


What does the Bible say about... *Anxiety?*



So why would I
fear the future?
For your goodness
and love
pursue me all the
days of my life.

PSALM 23:6 TPT

Isaiah 41

*So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right
hand.*

*All who rage against you
will surely be ashamed and disgraced;
those who oppose you
will be as nothing and perish.*

*Though you search for your enemies,
you will not find them.
Those who wage war against you
will be as nothing at all.*

*For I am the Lord your God
who takes hold of your right hand
and says to you, *Do not fear;*
*I myself will help you.**

Isaiah 41:10-13

Other passages

Psalm 94

When anxiety was great within me, your consolation brought me joy

Psalm 55

Cast your cares on the Lord and he will sustain you

Psalm 23

The Lord's my shepherd, I shall not want.

Psalm 56

In God I trust and am not afraid

Philippians 4:4-9

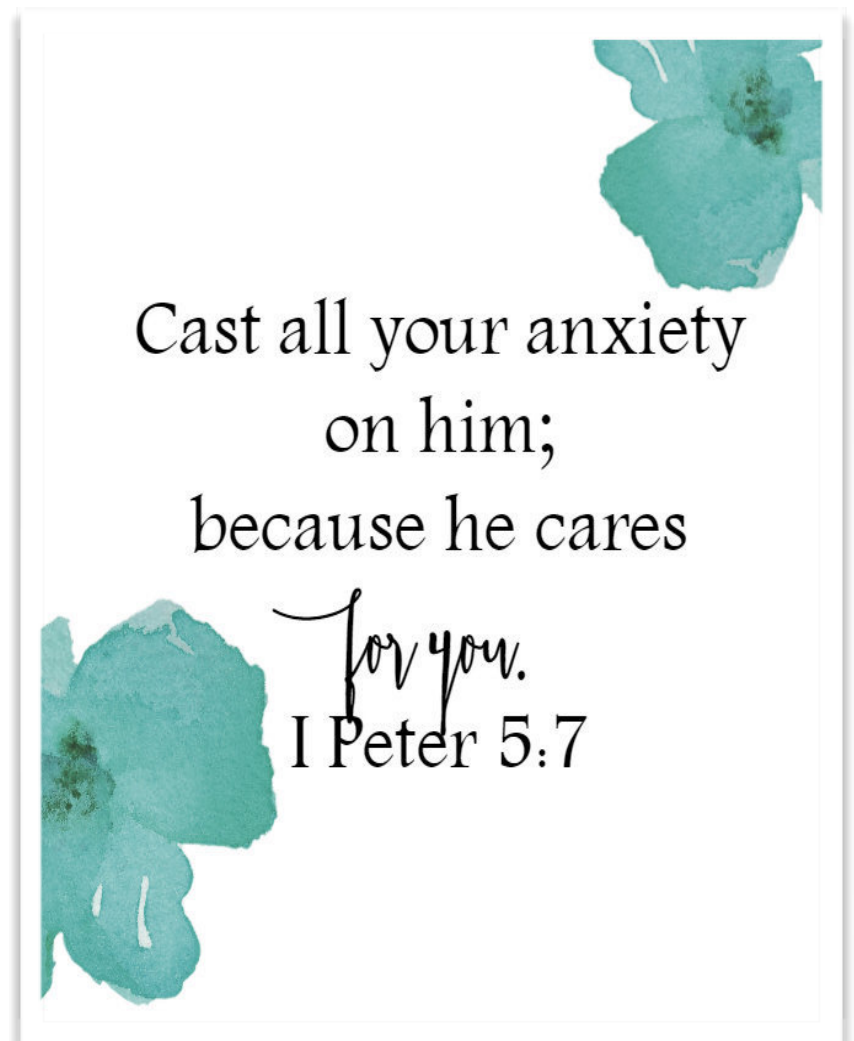
Do not be anxious about anything

Luke 8:22-25

The storm subsided and all was calm

Psalm 91

You will not fear the terror of the night



Verses

*Be strong and **courageous** in the Lord*

Joshua 1:9

*You worry and fret about so many things and yet
few are needed*

Luke 10:41-42

***Peace** I leave with you*

John 14:2

*Cast all your anxiety on him because **he cares for you***

1 Peter 5:7

*You will find **rest** for your souls for my yoke is easy
and my burden light*

Matthew 11:29-30

DO NOT be anxious about
anything, but in EVERYTHING
By prayer AND supplication
WITH thanksgiving, LET
your requests be made
known to GOD. And the
peace of God, which surpasses
ALL understanding, WILL
guard YOUR hearts &
minds in Christ Jesus.
philippians 4:6-7

