

Anxiety and Fear Scriptures

1. FEAR IS NOT FROM GOD.

“FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE AND OF A SOUND MIND.” 2 TIMOTHY 1:7

2. GOD’S GOT THIS!

“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD.” PHILIPPIANS 4:6

3. DON’T BORROW TOMORROW’S TROUBLES.

“THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN.” MATTHEW 6:34

4. GOD IS WITH YOU. DON’T BE AFRAID.

“BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED, AND DO NOT BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO.” JOSHUA 1:9

5. GIVE YOUR ANXIETY TO JESUS.

“CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU.” 1 PETER 5:7

6. WHEN LOVE COMES, FEAR LEAVES.

“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.” 1 JOHN 4:18

7. JESUS PROMISED PEACE IN THE MIDST OF TROUBLE.

“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.” JOHN 16:33

8. GOD’S PEACE CAN POINT THE WAY.

“AND LET THE PEACE OF CHRIST RULE IN YOUR HEARTS, TO WHICH INDEED YOU WERE CALLED IN ONE BODY. AND BE THANKFUL.” COLOSSIANS 3:15

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9. RUN INTO GOD'S ARMS, AND HANG ON!

"THE ETERNAL GOD IS YOUR DWELLING PLACE, AND UNDERNEATH ARE THE EVERLASTING ARMS. AND HE THRUST OUT THE ENEMY BEFORE YOU AND SAID, "DESTROY THEM." DEUTERONOMY 33:27

10. WITH GOD ON YOUR SIDE, OTHER'S OPINIONS DON'T MATTER.

"SO WE CAN CONFIDENTLY SAY: 'THE LORD IS MY HELPER; I WILL NOT FEAR; WHAT CAN MAN DO TO ME?'" HEBREWS 13:6