



Held in His Peace: A 30-Day Scripture Reading Plan for Anxiety & Depression

Find comfort in God's Word as you walk through the valley. Each scripture is a daily reminder that you are not alone. God is with you, strengthening you, holding you, and speaking peace to your heart.

Pray and let God's peace quiet your anxious heart

- June 1- Psalm 34:17-18
- June 2-Philippians 4:6-7
- June 3-Matthew 11:28-30
- June 4- Isaiah 41:10
- June 5- 1 Peter 5:7
- June 6- Psalm 42:11
- June 7-John 14:27
- June 8- Romans 15:13
- June 9- 2 Timothy 1:7
- June 10-Psalm 55:22
- June 11-Lamentations 3:22-23
- June 12- Deuteronomy 31:8
- June 13- Isaiah 26:3
- June 14- Joshua 1:9
- June 15- Psalm 23:4
- June 16-Romans 8:38-39
- June 17- Proverbs 3:5-6
- June 18-Psalm 121:1-2
- June 19-Zephaniah 3:17
- June 20-Psalm 91:1-2
- June 21-Isaiah 43:2
- June 22-Psalm 46:1-2
- June 23-Romans 12:12
- June 24-Psalm 30:5
- June 25-Hebrews 4:16
- June 26-Jeremiah 29:11
- June 27- James 4:8
- June 28-Psalm 37:23-24
- June 29-Isaiah 40:29-31
- June 30-Revelation 21:4