Music

Cast Your Cares - Guvna B

Lay it Down - Matt Maher

Running in Circles - United Pursuit

Do not be afraid - David Haas

Eagles Wings - Michael Joncas

Take a Moment - Will Reagan

Oceans - Hillsong

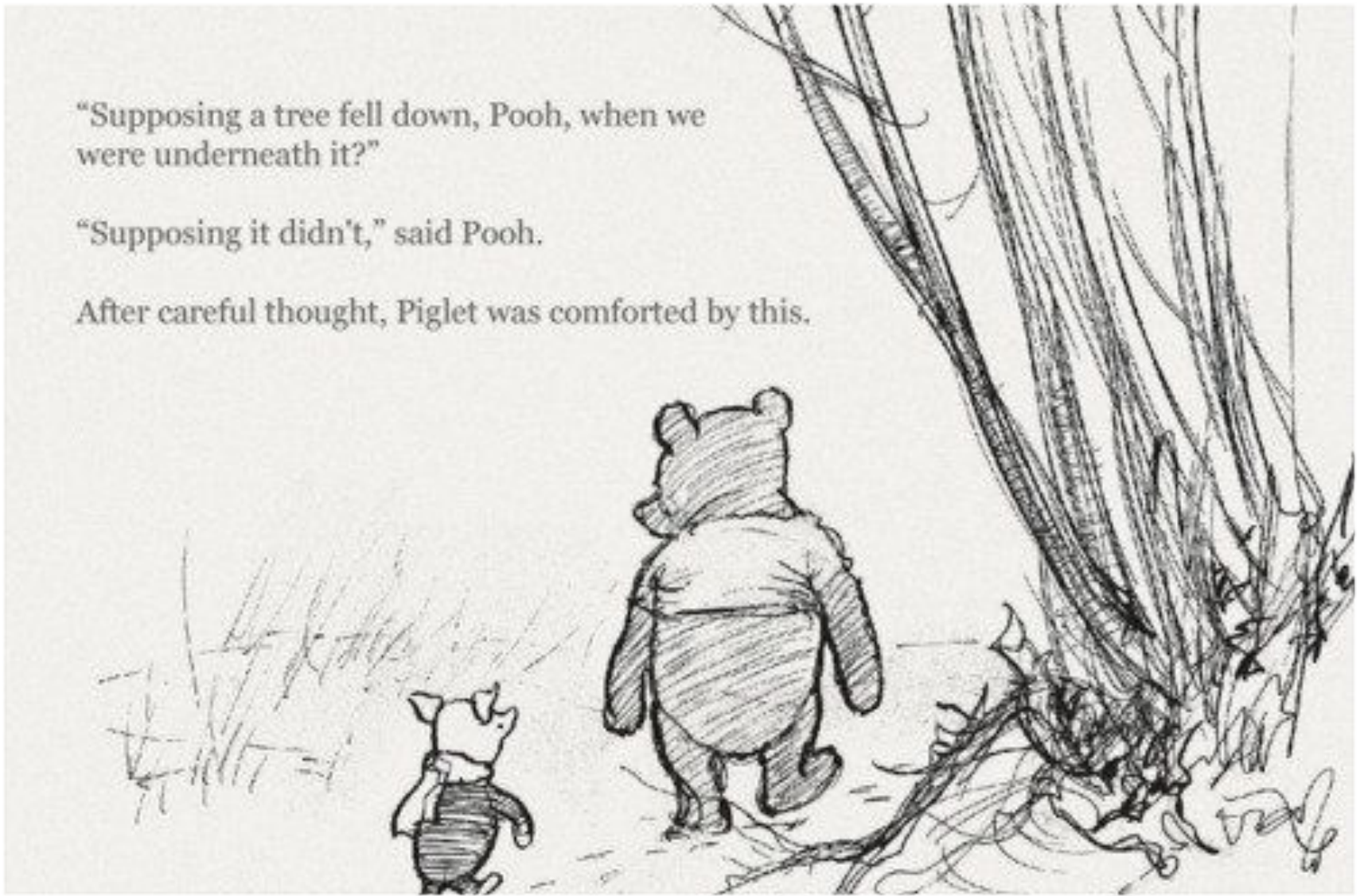
Trading My Sorrows - Darrell Evans

Contemporary Reading

"Supposing a tree fell down, Pooh, when we were underneath it?"

"Supposing it didn't," said Pooh.

After careful thought, Piglet was comforted by this.



My whole life I've been telling myself 'don't be afraid'. And it is only now that I realise how stupid that is. Don't be afraid. Like saying 'Don't move out of the way when someone tries to punch you' or 'don't flinch at the heat of the fire' or 'don't blink'. Don't be human. I'm afraid, and you're afraid and we're all always going to be afraid, because that's the point. What I should be telling myself is 'Be afraid, but do it anyway'. Live anyway.

Unknown