:

Matthew 6:25-33

“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? Can any one of you by worrying add a single hour to your life?

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

5 Verses to Remember When You Fear Lack

Matthew 6:31-33

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Psalms 23:1

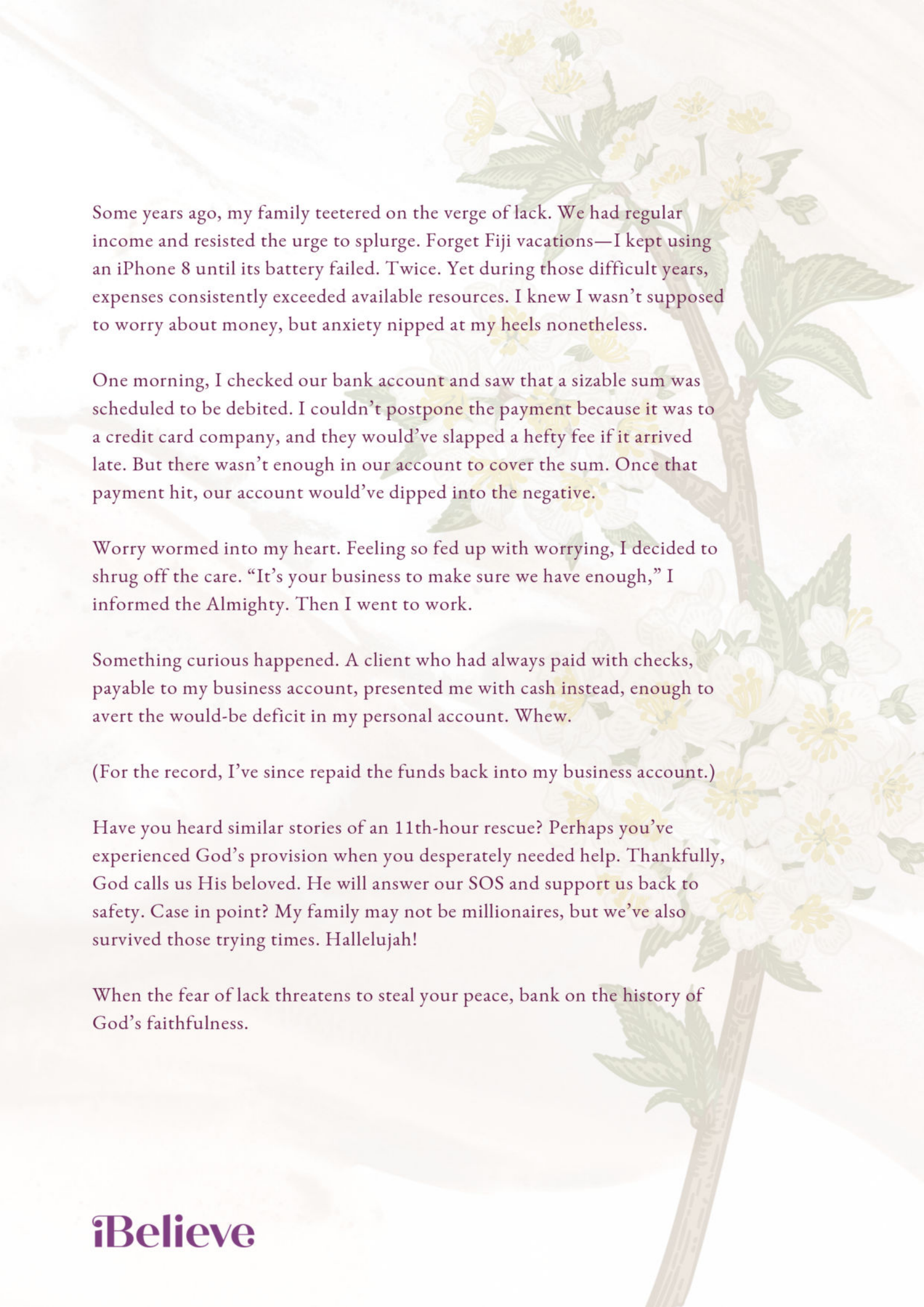
The Lord is my shepherd, I lack nothing.

Psalms 34:10

The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

2 Corinthians 9:8

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.



Some years ago, my family teetered on the verge of lack. We had regular income and resisted the urge to splurge. Forget Fiji vacations—I kept using an iPhone 8 until its battery failed. Twice. Yet during those difficult years, expenses consistently exceeded available resources. I knew I wasn't supposed to worry about money, but anxiety nipped at my heels nonetheless.

One morning, I checked our bank account and saw that a sizable sum was scheduled to be debited. I couldn't postpone the payment because it was to a credit card company, and they would've slapped a hefty fee if it arrived late. But there wasn't enough in our account to cover the sum. Once that payment hit, our account would've dipped into the negative.

Worry wormed into my heart. Feeling so fed up with worrying, I decided to shrug off the care. "It's your business to make sure we have enough," I informed the Almighty. Then I went to work.

Something curious happened. A client who had always paid with checks, payable to my business account, presented me with cash instead, enough to avert the would-be deficit in my personal account. Whew.

