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1. Meditation on the Word Joshua 1:8

⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

2. Prayer and Thanksgiving Philippians 4:6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

3. Confession I John 1:9

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

4. Christian Fellowship Hebrews 10:24-25

²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

5. Saved by Grace Ephesians 2:8-10.

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

6. Indwelling Holy Spirit I Corinthians 6:19-20

¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

7. God's Presence and Strength 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.

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8. God's Peace Isaiah 26:3

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.

9. Victory over Temptation I Corinthians 10:13

¹³ No temptation^[a] has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted^[b] beyond what you can bear. But when you are tempted,^[c] he will also provide a way out so that you can endure it.

10. Seek Christ First Matthew 6:33-34

³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.