

Combating the Stress of Life



Commit to spending 10-15 minutes a day writing out each scripture as you meditate and reflect on God's truths.

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| Day 1: Matthew 11:28-30 | Day 17: 1 Corinthians 16:13-14 |
| Day 2: Psalm 62:1-4 | Day 18: Psalm 23:1-6 |
| Day 3: 1 Peter 5:6-9 | Day 19: Matthew 6:30-34 |
| Day 4: Isaiah 43:1-2 | Day 20: Proverbs 1:28-33 |
| Day 5: John 16:32-33 | Day 21: Luke 1:72-75 |
| Day 6: Psalm 62:5-8 | Day 22: Psalm 55:20-23 |
| Day 7: Luke 12:22-26 | Day 23: Romans 8:31-34 |
| Day 8: Proverbs 12:25-28 | Day 24: Isaiah 61:1-3 |
| Day 9: John 14:25-27 | Day 25: Psalm 91:1-6 |
| Day 10: Psalm 118:5-7 | Day 26: Luke 21:34-36 |
| Day 11: Luke 12:31-34 | Day 27: Jonah 2:6-7 |
| Day 12: Lamentations 3:55-57 | Day 28: Colossians 3:14-17 |
| Day 13: Romans 8:36-39 | Day 29: Psalm 34:4-8 |
| Day 14: Psalm 56:1-4 | Day 30: Romans 8:18-21 |
| Day 15: Matthew 10:26-28 | Day 31: Hebrews 13:7-9 |
| Day 16: Exodus 14:13-14 | |

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Helping Women Discover Real Purpose, Develop Real Plans, & Delight in Real Peace