(For the record, I've since repaid the funds back into my business account.)

Have you heard similar stories of an 11th-hour rescue? Perhaps you've experienced God's provision when you desperately needed help. Thankfully, God calls us His beloved. He will answer our SOS and support us back to safety. Case in point? My family may not be millionaires, but we've also survived those trying times. Hallelujah!

When the fear of lack threatens to steal your peace, bank on the history of God's faithfulness.



**WHEN THE FEAR OF
LACK THREATENS TO
STEAL YOUR PEACE,
BANK ON THE
HISTORY OF GOD'S
FAITHFULNESS.**



LET'S PRAY ...

Father,
The Word says You sustain the lives of birds
worldwide, and You also clothe wildflowers.
I trust that You will provide for my entire
family, spiritually, emotionally, and
physically. I surrender every worry to You.
Thank you for loving me. Please help me
trust You more.
In Jesus' Name,
Amen.



TIME TO REFLECT ...

What keeps you from fully trusting that just
as the Lord rescued you in the past, He will
do so again?

[illegible]

02

DAY 2

THE FEAR OF THE UNKNOWN

TODAY'S SCRIPTURE:

Matthew 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (NIV)

"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

- The Message

"So do not worry about tomorrow. Let tomorrow worry about itself. Living faithfully is a large enough task for today." - The VOICE

5 Verses to Remember When You Fear the Unknown

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Psalms 139:16

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Lamentations 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

If we don't know what's coming, we can't anticipate or prepare for it. This factor alone is enough to tempt us to fear the unknown. But that's not all. Scary world events lie outside our control and are therefore poised to undermine our peace. No wonder one psychology professor considers anxiety about the unknown to be one of humanity's most fundamental fears.

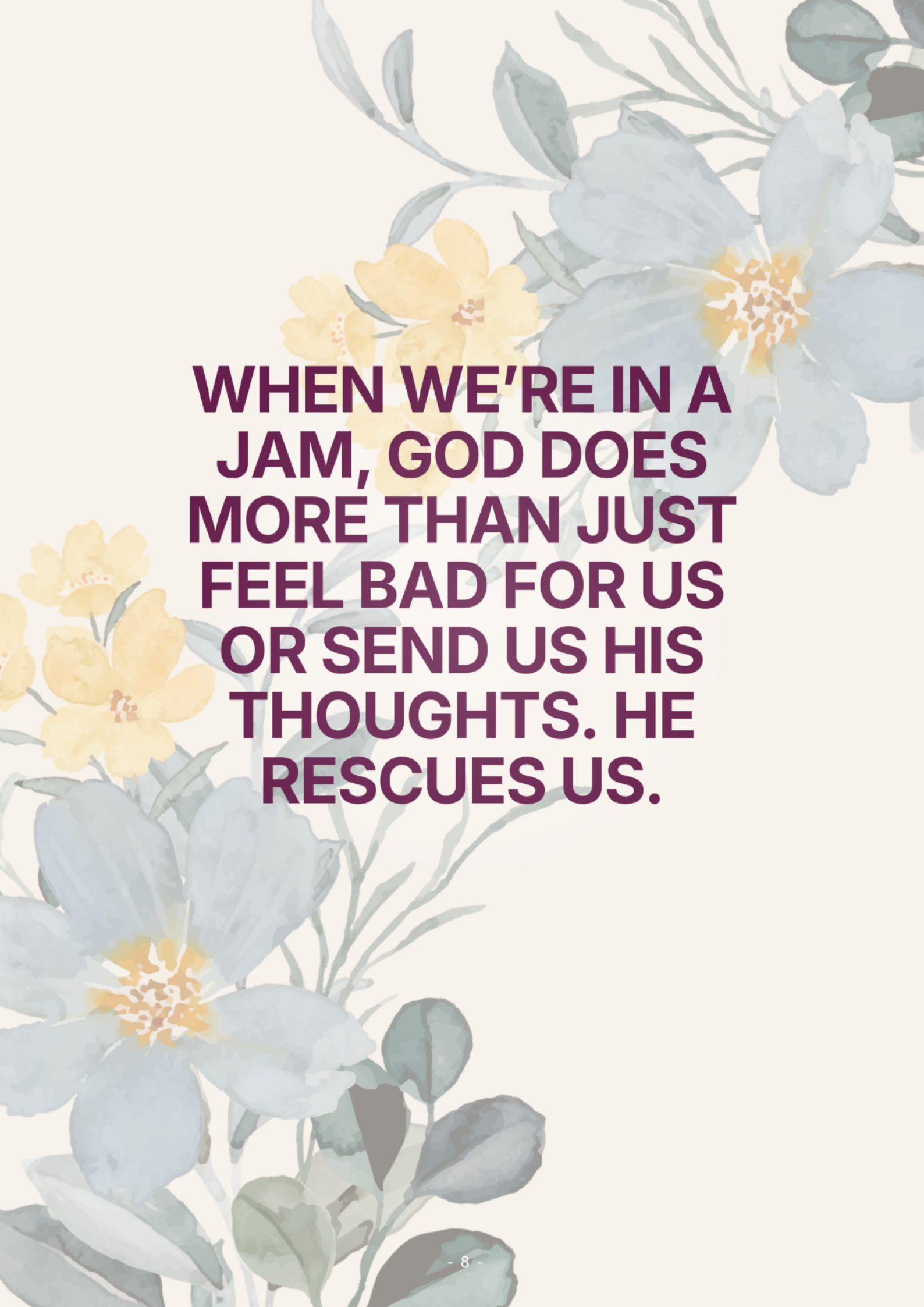
But if there was ever a legitimate reason to fear the unknown, Jesus would have worded Matthew 6:34 differently. After all, even though we may feel certain about what tomorrow may bring, none of us know for sure. But notice how straightforward the verse is: "Do not worry about tomorrow." Jesus taught us not to worry about the unknown, "for tomorrow will worry about itself." If we apply Matthew 6:34 to our context, this is how the verse sounds: Don't worry about the unknown—because it will worry about itself.

