The 7 Foundations of Faith

(30 Scriptures for Steadfast Trust)

Volume 1
Fear & Anxiety

Rooted in Scripture.
Strengthened in Faith.
Steadfast in Christ.

RETAG Foundation

About This Series

The *7 Foundations of Faith* series was created to provide believers with a structured and Scripture-centered journey through the essential pillars of Christian life.

In a time when fear, uncertainty, and emotional instability are common, we believe the answer is not found in human motivation but in the unchanging Word of God.

Each volume in this series focuses on one foundational area of spiritual growth:

- Fear & Anxiety
- Worry & Stress
- Healing & Restoration
- Hope & Future
- Love
- Strength & Encouragement
- Comfort in Grief

These journals are designed to help you slow down, reflect deeply, and anchor your heart in biblical truth over 30 days.

This is not a quick devotional. It is a guided Scripture discipline.

Our prayer is that through daily meditation on God's Word, your mind would be renewed, your faith strengthened, and your heart steadied in Christ.

How to Use This Guide

This journal is designed to be used over 30 days.

Each day includes:

- A carefully selected Scripture
- A key biblical truth
- Reflection questions
- A guided prayer
- Space for personal journaling

We encourage you to:

1. **Read** the Scripture slowly and thoughtfully.
2. **Reflect** honestly on the questions.
3. **Write** your response without rushing.
4. **Pray** the provided prayer as a starting point, then continue in your own words.

Consistency matters more than speed.
Set aside a specific time each day.
Return to the previous entries as needed.
Allow Scripture—not emotion—to shape your understanding.

30 Scriptures for Steadfast Trust

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Isaiah 41:10	2 Timothy 1:7	Psalm 56:3	Philippians 4:6–7	Joshua 1:9
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Psalm 34:4	1 Peter 5:7	John 14:27	Psalm 23:4	Deuteronomy 31:6
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Psalm 94:19	Matthew 6:34	Psalm 27:1	Isaiah 35:4	Psalm 118:6
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Hebrews 13:6	Romans 8:15	Psalm 112:7	Proverbs 3:5–6	John 16:33
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Isaiah 43:1	Psalm 46:1	Matthew 10:29–31	Luke 12:7	Psalm 91:5
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Lamentations 3:57	Zephaniah 3:17	Romans 8:38–39	1 John 4:18	Psalm 55:22

PHASE 1

God Is Near

DAY 1 /	DAY 2 /	DAY 3 /	DAY 4 /	DAY 5 /
Isaiah 41:10	2 Timothy 1:7	Psalm 56:3	Philippians 4:6–7	Joshua 1:9
DAY 6 /	**DAY 7 /**	**DAY 8 /**	**DAY 9 /**	**DAY 10 /**
Psalm 34:4	1 Peter 5:7	John 14:27	Psalm 23:4	Deuteronomy 31:6

DAY 1 *“God Is With You”*

Isaiah 41:10 (WEB)
Don’t you be afraid, for I am with you. Don’t be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

Reflection

1. What specific fear today would change if you truly believed God is with you?

2. Where do you need to rely on His strength instead of your own control?

Prayer

Sovereign Lord, You command me not to fear because You are with me. Forgive me for acting as though I stand alone. Strengthen me where I am weak and uphold me by Your righteous hand. Help me rest in Your faithful presence and trust Your sustaining power.

Journal

DAY 2 *“Spirit Gives Power”*

2 Timothy 1:7 (WEB)
For God didn’t give us a spirit of fear, but of power, love, and self-control.

Reflection

1. How have you allowed fear to shape your decisions instead of the Spirit’s power?

2. What would self-control look like in the area where anxiety has ruled you?

Prayer

Father, You have given me Your Spirit, not a spirit of fear. Teach me to walk in the power and love that come from You. Guard my mind with self-control rooted in truth. May my life reflect confidence in the Spirit You have graciously given.

Journal

DAY 3 *“Trust God Daily”*

Psalm 56:3 (WEB)
When I am afraid, I will put my trust in you.

Reflection

1. When fear rises, where do you instinctively turn for security?

2. What practical act of trust can you take today in response to anxiety?

Prayer

Lord, You know how quickly fear rises in my heart. Teach me to answer fear with trust in You. Anchor my confidence in Your character rather than my circumstances. Help me choose faith deliberately and consistently when uncertainty presses in.

Journal

DAY 4 *“Peace Guards Hearts”*

Philippians 4:6–7 (WEB)
6. In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.
7. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Reflection

1. What worries have you withheld from prayerful surrender?

2. How would thanksgiving reshape the way you approach your concerns?

Prayer

Gracious God, You command me to bring everything to You in prayer. Forgive me for rehearsing worries instead of presenting them to You. Fill my heart with thanksgiving and confidence in Christ. Let Your peace stand guard over my thoughts and affections.

