

# Faith Over Fear

Christian Anxiety & Mental Health Workbook — Sample

## Welcome

Thank you for downloading this sample of Faith Over Fear — Christian Anxiety & Mental Health Workbook.

This sample includes the introduction and the first 3 days of the 30-day workbook.

The full workbook is available for purchase at [christianfaithweb.org](http://christianfaithweb.org).

## Introduction: Why Faith Over Fear?

Anxiety touches every one of us. The weight of worry, the sleepless nights, the racing thoughts — they are part of the human experience.

But as believers, we have something the world does not: the peace of God that surpasses all understanding.

This workbook is designed to help you replace anxious thoughts with God's truth, one day at a time.

Each day includes:

- A Scripture passage to meditate on
- A short devotional reflection
- Journal prompts to process your thoughts
- A prayer to lift up to God
- A practical action step

## Day 1: Cast Your Cares

*Scripture: 1 Peter 5:6-7*

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."*

Reflection:

The word 'cast' in Greek is *epiripsantes* — the same word used for throwing a blanket over a horse. It means a deliberate, forceful action.

God doesn't want you to gently set down your worries. He wants you to throw them onto Him with full force.

Think about what you're carrying right now. What worries have you been holding onto that you need to cast onto the Lord?

Journal Prompt: Write down three things causing you anxiety today. Now, one by one, pray over each one and visualize yourself casting it onto the Lord.

Prayer:

Lord, I come before You with the worries I've been carrying. I confess that I've been holding onto anxiety instead of giving it to You. Today I choose to cast all my cares on You because I know You care for me. Amen.

## Day 2: Peace That Passes Understanding

*Scripture: Philippians 4:6-7*

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Reflection:

Notice the order: prayer first, then peace. Paul doesn't say 'feel peaceful and then pray.' He says pray first, and the peace follows.

Thanksgiving is the key. When we thank God in the middle of our anxiety, we remind ourselves of His faithfulness in the past. This builds trust for the present.

Journal Prompt: Write down 5 things you're thankful for right now — even if you don't feel thankful. Let gratitude be the doorway to peace.

Prayer:

Father, I bring my anxious thoughts to You. Instead of worrying, I choose to pray. Instead of fearing, I choose to give thanks. I receive Your peace that surpasses all understanding. Guard my heart and mind in Christ Jesus. Amen.

## Day 3: Fear Not, For I Am With You

*Scripture: Isaiah 41:10*

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Reflection:

God doesn't just tell us NOT to fear. He gives us the reason: I AM WITH YOU.

His presence is not theoretical — it is practical. When you're lying awake at 3 AM, He is with you. When your heart races before a difficult conversation, He is with you.

The same God who parted the Red Sea, who raised Jesus from the dead, is with you in this very moment.

Journal Prompt: What situation is causing you the most fear right now? Write it down. Then write: 'God is with me in this. He will strengthen me.' Read it aloud three times.

Prayer:

Lord, I thank You that You are with me. When fear rises, help me remember Your presence. You are my God, and You promise to strengthen me. I receive Your strength today. Amen.

## Continue Your Journey

This concludes the sample of Faith Over Fear — Christian Anxiety & Mental Health Workbook.

The full workbook includes:

- 30 daily devotionals rooted in Scripture
- Journaling prompts for every day
- Prayer templates for anxious moments
- Scripture memory cards
- A 21-day anxiety tracking chart

Get the full workbook at:

<https://christianfaithweb.org/product/faith-over-fear-christian-anxiety-workbook/>

May the Lord bless you and keep you, and give you His perfect peace.

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