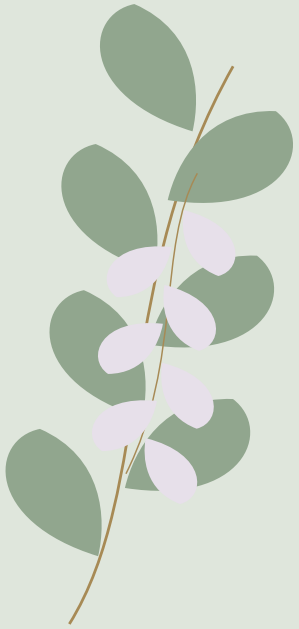
15 SCRIPTURE-BASED CONFESSIONS

Confessions for

Peace & a Sound Mind



Quiet the fear. Return to truth.
Take one peaceful step at a time.

ANCHORED IN SCRIPTURE

“For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].”

2 TIMOTHY 1:7 | AMPLIFIED BIBLE

A faith-filled invitation to pause and rest in God’s presence.

Return to truth

Fear may feel urgent. God’s truth gives you a place to stand.

Slow down, bring your thoughts into God’s presence, and practice responding from truth rather than pressure. Seek qualified support when anxiety or distress is persistent or overwhelming.

01

POWER, LOVE, AND DISCIPLINE

God has not given me a spirit of fear. I can respond with power, love, sound judgment, and personal discipline.

2 Timothy 1:7 AMP

02

BRING IT TO GOD

God’s peace is available in the middle of uncertainty. I bring my requests to Him instead of rehearsing every feared outcome.

Philippians 4:6–7 AMP

03

RETURN TO WHAT IS TRUE

I will not treat every anxious thought as a prediction. I can examine it and return my attention to what is true.

Philippians 4:8 AMP

04

YOU ARE NOT ALONE

Because God is with me, I do not have to face this moment as though I am alone.

Isaiah 41:10 AMP

05

GRACE FOR TODAY

I release the demand to solve tomorrow today. Grace is present for this day and this step.

Matthew 6:34 AMP

Make room for peace

Pause, renew your thoughts, and receive the gift of rest.

Pause. Speak with intention. Put the Word into practice.

06

RENEW YOUR MIND

My mind is not beyond renewal. God’s truth can reshape the patterns fear has repeated.

Romans 12:2 AMP

07

PAUSE BEFORE RESPONDING

I choose to pause before I react. I can listen, pray, and respond with wisdom.

James 1:19 AMP

08

GUARD YOUR THOUGHTS

I guard what I repeatedly welcome into my thoughts. I make room for what is true, honorable, and worthy of attention.

Proverbs 4:23 AMP

09

RECEIVE THE GIFT OF REST

Rest is not a failure of faithfulness. I receive sleep and stillness as gifts, not rewards I must earn.

Psalm 4:8 AMP

10

RETURN TO YOUR REFUGE

When my thoughts race, I can return to God as my refuge and present help.

Psalm 46:1 AMP

Take the next step

Meet this moment with gentleness, wisdom, and faith.

Pause. Speak with intention. Put the Word into practice.

11

RELEASE YOUR CARES

I do not have to carry every possibility at once. I cast my cares on God because He cares for me.

1 Peter 5:7 AMP

12

CHOOSE A PEACEFUL NEXT STEP

Fear will not make my decisions for me. I can seek wisdom, gather facts, and take a peaceful next step.

James 3:17 AMP

13

PRACTICE GENTLENESS

My body deserves gentleness while my mind returns to truth. I can breathe, slow down, and ask for support.

Psalm 23:2–3 AMP

14

SEPARATE FEAR FROM FACT

I am learning to recognize the difference between a fact, a feeling, and a fearful story.

2 Corinthians 10:5 AMP

15

REST IN HIS FAITHFULNESS

Because God remains faithful, I can meet this moment without surrendering my mind to fear.

Lamentations 3:22–23 AMP

Pause. Breathe. Receive.

Make room for peace in this moment, one breath at a time.

01 / WHAT HAS BEEN COMPETING FOR MY PEACE?

Name the thought, pressure, relationship, responsibility, or unknown that has been loudest. What is factual? What are you assuming? What truth from Scripture can answer the fear without denying reality?

02 / A MOMENT TO GROUND YOURSELF

Place both feet on the floor. Take five slow breaths. Name five things you see, four you feel, three you hear, two you smell, and one truth about God you can hold in this moment.

MY CLOSING CONFESSION

God has given me power, love, and a sound and disciplined mind. I release fearful predictions and return to what is true. I can receive wise support, rest without guilt, and take one peaceful step at a time.

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