

# Something to Think About: Rest in Him



Below is a list of verses to help you conquer your stress. Each day read, meditate, journal, and pray a verse into your life. Write a verse from each day's reading on to a note card and meditate on it as often as needed. Watch God transform your heart with truth. His Word never comes back to Him empty!

Day 1: Psalm 23

Day 2: John 14:25-31

Day 3: Romans 5:1-5

Day 4: Matthew 5:2-12

Day 5: Isaiah 53:4-6

Day 6: 2 Thessalonians 3:13-16

Day 7: Matthew 11:28-30

Day 8: Isaiah 26:1-6

Day 9: Matt 6:25-34

Day 10: Psalm 34

Day 11: John 16:33

Day 12: Colossians 2:17

Day 13: Psalm 119:162-168

Day 14: Philippians 4:6-13

Day 15: Psalm 4

Day 16: Proverbs 16:6-9

Day 17: Romans 15:11-13

Day 18: Isaiah 9:6-7

Day 19: Mark 6:30-32

Day 20: Exodus 20:8-10

Day 21: Jeremiah 6:16

Day 22: Psalm 46

Day 23: Isaiah 40:28-31

Day 24: Acts 3:20-21

Day 25: Genesis 2:1-3

Day 26: Isaiah 30:12-15

Day 27: Psalm 56

Day 28: Proverbs 3:1-8

Day 29: Joshua 1:6-9

Day 30: Psalm 9:1-10

