

OVERCOMING ANXIETY

ISAIAH 41:10

'Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'

PROVERBS 12:25

Anxiety in a man's heart weighs it down, But a good word makes it glad.

PHILIPPIANS 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

MATTHEW 6:25-34

'For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?" "And who of you by being worried can add a single hour to his life?'

PSALM 94:19

When my anxious thoughts multiply within me, Your consolations delight my soul.

1 PETER 5:7

casting all your anxiety on Him, because He cares for you.

COLOSSIANS 3:15

Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

JEREMIAH 29:11

'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.'

2 TIMOTHY 1:7

For God has not given us a spirit of timidity, but of power and love and discipline.

JOHN 14:27

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you Do not let your heart be troubled, nor let it be fearful.

PSALM 56:3

When I am afraid, I will put my trust in You.

PSALM 55:22

Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

PSALM 34:4

I sought the LORD, and He answered me, And delivered me from all my fears.

PSALM 46:10

“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

PSALM 107:13-16

Then they cried out to the LORD in their trouble; He saved them out of their distresses. He brought them out of darkness and the shadow of death And broke their bands apart. Let them give thanks to the LORD for His lovingkindness, And for His wonders to the sons of men!

PSALM 23:4

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

PSALM 91:1-2

He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, My God, in whom I trust!”

PROVERBS 29:25

The fear of man brings a snare, But he who trusts in the LORD will be exalted.

PSALM 27:1

The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread?

PSALM 121:1-2

I will lift up my eyes to the mountains; From where shall my help come? My help comes from the LORD, Who made heaven and earth.

PROVERBS 3:5-6

Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight.

ISAIAH 26:3

“The steadfast of mind You will keep in perfect peace, Because he trusts in You.

MATTHEW 11:28-30

“Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.”

ROMANS 8:28

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

ROMANS 8:31

What then shall we say to these things? If God is for us, who is against us?

EPHESIANS 2:14

For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall,

REVELATION 21:4

and He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away.”

2 THESSALONIANS 3:16

Now may the Lord of peace Himself continually grant you peace in every circumstance The Lord be with you all!

DEUTERONOMY 31:6

“Be strong and courageous, do not be afraid or tremble at them, for the LORD your God is the one who goes with you He will not fail you or forsake you.”

ISAIAH 43:1

But now, thus says the LORD, your Creator, O Jacob, And He who formed you, O Israel, “Do not fear, for I have redeemed you; I have called you by name; you are Mine!

PROVERBS 1:33

“But he who listens to me shall live securely And will be at ease from the dread of evil.”

EPHESIANS 6:10-11

Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

1 CORINTHIANS 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

PSALM 56:11

In God I have put my trust, I shall not be afraid. What can man do to me?

ISAIAH 41:13

“For I am the LORD your God, who upholds your right hand, Who says to you, ‘Do not fear, I will help you.’

LUKE 12:25-26

“And which of you by worrying can add a single hour to his life’s span? “If then you cannot do even a very little thing, why do you worry about other matters?

LUKE 12:32

“Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.

ROMANS 8:18

For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

MATTHEW 28:20

teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

ISAIAH 40:31

Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.

ISAIAH 43:1-4

But now, thus says the LORD, your Creator, O Jacob, And He who formed you, O Israel, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! "When you pass through the waters, I will be with you; And through the rivers, they will not overflow you When you walk through the fire, you will not be scorched, Nor will the flame burn you. "For I am the LORD your God, The Holy One of Israel, your Savior; I have given Egypt as your ransom, Cush and Seba in your place.

ROMANS 16:20

The God of peace will soon crush Satan under your feet The grace of our Lord Jesus be with you.

PSALM 91:14-16

"Because he has loved Me, therefore I will deliver him; I will set him securely on high, because he has known My name. "He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honor him. "With a long life I will satisfy him And let him see My salvation."

1 JOHN 4:18

There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.

MATTHEW 11:28

"Come to Me, all who are weary and heavy-laden, and I will give you rest.

2 CORINTHIANS 4:16

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

PROVERBS 24:19

Do not fret because of evildoers Or be envious of the wicked;

MATTHEW 6:25

"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"

PSALM 37:1-2

Do not fret because of evildoers, Be not envious toward wrongdoers. For they will wither quickly like the grass And fade like the green herb.

1 CORINTHIANS 7:32

But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord;