

Anxiety

Verses to steady the heart when worry takes hold.



Trust Him First

PROVERBS 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.



His Peace

JOHN 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



Prayer, Not Worry

PHILIPPIANS 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



A Renewed Mind

ROMANS 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



He Answers

PSALM 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.



Cast Your Cares

1 PETER 5:7

Cast all your anxiety on him because he cares for you.

