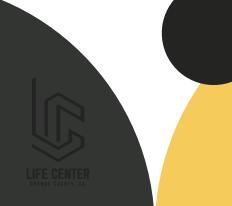
God's perfect love casts out all fear, and I am secure in His love



I am not alone in my anxiety; God is with me, and He will never leave me nor forsake me



I find peace in God's presence, for He is my refuge and strength, a very present help in times of trouble



I replace my worries with prayer, presenting my requests to God with thanksgiving, and His peace guards my heart and mind in Christ Jesus



I surrender control to God, knowing that He is in control of all things and works everything together for my good



I choose to fix my thoughts on whatever is true, honorable, just, pure, lovely, and commendable, knowing that God is with me



I am reminded that God is greater than any anxious thought or situation, and I can find peace in Him



I resist the spirit of fear, for God has given me a spirit of power, love, and a sound mind



I am grateful for God's faithfulness in the past, and I trust that He will continue to be faithful in the midst of my anxiety.



I am an overcomer through Christ who strengthens me, and anxiety has no power over me.

