

*Take at least 2-3
minutes each day
to pray out loud
and meditate on
these intentions
and scriptures
each Day.*



**Weekly Anti
Anxiety**

Study
GUIDE



These are specific intentions and scriptures on the QE Strong Anti-Anxiety patches and cards that **touch** and engage your natural energy system.

Reading these out loud each day uses your **sight**, **speech**, and **hearing** to engage multiple senses with prayer and God's Word for your healing.

Monday:

I am sustained in every circumstance by the power of the Holy Spirit.

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Father, thank you for giving me a peace that transcends all understanding! In Jesus name. Amen.

Tuesday:

Father because you have taught me to trust in you, I can and do live a life full of joy and peace.

Romans 15:13

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. **As you Holy Spirit dwells in me, I can feel myself being changed for good in my thoughts and beliefs.**

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

My God of hope, thank you for the fruits of the spirit and giving me joy and peace. In Jesus name. Amen.

Wednesday:

Because your Holy Spirit has taught me who you are, I have peace. Through this knowledge and power you have equipped me with everything I need. Your promises keep me from the evil in this world as I learn to walk in your nature.

II Peter 1:2-4

Grace and peace [that special sense of spiritual well-being] be multiplied to you in the [true, intimate] knowledge of God and of Jesus our Lord. For His divine power has bestowed on us [absolutely] everything necessary for [a dynamic spiritual] life and godliness, through true and personal knowledge of Him who called us by His own glory and excellence. For by these He has bestowed on us His precious and magnificent promises [of inexpressible value], so that by them you may escape from the immoral freedom that is in the world because of disreputable desire, and become sharers of the divine nature. AMP

Lord, thank you for multiplying grace and peace to me and equipping me with everything I need. In Jesus name. Amen.

Thursday:

Others are able to be influenced and blessed by the help and understanding the Holy Spirit has brought to me. I share that understanding with others who are going through the challenges I have experienced.

II Corinthians 1:3-4

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. *Oh God of all comfort, thank you for comforting me so I can comfort others. In Jesus name. Amen.*

Friday:

As I search your word for the answers and direction for my life, I feel your settling presence and reassurance bring me a calming peace.

Psalms 119:165

Great peace have they which love thy law: and nothing shall offend them.

I choose to walk through my life being led by the Holy Spirit. Father help me hear the Holy Spirit's voice and agree with His guidance.

Romans 8:1

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

Father, thanks for not condemning me as I am in Christ Jesus and I have great peace. In Jesus name. Amen.

Saturday:

As I look to you for guidance and answers, the knowledge that you give, brings me a peace that removes fear and anxiety.

Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Thank you, Lord for removing my fear and anxiety. I just need to present my requests to you with thanksgiving. In Jesus name. Amen.

Sunday:

How can I let fear rule when you have given me your peace?

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Father, thank you that my heart is not troubled or afraid because you give me peace. In Jesus name. Amen.

