



Scriptures to help with...

Anxiety and worry

For God has not given a spirit of fear, but of power and a sound mind

(2 Timothy 1:7 NKJV)

But those who wait upon the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

(Isaiah 40:31 NKJV)

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand.

(Isaiah 41:10 NKJV)

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

(Joshua 1:9 NKJV)

THEREFORE DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT OR WHAT YOU SHALL DRINK; NOR ABOUT YOUR BODY, WHAT YOU WILL PUT ON. IS NOT LIFE MORE THAN FOOD AND THE BODY MORE THAN CLOTHING? LOOK AT THE BIRDS OF THE AIR, FOR THEY NEITHER SOW NOR REAP NOR GATHER INTO BARNES, YET YOU HEAVENLY FATHER FEEDS THEM. ARE YOU NOT OF MORE VALUE THEN THEY? WHICH OF YOU BY WORRYING CAN ADD ONE CUBIT TO HIS STATURE? SO WHY DO YOU WORRY ABOUT CLOTHING? CONSIDER THE LILIES OF THE FIELDS, HOW THEY GROW; THEY NEITHER TOIL OR SPIN; YET I SAY TO YOU THAT EVEN SOLOMON IN ALL HIS GLORY WAS NOT ARRAYED AS ONE OF THESE. NOW IF GOD SO CLOTHES THE GRASS OF THE FIELD, WHICH TODAY IS, AND TOMORROW THROWN INTO THE OVEN, WILL HE NOT MUCH MORE CLOTHE YOU, O YOU OF LITTLE FAITH? (MATTHEW 6:25-30)