God's mercies are new every morning (Lamentations 3:22-23). In Greek, the word *racham*—translated mercy, compassion, or tender love—"pictures warm parental affection that both feels and does." When we're in a jam, God does more than just feel bad for us or send us His thoughts. He rescues us.

This assurance is something we can count on.

Because of the Lord's great love we are not consumed,
for his compassions never fail. They are new every morning; great is your faithfulness.
-Lamentations 3:22-23



A watercolor illustration of flowers and leaves. In the upper right, there is a large blue flower with a yellow center. Below it and to the left are several yellow flowers with yellow centers. Green leaves of various shapes are scattered around the flowers. The background is a light cream color.

**WHEN WE'RE IN A
JAM, GOD DOES
MORE THAN JUST
FEEL BAD FOR US
OR SEND US HIS
THOUGHTS. HE
RESCUES US.**

LET'S PRAY ...

Lord,
Help me to relinquish the fear of tomorrow
into Your hands. Help me value your
compassion as superior to any threat the
unknown may pose.
In Jesus' Name,
Amen.



TIME TO REFLECT ...

What needs to happen before you're
convinced that God's compassion can
conquer the unknown of your world?

Space to process ...



03

DAY 3

THE FEAR OF PEOPLE

TODAY'S SCRIPTURE:

Luke 18:35-43

As Jesus approached Jericho, a blind man was sitting by the roadside begging. When he heard the crowd going by, he asked what was happening. They told him, "Jesus of Nazareth is passing by."

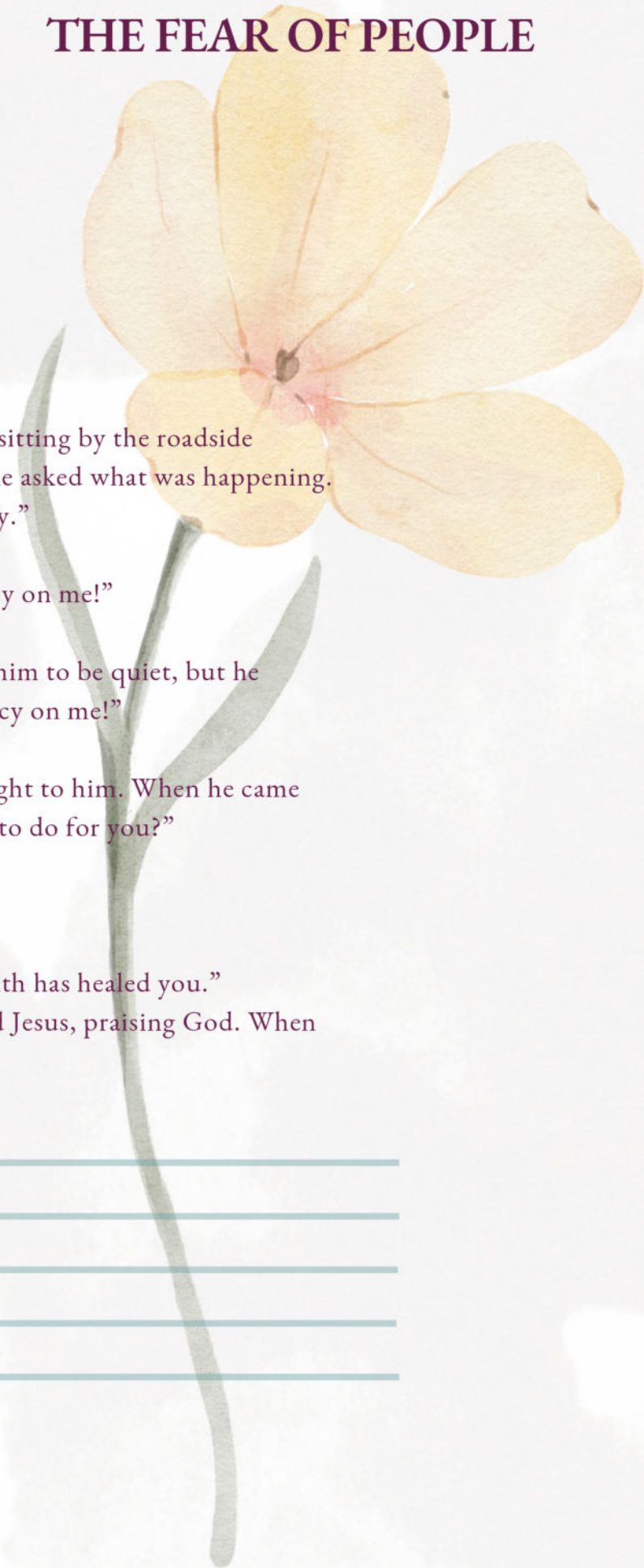
He called out, "Jesus, Son of David, have mercy on me!"

