

✨ (Batch 1: 1–30) Faith-Based Quotes for Anxiety & Stress

1.

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

💡 Worry less, pray more—God hears your every need.

👉 Drop a 🙏 if you’re giving your worries to Him today.

#FaithOverFear #PrayThroughIt #GodIsNear

2.

📖 Matthew 6:34 — “Therefore do not worry about tomorrow, for tomorrow will worry about itself.”

💡 God has tomorrow in His hands—rest in today.

👉 Comment ✨ if you’re choosing peace in the present.

#TrustGod #FaithJourney #PeaceInChrist

3.

📖 John 16:33 — “In this world you will have trouble. But take heart! I have overcome the world.”

💡 No storm is greater than the One who calms it.

👉 Drop a 💖 if you’re holding on to His victory today.

#JesusOvercomes #FaithStrength #PeaceInHim

4.

📖 Psalm 55:22 — “Cast your cares on the Lord and He will sustain you.”

💡 God carries the burdens you cannot hold.

👉 Comment 🙌 if you’re releasing your stress to Him.

#LetGoLetGod #FaithRest #GodCares

5.

📖 Isaiah 41:10 — “So do not fear, for I am with you... I will strengthen you and help you.”

💡 Fear shrinks when you remember who walks beside you.

👉 Drop a 🔥 if you believe His strength is enough.

#FearNot #StrengthInGod #GodWithUs

6.

📖 1 Peter 5:7 — “Cast all your anxiety on Him because He cares for you.”

💡 You’re never meant to carry it alone.

👉 Comment 🌿 if you’re handing your worries to Jesus today.

#FaithCalms #PeacefulHeart #GodCares

7.

📖 Psalm 94:19 — “When anxiety was great within me, your consolation brought me joy.”

💡 God’s comfort always outweighs the worry.

👉 Drop a 🌸 if you’ve felt His peace in hard times.

#PeacefulMind #FaithOverAnxiety #JoyInGod

8.

📖 Proverbs 12:25 — “Anxiety weighs down the heart, but a kind word cheers it up.”

💡 Speak life, and watch burdens lift.

👉 Comment 💬 if you’ll share encouragement today.

#KindnessMatters #FaithWords #HopeShared

9.

📖 Joshua 1:9 — “Be strong and courageous. Do not be afraid... for the Lord your God will be with you wherever you go.”

💡 God’s presence makes courage possible.

👉 Drop a 💪 if you’re leaning on His strength today.

#FaithCourage #GodIsHere #StrengthFromAbove

10.

📖 Psalm 23:4 — “Even though I walk through the darkest valley, I will fear no evil, for you are with me.”

💡 Darkness loses power when His light surrounds you.

👉 Comment 🕯️ if you trust Him to guide your steps.

#FaithLight #GodWithMe #NoFear

11.

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

💡 Peace grows where trust is planted.

👉 Drop a 🌿 if your mind is set on Him today.

#PerfectPeace #TrustGod #FaithMind

12.

📖 Psalm 46:10 — “Be still, and know that I am God.”

💡 Stillness invites His presence into your storm.

👉 Comment 🕊️ if you’re choosing stillness over stress.

#BeStill #GodIsFaithful #CalmInChrist

13.

📖 Nahum 1:7 — “The Lord is good, a refuge in times of trouble. He cares for those who trust in Him.”

💡 Run to God; His arms never close.

👉 Drop a 🏰 if He's been your refuge.
#GodIsGood #RefugeAndStrength #TrustInHim

14.

📖 Psalm 34:4 — “I sought the Lord, and He answered me; He delivered me from all my fears.”
💡 Fear fades in the presence of prayer.
👉 Comment ✨ if you're seeking Him today.
#FaithDelivers #GodAnswers #NoMoreFear

15.

📖 Deuteronomy 31:6 — “Be strong and courageous... for the Lord your God goes with you.”
💡 Boldness comes from knowing you're never alone.
👉 Drop a 🛡️ if you're walking in courage.
#StrongFaith #GodWithUs #BeCourageous

16.

