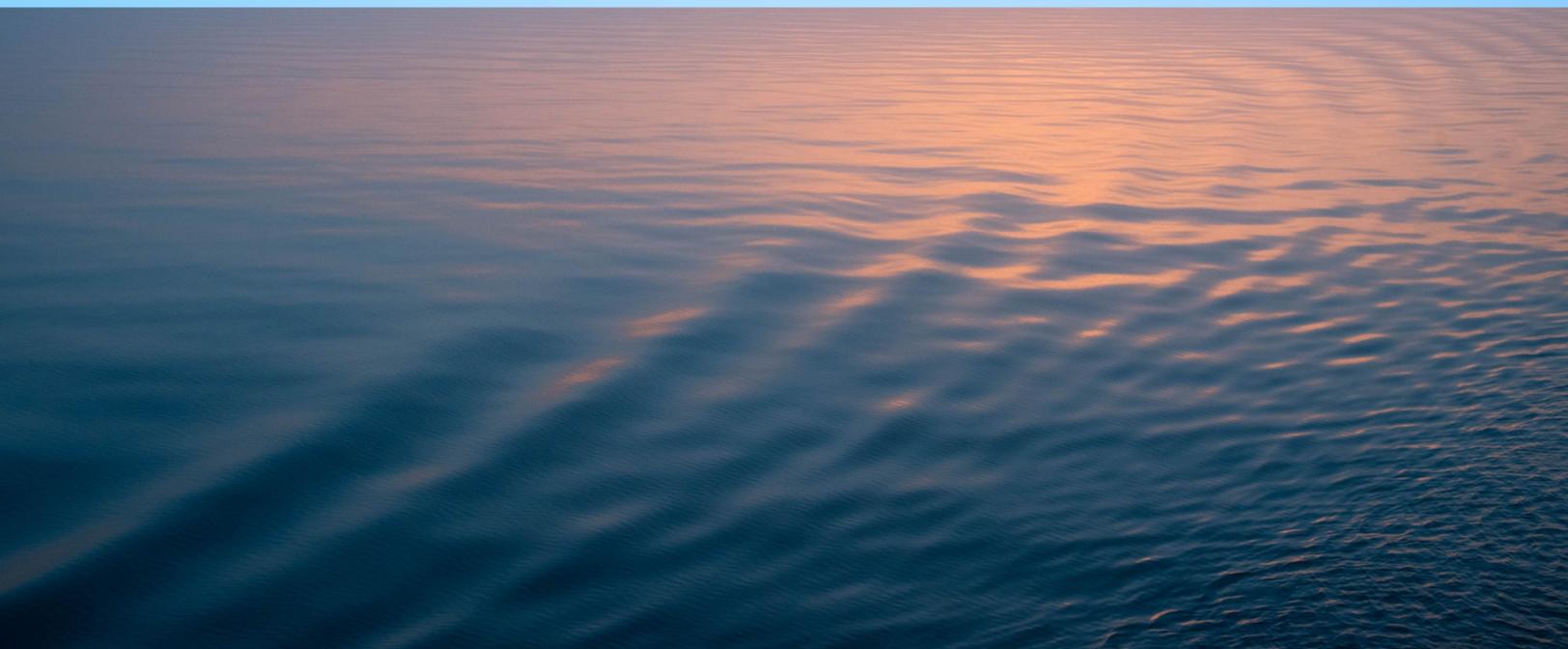




CASTING CARES

NO MORE ANXIETY



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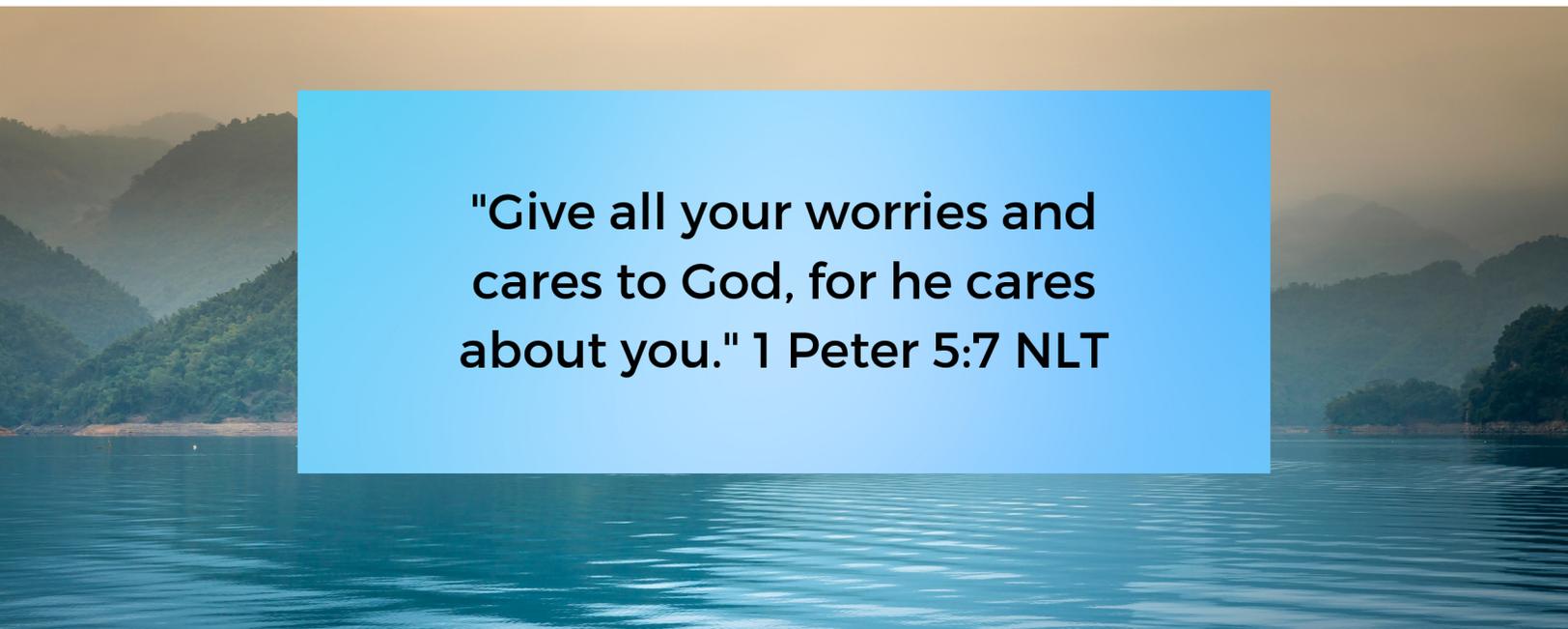
The Best Advice Comes From the Word of God

This devotional journal is designed to help you navigate the seas of anxiety and worry through the soothing and timeless words of Scripture. In the hustle and bustle of life, it's all too easy to become entangled in the web of anxious thoughts and concerns.

This journal is your refuge—a sacred space where you can journey inward, exploring the depths of your worries, while simultaneously journeying upward, seeking solace in the promises of God's Word.

Each day, immerse yourself in a selected scripture passage, allowing its wisdom to gently unravel the knots of anxiety that may have taken hold. As you reflect on the provided journal prompts, open your heart to the transformative power of God's truths.

May this devotional journey be a source of healing, renewal, and empowerment, as you learn to cast your cares upon the One who cares for you.



"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7 NLT

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I DECLARE...

1. I declare that I am not defined by anxiety or fear. I am an overcomer, empowered by God's strength to rise above every challenge that comes my way.
2. I declare that I release all my worries and anxieties to God, for He cares deeply for me. I choose to cast my burdens upon Him and embrace His peace that surpasses understanding.
3. I declare that I am not controlled by stress or overwhelmed by circumstances. I am anchored in God's unchanging truth, and His peace guards my heart and mind in all situations.
4. I declare that fear has no power over me. I choose faith over fear, and I trust in God's promises to lead me through every valley, knowing that He walks beside me.
5. I declare that my mind is renewed by God's Word, and I focus my thoughts on things that are true, noble, lovely, and praiseworthy. Negative thoughts lose their grip as I meditate on His truth.
6. I declare that I am not alone in my struggles. The God of all comfort is with me, guiding me through every storm and showering His love upon me in times of distress.
7. I declare that I possess a spirit of self-discipline and a sound mind. I am empowered to manage my thoughts and emotions, rejecting anxiety's hold on my life.
8. I declare that I replace worry with prayer and thanksgiving. Instead of dwelling on concerns, I approach God with a heart of gratitude, trusting Him to provide and guide.
9. I declare that my faith is greater than my fears. I am equipped with God's armor to stand against anxious thoughts, and I am confident in His ability to deliver me from every worry.
10. I declare that I walk in the freedom of Christ. I reject the chains of anxiety, stress, and fear, embracing the peace and courage that He offers me. I am an instrument of His peace and a vessel of His strength.