

# SLAY WORRY ALL DAY

24 HOURS OF GOD'S PROMISES TO HELP  
YOU FIGHT AGAINST WORRY AND ANXIETY

1. God will never stop loving me. (Romans 8:38)
2. God is powerful. (Isaiah 59:1)
3. God is able. (Ephesians 3:20)
4. God will fight for me (Exodus 14:14)
5. God is my fortress and protects me. (Psalm 27:1)
6. God gives me His peace when I pray and seek Him. (Philippians 4:6-7)
7. God will help me. (Isaiah 41:13)
8. God cares for me. (1 Peter 5:7)
9. Jesus came so that I could have the gift of peace. (John 14:27)
10. God has not given me the spirit of fear. (2 Timothy 1:7)
11. God gives me victory. (Psalm 118:14)
12. When I put God first, He takes care of everything else. (Matthew 6:33)
13. God's love will calm my fears. (Zephaniah 3:17)
14. God will cover my mind in peace when I keep my mind on Him. (Isaiah 26:3)
15. God's victory comes through my faith. (1 John 5:4)
16. If Jesus is my savior, then I am God's child. (1 John 4:4)
17. God has given me everything that I need to live a godly life. (2 Peter 1:3)
18. God will never fail or abandon me. (Deuteronomy 31:8)
19. God will provide a way out when I am tempted. (2 Corinthians 10:13)
20. God is close to me when I'm struggling, sad or scared. (Psalm 34:17)
21. Even in the darkest times, God is with me. (Psalm 23:4)
22. God gives me every spiritual blessing. (Ephesians 1:3)
23. God cares about what it best for me. (Romans 8:28)
24. God's plan for my life includes a hope and a future. (Jeremiah 29:11)

These promises can be printed and posted as a reminder or even programmed in your phone or e-calendar as hourly reminders.