Those who led the way rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!"

Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him, "What do you want me to do for you?"

"Lord, I want to see," he replied.

Jesus said to him, "Receive your sight; your faith has healed you." Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God.



5 Verses to Remember When You Fear People

Proverbs 29:25

Fear of man will prove to be a snare,
but whoever trusts in the Lord is kept safe.

Galatians 1:10

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Psalms 56:3-4

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Hebrews 13:6

So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

Acts 5:29

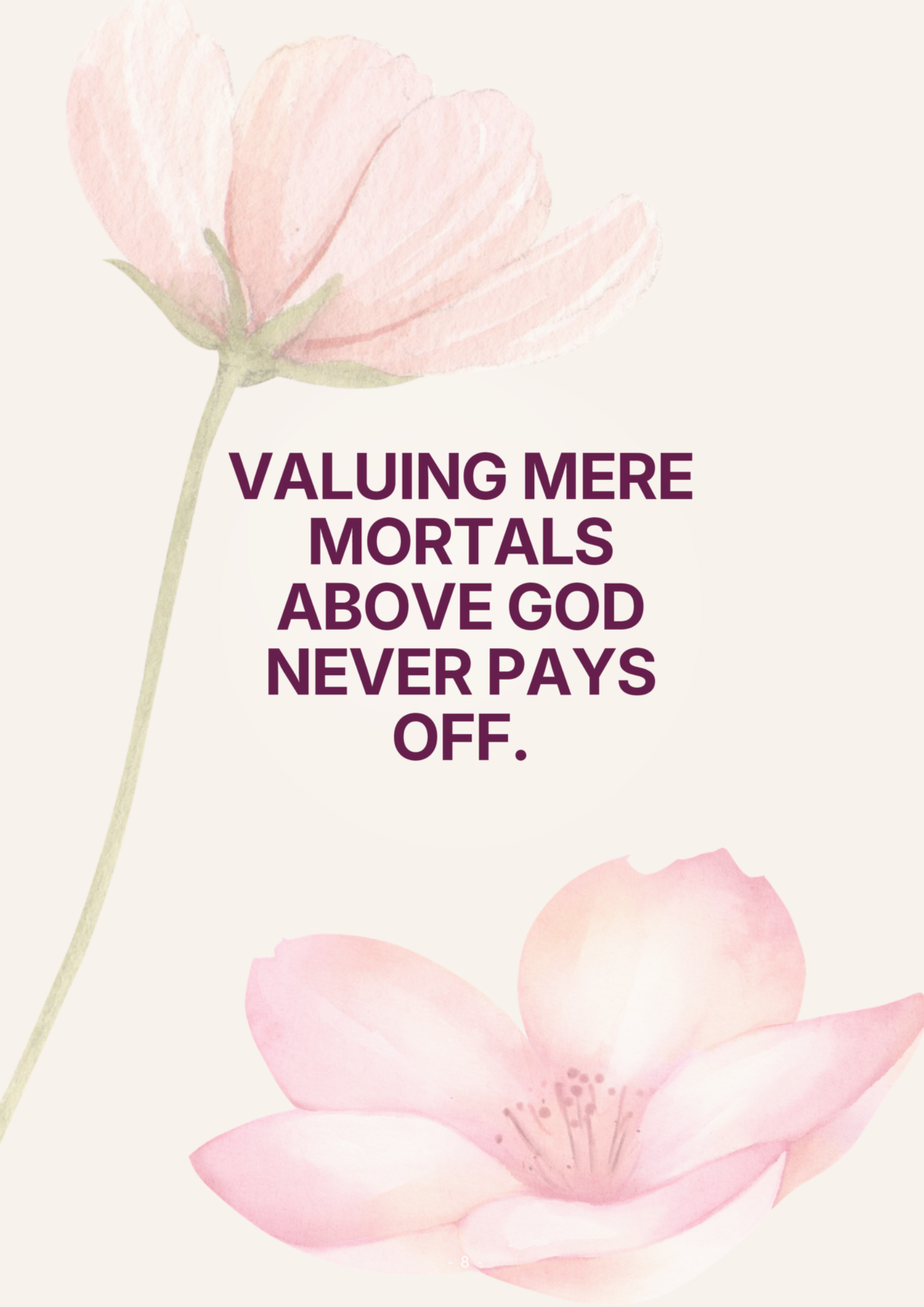
Peter and the other apostles replied: “We must obey God rather than human beings!”

