

**ANXIETY: [7 Things the Bible Says About Anxiety](#)**

Every day has the potential to introduce complex new challenges into our lives. But it's equally likely that each new day will gift us with exciting new opportunities. In this seven-day devotional, staff members at YouVersion help you apply truths from God's Word to whatever you're facing today. Each day's devotional includes a Verse Image to help you share what God is speaking to you.

**FEAR: [How to Battle Fear](#)**

In uncertain times, our go-to mindset is fear. It seems to soothe us when we continually let ourselves go down fear-filled, "what-if" roads. As followers of Jesus, we can battle this. We don't have to let fear win. This Plan is filled with practical tips as you take steps to win the battle fear is waging.

**WORRY: [How to Stop Worrying](#)**

If you're alive, then you've probably struggled with worry. Some people worry a lot, while others occasionally allow things to preoccupy our thoughts. No matter how often or how little, it's wise for us to learn how to navigate this monster that we allow to steal our peace and hijack our faith. This 4-day Plan will help you do just that.

**DEPRESSION: [Fighting for Mental and Emotional Health](#)**

What is God's will for our mental and emotional health? Does God have a remedy for depression, anxiety, stress or suicidal thoughts? The answer is yes. Christians and unbelievers alike deal with depression and other mental and emotional illnesses, but there is hope! Jesus promises and provides an abundant life—a life full of joy, purpose, and peace. Join in this seven-day devotional as we focus on how to fight for mental and emotional health!

**PEACE: [The Calm—Live Each Day in the Calm Amid the Storm](#)**

Does anxiety haunt you? Are you ever jolted awake from a sound sleep? Maybe you are driving along, a thought crosses your mind, and immediately anxiousness grips your soul. What storms of anxiety overtake you without warning? Jesus tells us, "Be still." Easier said than done? This 3-day plan will help us learn to live in the calm amidst the storms that rage within our soul and our lives.

**COMFORT: [Finding Comfort in God's Ways](#)**

When you're brokenhearted or can't find your way, it's easy to feel discouraged and hopeless. But it's in these times that we can find encouragement knowing that God is faithful to guide, comfort, and provide for us. During this 5-day plan, you'll come to recognize how God's ways are directly tied to His precious promises.

[A Playlist of Hope](#) by PCCFW on Spotify