

A 5-DAY SCRIPTURE COMPANION

5 Days of Scripture for Anxious Hearts

A gentle companion for the days your mind won't settle.

Simplify to Glorify

BEFORE YOU BEGIN

How to Use This Guide

Whatever season you are in, you are welcome here. There is nothing to perform and nothing to fix. This is simply a quiet place to meet God where you are.

Read slowly. Take one day or one section at a time, or return to the part that matters most to you right now. There is no wrong way to use this.

A Welcome Note

Friend — I'm so glad you're here. Whatever brought you to download this, please know you haven't stumbled into the wrong place. This little guide is for five small mornings, five small verses, five small prayers. No performance. No pressure. Just a reminder that the God who made the stars also knows the name of whatever is keeping you up at night.

Take it slowly. Come back to any day as many times as you need. And if a verse meets you in a hard moment — underline it, breathe it, whisper it. That's exactly what it's for.

With love, Simplify to Glorify

DAY ONE

You Are Not Alone in This

When you pass through the waters, I will be with you; and through the rivers, they will not overflow you.

Isaiah 43:2

REFLECTION

Anxiety can feel like standing in a river that keeps rising. The current pulls at your attention, your sleep, your sense of what's real. And somewhere underneath, a quiet voice wonders if God has noticed.

He has.

Notice that Isaiah doesn't say if you pass through the waters. He says when. Hard seasons aren't a sign something has gone wrong with your faith — they're a sign you are human, walking through a world that is still being made new.

What Isaiah promises isn't a shortcut out of the water. It's the presence of God in it. You are not standing alone.

A PRAYER

Lord, You see the water I'm standing in. You know the thoughts that won't quiet. I don't have to pretend I'm okay for You to stay close. Be with me here. Amen.

BREATH PRAYER

Breathe in: When I pass through the waters... Breathe out: ...You are with me. Repeat three times whenever the current feels strong.

DAY TWO

His Peace Is Different

Peace I leave you, My peace I give you; not as the world gives do I give to you. Do not let your hearts be troubled, nor fearful.

John 14:27

REFLECTION

The world's version of peace is conditional. Peace when the email is answered. Peace when the diagnosis is clear. Peace when everyone is okay. It's a peace you have to build, defend, and rebuild, over and over.

Jesus offers something else. A peace that doesn't wait for circumstances to cooperate. A peace that sits beside you in the waiting room, in the 3 a.m. wake-up, in the inbox you can't bring yourself to open.

You don't have to earn it. You don't have to feel it perfectly. You just have to receive what He is already extending.

A PRAYER

Jesus, I want the peace You give, not the kind I keep trying to manufacture. Teach me to receive instead of strive. Quiet my heart enough to notice what You're already holding out. Amen.

BREATH PRAYER

Breathe in: My peace... Breathe out: ...I give to you.

DAY THREE

Cast It, Don't Carry It

having cast all your anxiety on Him, because He cares about you.

1 Peter 5:7

REFLECTION

Read that verse again — slowly. Not manage. Not minimize. Not pray harder and hope it goes away. Cast.

To cast something is to let go of it on purpose. To send it away from yourself toward someone who can actually carry it.

And look at the reason: because He cares about you. Not because He's obligated. Not because you've earned it. Because He cares — present tense, personally, about you.

The invitation today isn't to feel less anxious. It's to let Someone else hold what you were never meant to carry alone.

A PRAYER

Father, I keep picking this back up. The worry, the what-ifs, the worst-case scenarios. I'm giving them to You again — as many times as it takes. Thank You that You don't grow tired of my handing them back. Amen.

BREATH PRAYER

Breathe in: I cast this on You... Breathe out: ...because You care for me.

You Don't Have to Know What to Say

The Spirit also helps our weakness; for we do not know what to pray for as we should, but the Spirit Himself intercedes for us with groanings too deep for words.

Romans 8:26

REFLECTION

Some days anxiety steals your words before you can find them. You sit down to pray and all you have is help — or nothing at all.

Hear this: that silence is not a failure. That groan is not unheard.

When you don't know what to pray, the Spirit Himself is praying for you. Your wordless ache is translated into something holy, something heard, something held. You are not required to be articulate to be loved.

Let that loosen your shoulders a little.

A PRAYER

Holy Spirit, thank You for praying the prayers I can't find words for. Thank You that my silence is not distance. Meet me in this place where I don't know what to ask. Amen.

BREATH PRAYER

Breathe in: Even without words... Breathe out: ...I am being prayed for.