Have you lied or swallowed the urge to speak up because of who you were with? Maybe the boss targets you for being a Bible-believing person. Or perhaps your family pressures you to vote the way they do. Bartimaeus would've understood how you felt. In today's passage, the disabled man expressed his wish to see. You'd think the crowd would murmur in sympathy, but they did the opposite. They tried to suppress him instead (Luke 18:39).

Bartimaeus could've complied. Retreated into shamed silence. But because he chose to double down, Jesus bestowed the blind man with His attention—and a blank check to boot. “What do you want me to do for you, [Bartimaeus]?” (Luke 18:41). Just like that, the formerly blind man now enjoys 20/20 vision.

Don't miss the significance of Bartimaeus' determination not to people-please. Some of us have succumbed to pleasing others and wound up in a loveless marriage or a soul-sucking career because of it. In Bartimaeus' case, had he kept quiet to appease the crowd, he would've remained blind.

Fearing others means we'd rather do what they say instead of what's in our heart—or God's heart for us, for that matter. But valuing mere mortals above God never pays off.



**VALUING MERE
MORTALS
ABOVE GOD
NEVER PAYS
OFF.**

LET'S PRAY ...

Lord,
Help me crave Your approval and Yours
only. Please reveal anything in my soul
that drives me to seek to please others.
In Jesus' Name,
Amen.



TIME TO REFLECT ...

Once you discover why you've craved
others' approval, what will you do to fix the
issue?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. On the right side, there is a vertical margin line, creating a narrow right margin. The top edge of the paper has some faint, illegible markings, possibly from a previous page or a header. The overall appearance is that of a clean, unused piece of stationery.

04

DAY 4

THE FEAR OF SPIRITUAL DARKNESS

TODAY'S SCRIPTURE:

Romans 8:36-37

As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. (NIV)

“So, what do you think? With God on our side like this, how can we lose? If God didn’t hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn’t gladly and freely do for us? And who would dare tangle with God by messing with one of God’s chosen? Who would dare even to point a finger? The One who died for us—who was raised to life for us! —is in the presence of God at this very moment sticking up for us. Do you think anyone is going to be able to drive a wedge between us and Christ’s love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture:

They kill us in cold blood because they hate you.
We’re sitting ducks; they pick us off one by one.

None of this fazes us because Jesus loves us. I’m absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God’s love because of the way that Jesus our Master has embraced us.” (Romans 8:36-39, *The Message*)

5 Verses to Remember When You Fear Spiritual Darkness

Romans 8:38-39

As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us.

1 John 4:4

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

James 4:7

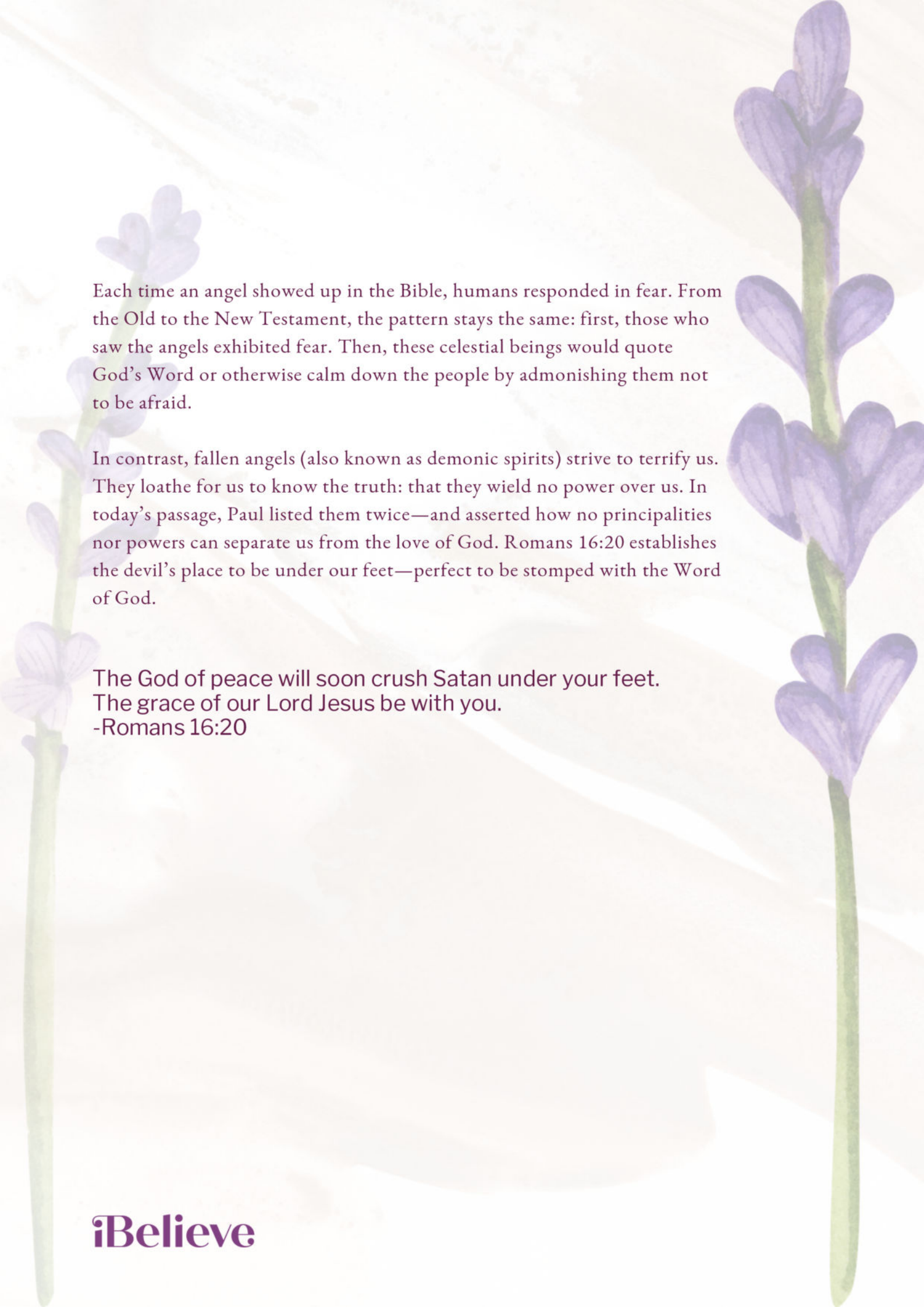
Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Ephesians 6:10-11

