

10 Verses for Anxiety

These verses provide me peace, and I hope they do the same for you.

No matter what comes, I'm protected

“God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea.” Psalm 46:1,2

“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.” Romans 8:38

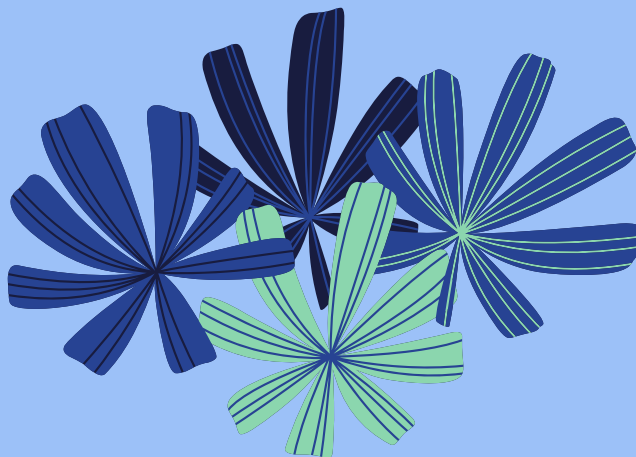
“I lay down and slept, yet I woke up in safety, for the Lord was watching over me.” Proverbs 3:5

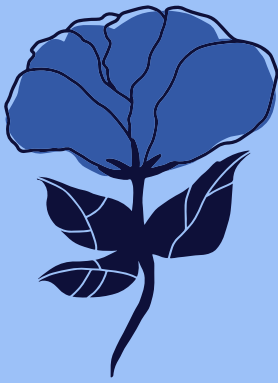
I don't have to be strong—God is strong for me

“My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.” Psalm 73:26

“Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weakness, so that the power of Christ can work through me.” 2 Corinthians 12:9

“From the end of the earth I will cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.” Psalm 61:2





Verses for Anxiety

I don't need to please people, only God

“Obviously, I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.” Galatians 1:10

“I praise God for what he has promised. I trust on God, so why should I be afraid? What can mere mortals do to me?” Psalm 56:4

God's love calms. Plus, He thinks I'm pretty awesome

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.” Zephaniah 3:17

God wants good things for me

“Surely goodness and mercy will pursue me all the days of my life and I will dwell in the house of the Lord forever.” Psalm 23:6

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