

# BIBLE VERSES ABOUT ANXIETY



"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things." Colossians 3:1-2

"Anxiety weighs down the heart, but a kind word cheers it up." Proverbs 12:25

"The Lord your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing." Zephaniah 3:17

"When anxiety was great within me, your consolation brought me joy." Psalm 94:19

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

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God." Psalm 42:5

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."  
2 Corinthians 4:8-9

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"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." Philippians 4:6-7

"Cast all your anxiety on Him because he cares for you."  
1 Peter 5:7

"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? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?" Matthew 6:25-27

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

"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."  
Matthew 11:28-30