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.

Luke 10:19

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.



Each time an angel showed up in the Bible, humans responded in fear. From the Old to the New Testament, the pattern stays the same: first, those who saw the angels exhibited fear. Then, these celestial beings would quote God's Word or otherwise calm down the people by admonishing them not to be afraid.

In contrast, fallen angels (also known as demonic spirits) strive to terrify us. They loathe for us to know the truth: that they wield no power over us. In today's passage, Paul listed them twice—and asserted how no principalities nor powers can separate us from the love of God. Romans 16:20 establishes the devil's place to be under our feet—perfect to be stomped with the Word of God.

The God of peace will soon crush Satan under your feet.
The grace of our Lord Jesus be with you.
-Romans 16:20



**ROMANS 16:20
ESTABLISHES
THE DEVIL'S
PLACE TO BE
UNDER OUR
FEET—PERFECT
TO BE STOMPED
WITH THE WORD
OF GOD.**

LET'S PRAY ...

Lord,
Help me discern how powerful You are
within me. I don't want to fear any imp
from hell anymore. Forgive me if I was
complicit in developing the fear of demons
to begin with. Show me how to fully banish
this fear from my life.
In Jesus' Name,
Amen.

TIME TO REFLECT ...

What caused you to fear the demonic? If it's within your
power to stop feeding the fear—for instance, by skipping
horror movies altogether—will you commit to do it?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some very faint, light-colored smudges or marks, particularly near the top edge. The overall tone is clean and minimalist, typical of standard notebook paper.

05

DAY 5

THE FEAR OF WARS AND DISASTERS

TODAY'S SCRIPTURE:

Psalm 46:1-11

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, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

God is within her, she will not fall; God will help her at break of day.

Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

The Lord Almighty is with us; the God of Jacob is our fortress.

Come and see what the Lord has done, the desolations he has brought on the earth.

He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields with fire.

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

The Lord Almighty is with us; the God of Jacob is our fortress.

5 Verses to Remember When You Fear Wars and Disasters

Psalm 46:1-3

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, though its waters roar and foam and the mountains quake with their surging.

Psalm 91:1-2

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

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."

Isaiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Nahum 1:7

The Lord is good,
a refuge in times of trouble.
He cares for those who trust in him.

Years ago, a powerful earthquake rocked the region of California we were in. The quake seemed to linger, shifting us left and right, and triggering strong aftershocks. My mother, who was unfamiliar with earthquakes, appeared visibly frightened. She kept asking me, “Is the ground shaking again?” every few seconds for the next hour.

Okay, not really. It just felt that long.

An earthquake is a fearsome beast. Yet, as we read in today’s passage, the sons of Korah refused to cower. “We will not fear, though the earth give way” (Psalm 46:2). They also decreed their trust in God in the midst of tsunamis (v. 2-3) and wars (v. 6), two of the most fearsome events on the planet.

How did they develop such steely faith? After all, while God is invisible, destruction and damage are not. They can easily be scanned by our physical senses. So how could this Psalm unequivocally state, “God is our refuge and strength, a very present help in trouble” (v. 1)?

Cue Psalm 91:1 for the answer. If we dwell with the Lord—as in walking with Him daily, instead of occasionally dropping in for brief chats—we’ll also rest in Him.

Regardless of earthquakes, fires, floods, tornadoes, or brutal wars.

“Whoever dwells in the
shelter of the Most High will
rest in the shadow of the
Almighty.”
-Psalm 91:1





**IF WE WALK
WITH THE LORD,
WE WILL FIND
REST IN HIM.**



LET'S PRAY ...

