



Tuesday, July 14th

Day 1: The Power of Truth Over Fear

Reading: Psalm 1:1-6

Devotional: The psalmist begins with a profound truth: blessing comes to those who meditate on God's law day and night. Like a tree planted by streams of water, our spiritual stability depends on what we allow to take root in our minds. When we fill our thoughts with God's truth rather than the world's lies, we become unshakeable. Consider today what "streams" you're planted beside—are they sources of life-giving truth or toxic anxiety? Fear cannot coexist with deep meditation on Scripture. Just as a tree doesn't strain to produce fruit but does so naturally from proper nourishment, peace flows naturally from minds saturated in God's Word. What lies have you been believing that God's truth needs to replace?

Wednesday, July 15th

Day 2: Casting Anxious Thoughts on Him

Reading: Philippians 4:6-9

Devotional: Paul's command to "be anxious for nothing" isn't a suggestion—it's a divine imperative from a man writing from prison. If anyone had reason to worry, it was Paul, yet he discovered the secret: replacing anxiety with prayer and thanksgiving. Notice the progression: instead of dwelling on fears, we bring requests to God with gratitude. This shifts our focus from ourselves to our faithful Father. The result? Peace that surpasses understanding, guarding our hearts and minds. This isn't apathy or denial; it's active trust. When anxious thoughts arise today, pause and transform them into prayers. List three things you're grateful for, then present your concerns to God. Watch how thanksgiving dismantles anxiety's power over your mind.

Thursday, July 16th

Day 3: Meditate on What Is True

Reading: Romans 12:1-2

Devotional: Transformation begins in the mind. Paul reveals that renewal—complete life change—happens through mental renovation. Our culture bombards us with lies, half-truths, and fear-inducing news constantly. Studies suggest we think the same thoughts today that we thought yesterday, creating mental ruts that lead either toward God or away from Him. The world's pattern is anxiety, comparison, and self-focus. God's pattern is truth, peace, and others-focused love. What are you allowing to shape your thinking? Your entertainment,

relationships, and media consumption aren't neutral—they're actively forming your thought patterns. Today, take inventory: does your daily input promote thoughts that are true, noble, just, pure, and praiseworthy? Where do you need to make changes?

Friday, July 17th

Day 4: The Discipline of Biblical Meditation

Reading: Joshua 1:8-9

Devotional: God commanded Joshua to meditate on His Word day and night for success and prosperity. Biblical meditation isn't emptying the mind but filling it intentionally with Scripture. This practice has become a lost art among adults, yet it's transformative. When you memorize and meditate on God's Word, your mind has truth readily available to combat lies. You cannot simultaneously dwell on Scripture and spiral into anxiety. Choose one verse this week to memorize with your family or friends. Repeat it throughout the day. Think deeply about its meaning and implications for your life. This isn't about religious performance but about rewiring your thought patterns with divine truth. As you meditate, you'll discover God's peace displacing your worry.

Saturday, July 18th

Day 5: Peace That Surpasses Understanding

Reading: John 14:27; 16:33

Devotional: Jesus offers a peace fundamentally different from what the world provides. He promised peace even while warning His disciples of tribulation. This supernatural peace doesn't depend on circumstances but on confidence in God's wisdom and control. Biblical peace isn't the absence of storms but rest in the midst of them. Like Jesus in the garden of Gethsemane, we can acknowledge our distress while surrendering to the Father's will. This peace becomes our greatest testimony—when everything around us crumbles yet we remain steady, the world notices. They see something supernatural. Today, identify one situation causing you anxiety. Practice surrendering it repeatedly to God, saying, "Your will be done, not mine." Trust that His peace will guard your heart and mind as you release control.

Weekly Challenge: Memorize Philippians 4:6-7 as a family or with friends. Recite it together daily, discussing how you're applying it to your thought life.