Journal

DAY 5 *“Be Strong in Him”*

Joshua 1:9 (WEB)
Haven’t I commanded you? Be strong and courageous. Don’t be afraid. Don’t be discouraged, for Yahweh your God is with you wherever you go.

Reflection

1. Where has discouragement weakened your obedience?

2. What step of courage is God calling you to take despite fear?

Prayer

Yahweh, You command strength and courage because You are present. Forgive my hesitation when obedience feels costly. Grant me courage grounded in Your unchanging presence. Help me move forward in faithful confidence, knowing You go before me.

Journal

DAY 6 *“God Hears You”*

Psalm 34:4 (WEB)
I sought Yahweh, and he answered me,
and delivered me from all my fears.

Reflection

1. Have you truly sought the Lord, or only relief from discomfort?

2. How has God already answered you in past seasons of fear?

Prayer

Lord, You are attentive to those who seek You. Teach me to seek Your face before seeking solutions. Remind me of Your past deliverance when fear resurfaces. Strengthen my faith through the memory of Your faithfulness.

Journal

DAY 7 *“Cast Your Cares”*

1 Peter 5:7 (WEB)
casting all your worries on him, because he cares for you.

Reflection

1. What specific burden are you still holding instead of casting on Him?

2. How does knowing He cares personally change your anxiety?

Prayer

Father, You invite me to cast every worry upon You. Forgive me for clinging to concerns as though they depend solely on me. Teach me to entrust each burden to Your wise care. Thank You for Your attentive and faithful love.

Journal

DAY 8 *“Christ Gives Peace”*

John 14:27 (WEB)
Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Don’t let your heart be troubled, neither let it be fearful.

Reflection

1. What false sources of peace have you trusted recently?

2. How can you receive Christ’s peace in a troubled moment today?

Prayer

Lord Jesus, You give peace unlike the world offers. Guard my heart from troubled thoughts rooted in earthly security. Teach me to receive the peace You secured through Your cross. Let Your peace steady my heart amid uncertainty.

Journal

DAY 9 *“Shepherd in Darkness”*

Psalm 23:4 (WEB)
Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

Reflection

1. What “valley” are you walking through right now?

2. How does Christ’s shepherding presence comfort you in it?

Prayer

Shepherd of my soul, You walk with me through dark valleys. Help me resist fear even when danger feels near. Comfort me with Your guiding and correcting hand. Strengthen my trust in Your wise leadership.

Journal

DAY 10 *“God Never Forsakes”*

Deuteronomy 31:6 (WEB)
Be strong and courageous. Don’t be afraid or scared of them; for Yahweh your God himself is who goes with you. He will not fail you nor forsake you.

Reflection

1. Where are you tempted to believe God has abandoned you?

2. How does His promise reshape your outlook on opposition?

Prayer

Faithful God, You promise never to fail or forsake Your people. Forgive me when I doubt Your nearness. Anchor my courage in Your covenant faithfulness. Help me stand firm, trusting that You go with me.

Journal

PHASE 2

Trust Over Fear

DAY 11 /	DAY 12 /	DAY 13 /	DAY 14 /	DAY 15 /
Psalm 94:19	Matthew 6:34	Psalm 27:1	Isaiah 35:4	Psalm 118:6
DAY 16 /	**DAY 17 /**	**DAY 18 /**	**DAY 19 /**	**DAY 20 /**
Hebrews 13:6	Romans 8:15	Psalm 112:7	Proverbs 3:5–6	John 16:33

DAY 11 *“Comfort in God”*

Psalm 94:19 (WEB)
In the multitude of my thoughts within me,
your comforts delight my soul.

Reflection

1. What anxious thoughts dominate your mind most often?

2. How can you intentionally meditate on God’s comforts today?

Prayer

Lord, You know the multitude of thoughts within me. Replace anxious patterns with the delight of Your comfort. Train my mind to dwell on Your truth. Let Your promises quiet my restless heart.

Journal

DAY 12 *“Trust Today Only”*

Matthew 6:34 (WEB)
Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient.

Reflection

1. What future scenario is stealing today’s faithfulness?

2. How can you focus on obedience in the present moment?

Prayer

Father, You rule over tomorrow as surely as today. Deliver me from borrowing troubles that are not yet mine. Teach me to walk faithfully in this day’s responsibilities. Help me trust Your provision for what lies ahead.

Journal

DAY 13 *“The Lord My Light”*

Psalm 27:1 (WEB)
Yahweh is my light and my salvation. Whom shall I fear?
Yahweh is the strength of my life. Of whom shall I be afraid?