Lord,
Draw me near to You. Help me linger with
You. Show me how protective you are of me.
In Jesus' Name,
Amen.

TIME TO REFLECT ...

Who do you turn to for help first usually—Almighty God or
AI? What can you do to tip the balance in God's favor?



A purple flower with yellow stamens and green leaves is positioned in the top right corner of the page. The flower is partially cut off by the top edge. The background is white with horizontal lines.

06

DAY 6

THE FEAR OF DEATH

TODAY'S SCRIPTURE:

Mark 16:5-6

As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

“Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.

Then they looked up, saw that it had been rolled back—it was a huge stone—and walked right in. They saw a young man sitting on the right side, dressed all in white. They were completely taken aback, astonished.

He said, “Don’t be afraid. I know you’re looking for Jesus the Nazarene, the One they nailed on the cross. He’s been raised up; he’s here no longer. You can see for yourselves that the place is empty. Now—on your way. Tell his disciples and Peter that he is going on ahead of you to Galilee. You’ll see him there, exactly as he said.”

-Mark 16:5-7

5 Verses to Remember When You Fear Death

John 11:25-26

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

1 Corinthians 15:55-57

"Where, O death, is your victory? Where, O death, is your sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ.

Psalms 23:4

Even though I walk through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

Romans 14:8

If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.

2 Corinthians 5:8

We are confident, I say, and would prefer to be away from the body and at home with the Lord.

Remember Day 4's study? In the Bible, humans who encountered angelic beings reacted with a certain degree of fear. The women at Jesus' tomb were no different. Their immediate response upon noticing an angel was to grow alarmed.

They also felt afraid because their only point of reference was the murdered Jesus. These women witnessed the entire horrid proceeding that led to the Savior's death. Because they saw Jesus dead and defeated, the women didn't expect to encounter anything else at His tomb.

Let's bring it home to you. Whose death do you fear might happen? Is it your own? Your spouse's? The child or grandchild you love more than life? A suicidal sibling?

To conquer the fear of death, our awareness of the risen Savior needs to overpower anything else, exactly as an angel at Jesus' tomb explained. "Do not be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here!" (Mark 16:6).



**TO CONQUER THE
FEAR OF DEATH,
OUR AWARENESS
OF THE RISEN
SAVIOR NEEDS TO
OVERPOWER
ANYTHING ELSE.**

LET'S PRAY ...

Lord,
Fill me with the awareness of Your life inside
__ [fill in the name of the person whose
death you fear]. Overwhelm any fear of death
within me with Your resurrected life.
In Jesus' Name,
Amen.

TIME TO REFLECT ...

Which Jesus are you more aware of—the One on the cross or
the resurrected Lord?



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07

DAY 7

THE FEAR OF GOD



TODAY'S SCRIPTURE:

Matthew 9: 18-26

While he was saying this, a synagogue leader came and knelt before him and said, "My daughter has just died. But come and put your hand on her, and she will live." Jesus got up and went with him, and so did his disciples.

Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. She said to herself, "If I only touch his cloak, I will be healed."

Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed at that moment.

When Jesus entered the synagogue leader's house and saw the noisy crowd and people playing pipes, he said, "Go away. The girl is not dead but asleep." But they laughed at him. After the crowd had been put outside, he went in and took the girl by the hand, and she got up. News of this spread through all that region.



5 Verses to Remember When You Fear God

Proverbs 9:10

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

Psalms 111:10

The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

Ecclesiastes 12:13

Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind.

Luke 12:4-5

"I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him."

Isaiah 8:13

The Lord Almighty is the one you are to regard as holy, he is the one you are to fear, he is the one you are to dread.

Today's passage introduced us to a panicked father. Although the man had sought Jesus' help for his dying daughter, someone else demanded His attention while He was en route. By the time the fretting father made it home, he brought Jesus to a scene of cacophony of wails—along with a dead daughter.

Jesus, unruffled, responded firmly. “She’s not dead, but asleep.”

But the Bible records that the crowd laughed (Greek: to deride) in response.