📖 Psalm 121:1-2 — “I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord.”
💡 When fear rises, look higher.
👉 Comment 👁️ if you're fixing your eyes on Him.
#GodIsMyHelp #LookUp #FaithHope

17.

📖 2 Timothy 1:7 — “For God gave us a spirit not of fear but of power, love, and self-control.”
💡 Fear is not your inheritance—faith is.
👉 Drop a ❤️ if you're standing in His power.
#NoFear #SpiritOfFaith #PowerInChrist

18.

📖 Zephaniah 3:17 — “The Lord your God is with you, the Mighty Warrior who saves.”
💡 Anxiety cannot win when God fights for you.
👉 Comment ⚔️ if you're trusting His victory.
#MightyWarrior #GodWithUs #SavedByGrace

19.

📖 Psalm 56:3 — “When I am afraid, I put my trust in you.”
💡 Trust and fear cannot live in the same heart.
👉 Drop a 🌅 if you're choosing faith over fear.
#TrustGod #FearlessFaith #PeaceInChrist

20.

📖 Exodus 14:14 — “The Lord will fight for you; you need only to be still.”

💡 Stress fades when you stop striving and start trusting.

👉 Comment 🚢 if you're resting in His fight.

#BeStill #GodFightsForYou #FaithStrength

21.

📖 Hebrews 13:6 — “The Lord is my helper; I will not be afraid.”

💡 With God as your helper, fear has no place.

👉 Drop a 🙌 if you believe He's by your side.

#FaithHelper #NoFearHere #GodIsNear

22.

📖 Psalm 27:1 — “The Lord is my light and my salvation—whom shall I fear?”

💡 Fear shrinks when you remember who your Savior is.

👉 Comment ☀️ if you're walking in His light.

#LightAndSalvation #FearNot #StrongFaith

23.

📖 Romans 8:31 — “If God is for us, who can be against us?”

💡 Fear loses its grip when faith takes its stand.

👉 Drop a 🕊️ if you know God is for you.

#GodIsForUs #FaithStrength #NoFear

24.

📖 Psalm 62:1 — “Truly my soul finds rest in God; my salvation comes from Him.”

💡 Rest begins when worry ends at His feet.

👉 Comment 🛖 if you're resting in Him today.

#RestInGod #FaithPeace #CalmSoul

25.

📖 Lamentations 3:22-23 — “Because of the Lord's great love we are not consumed, for His compassions never fail.”

💡 Anxiety won't consume you—His mercy covers you.

👉 Drop a 🌅 if you believe His mercies are new.

#NewMercies #FaithHope #GodIsFaithful

26.

📖 Psalm 118:6 — “The Lord is with me; I will not be afraid.”

💡 Fear dissolves in the presence of God.

👉 Comment 🙏 if you believe He's beside you.

#GodIsWithMe #NoFear #FaithOverAnxiety

27.

📖 Isaiah 35:4 — “Say to those with fearful hearts, ‘Be strong, do not fear; your God will come.’”

💡 God’s presence is the cure for fear.

👉 Drop a 💡 if you’re trusting Him to show up.

#StrongFaith #DoNotFear #GodIsComing

28.

📖 Psalm 9:9 — “The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

💡 When stress rises, hide in Him.

👉 Comment 🏰 if He’s your safe place.

#GodRefuge #FaithStronghold #SafeInChrist

29.

📖 Matthew 11:28 — “Come to me, all you who are weary and burdened, and I will give you rest.”

💡 God’s invitation is always peace.

👉 Drop a 🌙 if you’re laying your burdens down today.

#RestInJesus #FaithCalm #PeacefulHeart

30.

📖 Psalm 37:5 — “Commit your way to the Lord; trust in Him and He will do this.”

💡 Stress fades when trust grows.

👉 Comment 💎 if you’re committing your path to Him.

#CommitToGod #FaithfulTrust #PeacePath