



## **WHAT DOES THE BIBLE SAY ABOUT DEALING WITH ANXIETY?**

Psalms 34:17 The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Proverbs 16:3 Commit to the LORD whatever you do, and your plans will succeed.

Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Isaiah 43:2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Matthew 6:25-34 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and

tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Luke 2:34 Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against,

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 13:15 Through Jesus, therefore, let us continually offer to God a sacrifice of praise-the fruit of lips that confess his name.

1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Psalms 94:18-19 When I said, "My foot is slipping," your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul.

Ecclesiastes 11:9-10 Be happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.

Matthews 6:31-34 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Ecclesiastes 7:8 The end of a matter is better than its beginning, and patience is better than pride.

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love.

Galatians 5:22 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Hebrews 6:12 We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

James 1:4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Psalms 37:7 Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

Psalms 37:9 For evil men will be cut off, but those who hope in the LORD will inherit the land.