Reflection

1. What fear reveals that something other than God feels like your strength?

2. How does salvation in Christ redefine your security?

Prayer

Yahweh, You are my light and salvation. Forgive me when I look elsewhere for strength. Remind me that in Christ I am secure. Let Your presence dispel fear that seeks to control me.

Journal

DAY 14 *“God Comes to Save”*

Isaiah 35:4 (WEB)
Tell those who are of a fearful heart, “Be strong. Don’t be afraid.
Behold, your God will come with vengeance, with God’s retribution.
He will come and save you.

Reflection

1. Where has your heart grown faint under pressure?

2. How does God’s promise to save sustain perseverance?

Prayer

Mighty God, You promise to come and save. Strengthen my fearful heart with confidence in Your justice and mercy. Help me endure with steadfast faith. Keep my hope anchored in Your saving power.

Journal

DAY 15 *“God Is My Help”*

Psalm 118:6 (WEB)
Yahweh is on my side. I will not be afraid.
What can man do to me?

Reflection

1. Whose opinion or power intimidates you most?

2. How would confidence in God’s help change your response?

Prayer

Lord, You stand on behalf of Your people. Guard me from fearing human opposition more than You. Root my courage in Your sovereign protection. Teach me to live for Your approval alone.

Journal

DAY 16 *“The Lord My Helper”*

Hebrews 13:6 (WEB)
So that with good courage we say,
“The Lord is my helper. I will not fear. What can man do to me?”

Reflection

1. How does remembering God as your helper reshape daily stress?

2. Where can you speak courage over your own heart today?

Prayer

Father, You are my helper in every circumstance. Forgive my tendency to rely on myself. Strengthen my courage through Your abiding presence. Help me confess bold trust in You.

Journal

DAY 17 *“Adopted Not Afraid”*

Romans 8:15 (WEB)
For you didn’t receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, “Abba! Father!”

Reflection

1. Do you approach God as a slave in fear or a child in confidence?

2. How can you cultivate intimacy with your Father today?

Prayer

Abba, Father, You have adopted me through Christ. Deliver me from fearful bondage. Deepen my assurance of Your fatherly love. Let my prayers reflect childlike trust in Your care.

Journal

DAY 18 *“Steady in Bad News”*

Psalm 112:7 (WEB)
He will not be afraid of evil news.
His heart is steadfast, trusting in Yahweh.

Reflection

1. How do you typically react to unsettling news?

2. What habits would strengthen a steadfast heart?

Prayer

Lord, stabilize my heart in uncertain times. Teach me to respond to troubling reports with trust in You. Form habits of faith that anchor my thoughts. Make me steadfast through confidence in Your rule.

Journal

DAY 19 *“Trust Fully”*

Proverbs 3:5–6 (WEB)
Trust in Yahweh with all your heart, and don’t lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight.

Reflection

1. Where are you leaning on your own understanding?

2. How can you acknowledge God more deliberately in decisions?

Prayer

Yahweh, You call me to wholehearted trust. Forgive divided loyalty and self-reliance. Guide my steps as I submit my plans to You. Direct my paths according to Your wisdom.

Journal

DAY 20 *“Christ Overcomes”*

John 16:33 (WEB)
I have told you these things, that in me you may have peace. In the world you have oppression; but cheer up! I have overcome the world.

Reflection

1. What oppression tempts you to despair?

2. How does Christ’s victory anchor enduring hope?

Prayer

Lord Jesus, You have overcome the world. Strengthen me when trials press hard. Help me rest in the peace found in You alone. Fix my eyes on Your finished victory.

Journal

PHASE 3

Courage & Confidence

DAY 21 /	DAY 22 /	DAY 23 /	DAY 24 /	DAY 25 /
Isaiah 43:1	Psalm 46:1	Matthew 10:29–31	Luke 12:7	Psalm 91:5
DAY 26 /	**DAY 27 /**	**DAY 28 /**	**DAY 29 /**	**DAY 30 /**
Lamentations 3:57	Zephaniah 3:17	Romans 8:38–39	1 John 4:18	Psalm 55:22

DAY 21 *“Redeemed and Called”*

Isaiah 43:1 (WEB)
But now Yahweh who created you, Jacob, and he who formed you, Israel, says: “Don’t be afraid, for I have redeemed you. I have called you by your name. You are mine.”

Reflection

1. What fear challenges your identity in Christ?

2. How does belonging to God reshape insecurity?

Prayer

Creator and Redeemer, You have called me by name. Guard me from fears that question my belonging. Secure my identity in Your redeeming grace. Help me live as one who is Yours.

Journal

DAY 22 *“God Our Refuge”*

Psalm 46:1 (WEB)
God is our refuge and strength,
a very present help in trouble.

Reflection

1. Where do you seek refuge when pressure rises?

2. How can you actively rely on God as strength today?

Prayer

Almighty God, You are my refuge in trouble. Draw me to Yourself rather than to lesser shelters. Strengthen me through Your abiding presence. Help me trust You as my secure dwelling place.

Journal

DAY 23 *“Valued by God”*

Matthew 10:29–31 (WEB)
“Aren’t two sparrows sold for an assarion coin? Not one of them falls on the ground apart from your Father’s will, but the very hairs of your head are all numbered. Therefore don’t be afraid. You are of more value than many sparrows.”

Reflection

1. Do you believe God’s care extends to your smallest concerns?

2. How does your value in His sight calm anxiety?

Prayer

Father, You rule over even the smallest creatures. Thank You that my life is known and valued by You. Deliver me from fear rooted in feeling forgotten. Strengthen my confidence in Your attentive care.

Journal

DAY 24 *“Known Completely”*

Luke 12:7 (WEB)
But the very hairs of your head are all numbered. Therefore don’t be afraid. You are of more value than many sparrows.

Reflection

1. What does God’s detailed knowledge of you reveal about His care?

2. How can this truth steady you in uncertainty?

Prayer

Lord, nothing about me is hidden from You. Thank You for Your detailed and faithful oversight. Calm my anxious thoughts with assurance of Your care. Help me rest in being fully known and loved.

Journal

DAY 25 *“No Terror at Night”*

Psalm 91:5 (WEB)
You shall not be afraid of the terror by night,
nor of the arrow that flies by day;

Reflection

1. What fears surface most when you are alone?

2. How can you rehearse God’s promises in those moments?

Prayer

Faithful Protector, guard me from fear that rises in darkness. Remind me that You watch over me day and night. Train my heart to rely on Your promises. Let confidence in You replace hidden anxieties.

Journal

DAY 26 *“God Draws Near”*

Lamentations 3:57 (WEB)
You came near in the day that I called on you.
You said, “Don’t be afraid.”

Reflection

1. When have you experienced God’s nearness in distress?

2. What keeps you from calling on Him quickly?

Prayer

Lord, You draw near when I call. Forgive my delay in seeking You. Increase my awareness of Your presence in trouble. Teach me to respond to fear with immediate prayer.

Journal

DAY 27 *“God Rejoices”*

Zephaniah 3:17 (WEB)
Yahweh, your God, is in the midst of you, a mighty one who will save. He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing.

Reflection

1. How does knowing God rejoices over you confront insecurity?

2. Where do you need to be calmed by His love?

Prayer

Mighty Savior, You dwell among Your people. Thank You for rejoicing over me in steadfast love. Quiet my anxious striving with Your gracious presence. Anchor my heart in Your covenant joy.

Journal

DAY 28 *“Nothing Separates”*

Romans 8:38–39 (WEB)
For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from God’s love, which is in Christ Jesus our Lord.

Reflection

1. What circumstance tempts you to doubt God’s love?

2. How does Christ secure unbreakable assurance?

Prayer

Father, nothing can separate me from Your love in Christ. Guard me from believing fear’s false accusations. Strengthen my confidence in the finished work of Jesus. Let assurance of Your love steady my soul.

Journal

DAY 29 *“Perfect Love Casts”*

1 John 4:18 (WEB)
There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

Reflection

1. How has fear distorted your understanding of God’s love?

2. What would growing in mature love change in your life?

Prayer

God of perfect love, refine my understanding of Your grace. Drive out fear that questions Your mercy in Christ. Mature my heart in confident love. Help me live in freedom secured by the gospel.

Journal

DAY 30 *“God Sustains”*

Psalm 55:22 (WEB)
Cast your burden on Yahweh, and he will sustain you. He will never allow the righteous to be moved.

Reflection

1. What burden have you delayed in surrendering to God?

2. How does His sustaining promise strengthen perseverance?

Prayer

Yahweh, You sustain those who trust in You. I lay my burdens before Your sovereign care. Uphold me when pressures threaten to shake my faith. Establish me firmly in Your enduring righteousness.

Journal

About RETAG FOUNDATION

Retag Foundation is a federally incorporated evangelical Christian nonprofit organization in North America.

Our mission is to strengthen pastors, seminary students, missionaries, and their families by reconnecting churches, households, and ministry fields around faithful stewardship and prayer-centered support.

We believe that healthy ministry ecosystems are built on:

- Biblical truth
- Spiritual accountability
- Financial integrity
- Long-term faithfulness

This Scripture series is part of our broader commitment to providing solid, accessible biblical resources that help believers stand firm in Christ.

For more information, visit:
https://retagfund.org

RETAG
FOUNDATION