

Verses About Anxiety

Old Testament Part One

Exodus 14:14 *"The Lord will fight for you; you need only to be still."*

Deuteronomy 7:21 *Do not be terrified by them, for the Lord your God, who is among you, is a great and awesome God.*

- **28:65** *Among those nations you will find no repose, no resting place for the sole of your foot. There the Lord will give you an anxious mind, eyes weary with longing, and a despairing heart.*
- **31:8** *The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

Joshua 1:9 *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

2 Chronicles 20:17 *"You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you."*

Psalms 3:3-6 *But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side.*

- **4:8** *In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*
 - **10:17** *You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry*
 - **23:4** *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*
 - **27:1-3** *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? When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.*
 - **27:14** *Wait for the Lord; be strong and take heart and wait for the Lord.*
 - **29:11** *The Lord gives strength to his people; the Lord blesses his people with peace.*
 - **34:4** *I sought the Lord, and he answered me; he delivered me from all my fears.*
 - **34:14** *Turn from evil and do good; seek peace and pursue it.*
 - **34:17** *The righteous cry out, and the Lord hears them; he delivers them from all their troubles.*
 - **46:10** *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*
 - **55:1-3** *Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger.*
 - **55:22** *Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.*
 - **56:3-4** *When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?*
 - **71:1-3** *In you, Lord, I have taken refuge; let me never be put to shame. In your righteousness, rescue me and deliver me; turn your ear to me and save me. Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.*
 - **71:20-21** *Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more.*
 - **94:19** *When anxiety was great within me, your consolation brought me joy.*
 - **116:4-7** *Then I called on the name of the Lord: "Lord, save me!" The Lord is gracious and righteous; our God is full of compassion. The Lord protects the unwary; when I was brought low, he saved me. Return to your rest, my soul, for the Lord has been good to you.*
 - **138:8** *The Lord will vindicate me; your love, Lord, endures forever—do not abandon the works of your hands*
- 139:23** *Search me, God, and know my heart; test me and know my anxious thoughts.*

Verse About Anxiety

Old Testament: Part Two

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.*

- **4:23-24** *Above all else, guard your heart, for everything you do flows from it. Let your eyes look straight ahead; fix your gaze directly before you.*
- **11:8** *The righteous person is rescued from trouble, and it falls on the wicked instead.*
- **12:25** *Anxiety weighs down the heart, but a kind word cheers it up.*
- **16:3** *Commit to the Lord whatever you do, and He will establish your plans.*
- **18:14** *The human spirit can endure in sickness, but a crushed spirit, who can bear?*

Ecclesiastes 2:22 *What do people get for all the toil and anxious striving with which they labor under the sun?*

- **11:10** *So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.*

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.”*

- **26:3-4** *You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.*
- **26:12** *Lord, you establish peace for us; all that we have accomplished you have done for us.*
- **30:15** *This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”*
- **32:17-18** *The fruit of that righteousness will be peace; its effect will be quietness and confidence forever. My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.*
- **35:4** *say to those with fearful hearts, “Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.”*
- **40:31** *but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*
- **41:10** *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*
- **41:13** *For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.*
- **44:2** *This is what the Lord says— he who made you, who formed you in the womb, and who will help you: Do not be afraid, Jacob, my servant, Jeshurun, whom I have chosen.*
- **45:5** *I am the Lord, and there is no other; apart from me there is no God. I will strengthen you, though you have not acknowledged me,*

Jeremiah 17:7-8 *“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”*

- **29:11-12** *For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.*

Lamentations 3:55-57 *I called on your name, Lord, from the depths of the pit. You heard my plea: “Do not close your ears to my cry for relief.” You came near when I called you, and you said, “Do not fear.”*

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.”*

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New Testament: Part Two

Matthew 6:25 *“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 than food, and the body more than clothes?”*

- **6:34** *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*
- **11:28-30** *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*
- **14:27** *But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”*

Luke 12:6-7 *Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don’t be afraid; you are worth more than many sparrows.*

- **12:22** *Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.*
- **12:25** *Who of you by worrying can add a single hour to your life?*
- **12:35** *“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”*

John 14:1 *“Do not let your hearts be troubled. You believe in God; believe also in me.*

- **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.*
- **16:33** *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

Romans 8:6 *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

- **8:38-39** *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*
- **15:13** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

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New Testament: Part Two

2 Corinthians 1:3-4 *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

- **12:9** *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.*

Philippians 2:28 *Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety.*

- **4:6-7** *Do not be anxious about anything, but in every situation, 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.*
- **4:13** *I can do all things through Christ who gives me strength.*

Colossians 3:15 *Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

2 Thessalonians 3:16 *Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.*

2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

Hebrews 11:1 *Now faith is confidence in what we hope for and assurance about what we do not see.*

- **13:5-6** *Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*

1 Peter 3:12 *"For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil."*

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

1 John 4:18 *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*