

# 40

## Bible Verses to bring

# Calm

## to an Anxious Heart

Psalm 4:3 - Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him.

Psalm 7:1 - Lord my God, I take refuge in you; save and deliver me from all who pursue me,

Psalm 9:1 - I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.

Psalm 9:10 - Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

Psalm 16:1 - Keep me safe, my God, for in you I take refuge.

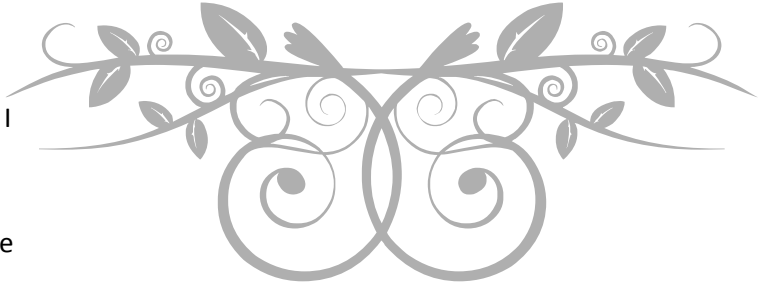
Psalm 16:2 - I say to the Lord, "You are my Lord; apart from you I have no good thing."

Psalm 17:8 - Keep me as the apple of your eye; hide me in the shadow of your wings

Psalm 28:7 - The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

Psalm 40:11- Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me.

Psalm 56:3 - When I am afraid, I put my trust in you.



Psalm 56:4 - In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?

Psalm 62:8 - Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Psalm 112:7 - They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.

Psalm 119:50 - My comfort in my suffering is this: Your promise preserves my life.

Psalm 119:66 - Teach me knowledge and good judgment, for I trust your commands.

Psalm 139:23 - Search me, God, and know my heart; test me and know my anxious thoughts.

Psalm 143:8 - Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

Proverbs 3:5 - Trust in the Lord with all your heart and lean not on your own understanding;

Proverbs 3:6 - In all your ways submit to him, and he will make your paths straight.

Isaiah 12:2 - Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.

Isaiah 26:3 - You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Isaiah 53:3 - He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

Isaiah 53:4 - Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

Jeremiah 17:7 - But blessed is the one who trusts in the Lord, whose confidence is in him.

Matthew 6:27 - Can any one of you by worrying add a single hour to your life?

Matthew 6:34 - Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

John 10:10 - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 17:15 - My prayer is not that you take them out of the world but that you protect them from the evil one.

Romans 8:17 - Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Romans 8:18 - I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Philippians 1:29 - For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him...

Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

1 Thessalonians 5:9 - For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ.

2 Thessalonians 3:3 - But the Lord is faithful, and he will strengthen you and protect you from the evil one.

2 Timothy 2:3 - Join with me in suffering, like a good soldier of Christ Jesus.

1 Peter 2:21 - To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

1 Peter 3:14 - But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened."

1 Peter 4:1 - Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin.

1 Peter 5:8 - Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

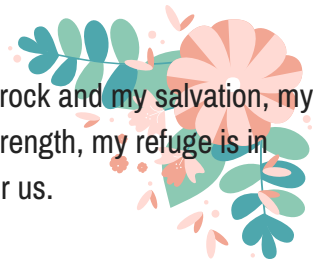
1 Peter 5:10 - And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

## 15 Bible Verses for when You're Anxious & Stressed

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Psalm 37: 23-24 The steps of a man are established by the Lord and He delights in his way. When he falls, he will not be hurled headlong, because the Lord is the One who holds his hand.

Psalm 62:5-8 My soul, wait in silence for God only, for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be shaken. On God my salvation and my glory rest; the rock of my strength, my refuge is in God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.



Matthew 6:33-34 But seek first the kingdom of God and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

1 Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

Psalm 94:19 When my anxious thoughts multiply within me, your consolations delight my soul.

Isaiah 35:4 Say to those with an anxious heart, 'Take courage, fear not. Behold, your God will come with vengeance; The recompense of God will come.'

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.

Zephaniah 3:17 The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not 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.

Psalm 46:1-2, 10 God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea....Be still and know that I am God.

Deuteronomy 33:27 The eternal God is your dwelling place, and underneath are the everlasting arms.

Psalm 73:26 My flesh and my heart may fail, But God is the strength of my heart and my portion forever.

2 Samuel 22:31-33 As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him. For who is God besides the Lord? And who is the Rock except our God? It is God who arms me with strength and keeps my way secure.

Also read Romans 5:1-5