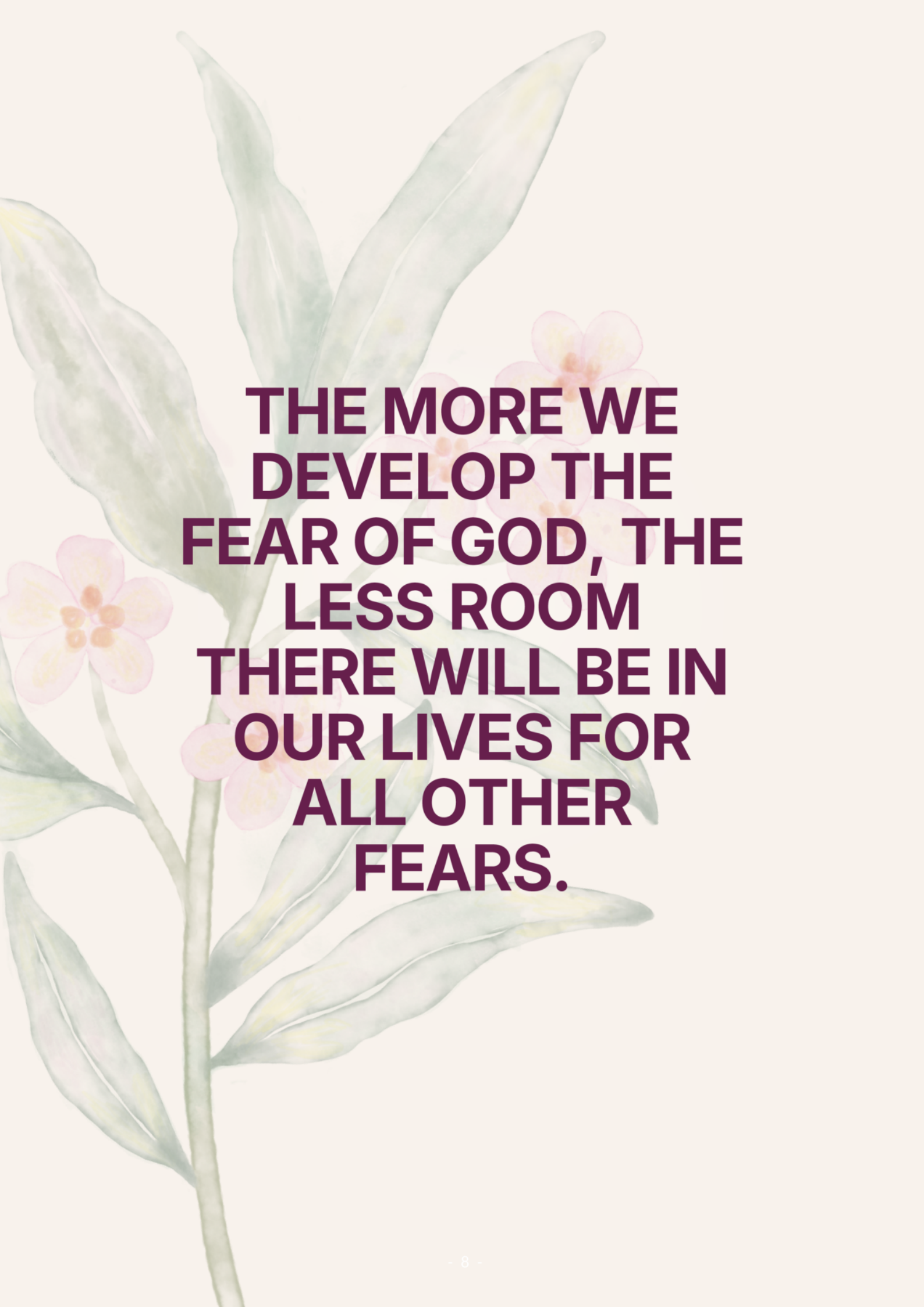
Let's unpack the moment. Those folks wouldn't have gathered, let alone wept, had the girl been taking a regular nap. Their skepticism about Jesus' proclamation makes sense. But they didn't just feel skeptical; they also derided Him for declaring something other than the fact at hand. In doing so, they revealed a serious disrespect for God.

Someone with a healthy sense of honor for the Lord would respond to whatever He says with humility. If we revere God, we will take His Word at face value, no matter how impossible, ridiculous, or unbelievable it may seem. Fearing God means acknowledging His ability to see things we don't. After all, only God knows the end from the beginning (Isaiah 46:10).

By scoffing at Jesus, the crowd dishonored God. Their attitude explains why Jesus shooed them away before commanding the dead girl to arise (Matthew 9:25). Those who reserve no reverence for God are disqualified from witnessing His signature work of signs, wonders, and miracles.

The more we develop the fear of God, the less room there will be in our lives for all other fears.



A watercolor illustration of a plant with several long, green, pointed leaves and several small, five-petaled pink flowers with orange centers. The plant is positioned on the left side of the page, with its stem and leaves extending towards the center. The background is a light cream color.

**THE MORE WE
DEVELOP THE
FEAR OF GOD, THE
LESS ROOM
THERE WILL BE IN
OUR LIVES FOR
ALL OTHER
FEARS.**

LET'S PRAY ...

Lord,
Forgive me if I don't revere You enough. I
call You the greatest and most powerful
influence in my life. Show me how I don't
need to fear anyone or anything as long as I
revere You. I pray these things in Jesus' name.
Amen.

TIME TO REFLECT ...

What practice can you implement to improve your reverence
for God?



iBelieve

Dr. Audrey Davidheiser (www.aimforbreakthrough.com) is a licensed psychologist in California, certified Internal Family Systems (IFS) therapist, and IFSI-approved clinical consultant. After founding a counseling center for the Los Angeles Dream Center, she now provides IFS therapy for trauma survivors, including those with religious trauma, and assists in IFS trainings. She has been a regular writer for Crosswalk.com and columnist for iBelieve.com. Her book on how IFS helps the grieving process, *Grieving Wholeheartedly*, was published by InterVarsity Press in July 2025. Follow her on Facebook, Instagram, Substack @DrAudreyD. More information available at AimForBreakthrough.com

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