

Victory Over Anxiety

March Faith Journal Prompts

1. How am I allowing anxiety to control my life?
2. Are the things I fear, irrational or are they valid?
3. What does Scripture say about anxiety, worry and fear?
4. Has the anxiety in my life become an idol? How?
5. When I'm having a panic/anxiety attack how do I deal with it?
6. Is it a healthy way? If not, what do I need to change?
7. What would I say to someone struggling with anxiety?
8. Does anxiety prompt me to prayer? If not, why?
9. What do I fear?
10. Lord, calm my anxious mind...
11. I don't need to fear because...
12. Ways in which God has taken fear away from my life.
13. What causes me to worry excessively?
14. Have I made my worries greater than God?
15. Write Psalm 23 and meditate on it.
16. What activities trigger my anxiety?
17. How can I reduce my exposure to these activities?
18. If these activities are necessary, how can I change my mindset?
19. Write the lyrics to a song that soothe your mind.
20. Bible character that overcame fear.
21. Write a letter to someone.
22. What would you tell your past self?
23. What am I too afraid to do?
24. Someone in your life who overcame anxiety.
25. What can I learn from him/her?
26. God is greater than my fears ...
27. Ten things that help calm me.
28. Abba, this is how anxiety makes me feel...
29. Abba, this is what I know YOU can do in my life.
30. Abba, show me how I can help others with anxiety.
31. Write a prayer of worship to God.