One Day at a Time

So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

REFLECTION

Anxiety almost always lives in the future. What if it comes back? What if I can't handle it? What if, what if, what if. It borrows tomorrow's weight and adds it to today's.

Jesus offers a radical kindness: you only have to do today.

Not tomorrow's decisions. Not next month's unknowns. Not the conversation you might have to have someday. Just this one small day, with its one small set of next steps – and the grace that comes with it.

You've been given enough for today. Tomorrow will come with its own provision.

A PRAYER

Lord, I keep trying to live in a future I can't yet see. Bring me back to today. Remind me that Your grace is new every morning, and that I don't have to solve tomorrow to be held now. Amen.

BREATH PRAYER

Breathe in: Today is enough... Breathe out: ...tomorrow has its own grace.

When Anxiety Spikes

Sometimes anxiety does not build slowly. It arrives all at once, in the middle of an errand or at two in the morning, with a racing heart and a mind that will not be reasoned with. If that is familiar to you, hear this first: you are not weak. A body sounding the alarm is a body trying to protect you.

In those minutes, do not try to win an argument with every thought. Slow your breathing instead. Counselors will tell you what the breath prayers in this little guide already practice, that a slow, steady breath helps quiet a body in alarm. The truth does not change while you breathe. God is still near. Breathe in the verse, breathe out the prayer, and let your body catch up to what your heart already knows.

And when the spike passes, be gentle with yourself about it. A hard hour is not a verdict on your faith. It is one more place where God stayed.

Letting others stand with you

Anxiety does its loudest work in secret. Tell one trusted person what the nights have really been like, and let them check on you. And if the worry has begun to crowd out your sleep or the people you love, a good counselor or your doctor is not a detour from faith. It is one of the ways God cares for His anxious children.

A Prayer for the Spiraling Moments

Lord, my heart is racing and my thoughts will not slow down. I am not going to fight them alone. I hand You the what-ifs one at a time, as many times as it takes. Be the still point in me while this wave passes. You are with me in the water. Amen.

Gentle Tips for Anxious Days

None of these are assignments, and none of them will be the thing that saves you. They are small helps other anxious hearts have found useful, offered in case one meets you today. Take what helps and leave the rest.

Name it out loud

Saying I am anxious right now, to God or to a friend, loosens the grip of a fear that has been circling unspoken.

Slow your breath

Use the breath prayers in this guide. A long, slow exhale tells your body the danger has passed, and the verse tells your heart the same thing.

Write the worry down

A worry on paper is smaller than a worry circling your mind. Keep a notepad by the bed, and hand the list to God in the morning.

Guard the inputs

On hard days, the news and the scrolling pour water on a drowning woman. Stepping away is not avoidance. It is wisdom.

Move gently

A short walk will not solve what you are facing, but it gives the worry somewhere to go and reminds your body that it is safe.

Come back to today

When the what-ifs run ahead to next month, ask one question: what does today actually need from me? Do that, and let tomorrow wait.

Worksheet: Casting My Cares

Casting is something you do, not something you wait to feel. This page is one way to do it on paper. No tidy answers required, and no one is grading.

What I am carrying right now

The part that is actually mine to do today

The part that was never mine to carry

Handing it over: Lord, today I am giving You

Worksheet: Today Has Enough

Anxiety borrows from tomorrow. This page is for giving tomorrow back, one line at a time.

What today actually asks of me

What belongs to tomorrow, and can wait there

One time God provided when I could not yet see how

More Resources

When the worry rises again, these passages are steady places to stand. Return to them as often as you need to. They do not wear out.

Isaiah 43:2

When you pass through the waters, God promises His presence in them, not a detour around them.

John 14:27

Jesus gives a peace the world cannot manufacture, and it does not wait for circumstances to settle first.

1 Peter 5:7

You are invited to cast every anxiety on God for one reason: He cares for you.

Romans 8:26

When worry steals your words, the Spirit prays for you with groans deeper than language.

Matthew 6:34

Jesus hands you one day at a time, with grace enough for the day you are in.

Philippians 4:6-7

Prayer with thanksgiving is met by a peace that guards the heart beyond understanding.

Notes

A Note Before You Go

If these five days met you in a hard place, I'm so glad. Please know that nothing on your worst day disqualifies you from being deeply loved by God.

If you'd like to keep going, my journals, scripture cards, and devotionals are gentle companions for longer seasons — grief, caregiving, depression, and more. You can find them at simplifytoglorify.com.

Simplify to Glorify

With love and prayers,

Carla

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