

WHEN YOU ARE ANXIOUS

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When you have anxiety, fear, sadness, or worry here are things the Christian should do:

- 1) Remember that God cares for you (1 Pet. 5:7) and is always with you and will never leave you (Ps. 23:4; John 6:37, 10:28; Heb. 13:5).
- 2) Pray for wisdom (James 1:5; Ps. 143:8; Prov. 3:5-8) and peace (Phil. 4:6-7) and courage (2 Tim. 1:7; Josh. 1:9).
- 3) Do what you can to improve the situation and pray for God's help (Mark 11:24; Luke 11:9-10; John 14:13-14).
- 4) Pray for physical and spiritual comfort (Ps. 23:4; 2 Cor. 1:3-4, 7:6).
- 5) Keep praying (1 Thess. 5:17); keep asking, seeking, and knocking (Matt. 7:7-11; Luke 18:1-8).
- 6) Distract yourself with wholesome activities such as work, hobbies, exercise (take long walks), serving God, and praying for others.
- 7) Count your past, present, and future blessings and thank God for them.
- 8) Talk about it with trusted friends and loved ones.
- 9) Consider professional counseling. There's no wrong or weakness in it.
- 10) Trust and obey God. Study and depend upon His Word. Meditate upon the "comforting passage" below.

COMFORTING PASSAGES

Open your Bible and seek these verses in order. Mark and meditate upon them.

(Old Testament)

Joshua 1:9
1 Chronicles 16:34
Psalm 5:11-12
Psalm 6:2-3
Psalm 9:9-10
Psalm 18:2
Psalm 23
Psalm 31:24
Psalm 34:7

Psalm 34:17-19
Psalm 37:4-5
Psalm 37:7a
Psalm 37:23-34
Psalm 46:1-3
Psalm 51:10-13
Psalm 55:22
Psalm 56:11
Psalm 103:13
Psalm 143:8
Proverbs 3:5-8
Proverbs 3:25-26
Isaiah 25:3-4
Isaiah 40:29-31
Isaiah 57:15
Nahum 1:7

(New Testament)

Matthew 5:4
Matthew 6:31-33
Matthew 11:28-30
Mark 11:24
Luke 11:9-10
Luke 18:1-18
John 3:16
John 6:37
John 10:27-28
John 14:13-14
John 16:33
Romans 5:3-5
Romans 8:26
Romans 8:28
Romans 8:38-39
2 Corinthians 1:3-4
2 Corinthians 7:6
2 Corinthians 12:9-10
Philippians 4:6-7
Philippians 4:13
Philippians 4:19
2 Timothy 1:7
Hebrews 4:16
Hebrews 13:5
James 1:2-4
James 1:5
James 4:7
1 Peter 5:7

HOW TO PRAY MORE EFFECTIVE PRAYERS

Repent and believe in Jesus as your Lord and Savior (Mk. 1:15; Rom. 10:9-13).

Pray in the name of the Lord Jesus (John 14:13; 16:23; Colossians 3:17).

Abide in Jesus and let His Word abide in you (John 15:7).

Genuinely seek righteousness (Luke 6:38; James 5:16; 1 John 3:22; Ps. 66:18).

Pray in the Holy Spirit (Eph. 6:17-18; Rom. 8:26; Jude 20-21).

Seek to conform your prayers to God's will (Luke 22:42; 1 John 5:14-15).

Pray more (1 Thess. 5:17; Matt. 7:7-11).

Thank God more before asking for more (Eph. 5:20; Philippians 4:6-7).

WHAT DOES IT MEAN TO TRUST IN GOD?

Trusting God means relying on who He is and what He has promised, even when we don't understand what He is doing.

“Trust in the LORD with all your heart, and do not lean on your own understanding” (Prov. 3:5 ESV).

When we are afraid, we can still choose to trust Him (Ps. 56:3–4). God gives peace to those whose minds remain fixed on Him (Isa. 26:3–4).

We can trust God because He is sovereign, all-knowing, all-powerful, unchanging, good, truthful, and faithful. He loves His people, keeps His promises, hears their prayers, gives wisdom when asked, and will never abandon those who belong to Him (Mal. 3:6; Heb. 13:5; James 1:5).

God demonstrated His love most clearly by giving His Son Jesus Christ for our salvation (John 3:16; Rom. 5:8). Christians therefore trust God not because life will always be easy, but because **God is always faithful.**

“And we know that all things work together for good to them that love God” (Rom. 8:28 KJV).