

SCRIPTURES on ANXIETY

[Philippians 4:6-7](#) ESV

Do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.

[1 Peter 5:7](#) ESV

Casting all your anxieties on him, because he cares for you.

[John 14:27](#) ESV

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

[Matthew 6:25-34](#) ESV

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ...

[1 Peter 5:6-7](#) ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

[2 Timothy 1:7](#) ESV

For God gave us a spirit not of fear but of power and love and self-control.

Joshua 1:9 ESV

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Psalms 55:22 ESV

Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

Hebrews 13:6 ESV

So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Proverbs 3:5-6 ESV

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 straight your paths.

Philippians 4:13 ESV

I can do all things through him who strengthens me.

Matthew 6:34 ESV

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Isaiah 41:10 ESV

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Jeremiah 29:11 ESV

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

Proverbs 12:25 ESV

Anxiety in a man's heart weighs him down, but a good word makes him glad.

Psalm 94:19 ESV

When the cares of my heart are many, your consolations cheer my soul.

1 Peter 5:10 ESV

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

Psalm 56:3 ESV

When I am afraid, I put my trust in you.

Psalm 34:4 ESV

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

Matthew 11:28-30 ESV

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Isaiah 35:4 ESV

Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."

Psalm 23:4 ESV

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.

Romans 8:38-39 ESV

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

1 John 4:18 ESV

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

John 14:1-4 ESV

“Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going.”

2 Thessalonians 3:16 ESV

Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

Colossians 3:15 ESV

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

1 Peter 3:14 ESV

But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled,

James 1:5 ESV

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Psalm 32:8-10 ESV

I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.

Deuteronomy 31:6 ESV

Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you."

Hebrews 11:1 ESV

Now faith is the assurance of things hoped for, the conviction of things not seen.

Psalm 34:14 ESV

Turn away from evil and do good; seek peace and pursue it.

Psalm 27:1 ESV

Of David. The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

John 14:1 ESV

"Let not your hearts be troubled. Believe in God; believe also in me.

Isaiah 40:31 ESV

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

[Isaiah 43:1-3](#) ESV

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, 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 shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you.

[Psalm 138:8](#) ESV

The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

[Deuteronomy 3:22](#) ESV

You shall not fear them, for it is the LORD your God who fights for you.'

[Hebrews 13:5-6](#) ESV

Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

[Luke 12:22-26](#) ESV /

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?"

[Proverbs 29:25](#) ESV

The fear of man lays a snare, but whoever trusts in the LORD is safe.

Hebrews 13:5 ESV

Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Isaiah 26:3 ESV

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Romans 8:28 ESV

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

Psalms 121:1-2 ESV

A Song of Ascents. I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.

Philippians 4:19 ESV

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

Romans 8:26-28 ESV

Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Psalms 23:1-6 ESV

A Psalm of David. The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. 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. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...

Proverbs 3:1-35 ESV

My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the LORD with all your heart, and do not lean on your own understanding. ...

Isaiah 43:1 ESV

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine.

Matthew 6:27 ESV

And which of you by being anxious can add a single hour to his span of life?

John 16:33 ESV

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Proverbs 3:5 ESV

Trust in the LORD with all your heart, and do not lean on your own understanding.

Matthew 10:29-31 ESV

Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.

[1 Corinthians 10:13](#) ESV

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

[Zephaniah 3:17](#) ESV

The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

[Matthew 6:25](#) ESV

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

[Revelation 21:4](#) ESV

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

[Mark 5:36](#) ESV

But overhearing what they said, Jesus said to the ruler of the synagogue, “Do not fear, only believe.”

[Exodus 14:14](#) ESV

The LORD will fight for you, and you have only to be silent.”

[Psalm 91:1-16](#) ESV

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.” For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you

will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, ...

Philippians 4:1-23 ESV

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; ...

1 Peter 5:1-14 ESV

So I exhort the elders among you, as a fellow elder and a witness of the sufferings of Christ, as well as a partaker in the glory that is going to be revealed: shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; not domineering over those in your charge, but being examples to the flock. And when the chief Shepherd appears, you will receive the unfading crown of glory. Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." ...

Luke 12:24-34 ESV

Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! ...

Matthew 19:26 ESV

But Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

Revelation 1:17 ESV

When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, "Fear not, I am the first and the last,

Revelation 1:1 ESV

The revelation of Jesus Christ, which God gave him to show to his servants the things that must soon take place. He made it known by sending his angel to his servant John,

Romans 8:31 ESV

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

Psalms 46:1 ESV

To the choirmaster. Of the Sons of Korah. According to Alamoth. A Song. God is our refuge and strength, a very present help in trouble.

Romans 15:13 ESV

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Proverbs 17:22 ESV

A joyful heart is good medicine, but a crushed spirit dries up the bones.

Romans 8:15 ESV

For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

Matthew 6:25-27 ESV

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?”

Revelation 11:1-19 ESV

Then I was given a measuring rod like a staff, and I was told, “Rise and measure the temple of God and the altar and those who worship there, but do not measure the court outside the temple; leave that out, for it is given over to the nations, and they will trample the holy city for forty-two months. And I will grant authority to my two witnesses, and they will prophesy for 1,260 days, clothed in sackcloth.” These are the two olive trees and the two lampstands that stand before the Lord of the earth. And if anyone would harm them, fire pours from their mouth and consumes their foes. If anyone would harm them, this is how he is doomed to be killed. ...

Mark 4:39-40 ESV

And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. He said to them, “Why are you so afraid? Have you still no faith?”

Matthew 28:20 ESV

Teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Colossians 3:1-25 ESV

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you:

sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ...

Mark 6:50 ESV

For they all saw him and were terrified. But immediately he spoke to them and said, "Take heart; it is I. Do not be afraid."

John 3:16-17 ESV

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Psalm 118:6 ESV

The LORD is on my side; I will not fear. What can man do to me?

Matthew 11:28 ESV

Come to me, all who labor and are heavy laden, and I will give you rest.

Psalm 34:17 ESV

When the righteous cry for help, the LORD hears and delivers them out of all their troubles.

Philippians 4:7 ESV

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Jeremiah 17:7 ESV

"Blessed is the man who trusts in the LORD, whose trust is the LORD.

1 Corinthians 7:32 ESV

I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord.

Philippians 4:13-14 ESV

I can do all things through him who strengthens me. Yet it was kind of you to share my trouble.

Psalm 46:10 ESV

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Psalm 37:7-9 ESV

Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.

Isaiah 41:2 ESV

Who stirred up one from the east whom victory meets at every step? He gives up nations before him, so that he tramples kings underfoot; he makes them like dust with his sword, like driven stubble with his bow.

Philippians 4:8-9 ESV

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Psalm 34:18 ESV

The LORD is near to the broken hearted and saves the crushed in spirit.

Luke 10:41-42 ESV

But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Philippians 1:6-7 ESV

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel.

Matthew 6:31-33 ESV

Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Philippians 3:13 ESV

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,

Psalms 34:7 ESV

The angel of the LORD encamps around those who fear him and delivers them.

Psalms 118:6-7 ESV

The LORD is on my side; I will not fear. What can man do to me? The LORD is on my side as my helper; I shall look in triumph on those who hate me.

1 Corinthians 16:13 ESV

Be watchful, stand firm in the faith, act like men, be strong.