



Scriptures To Calm Anxiety



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Scriptures To Calm Anxiety

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. (NKJV)

Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself. (TPT)

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind. (NKJV)

Isaiah 41:10

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. (NKJV)

Joshua 1:9

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. (NKJV)

Proverbs 3:5

Trust in the Lord with all your heart,
And lean not on your own understanding. (NKJV)

Psalms 55:22

Cast your burden on the Lord,
And He shall sustain you;
He shall never permit the righteous to be moved. (NKJV)



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Philippians 4:6-7

Be anxious for nothing, 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 and minds through Christ Jesus. (NKJV)

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life. (TPT)

John 14:27

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (NKJV)

I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don't yield to fear or be troubled in your hearts—instead, be courageous! (TPT)

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. (NKJV)

Philippians 4:13

I can do all things through Christ who strengthens me. (NKJV)



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Psalm 46:10

Be still, and know that I am God; I will be exalted among the nations,
I will be exalted in the earth! (NKJV)

Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for
the Lord your God, He is the One who goes with you. He will not leave you nor
forsake you. (NKJV)

Zephaniah 3:17

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. (NKJV)

Psalm 4:8

I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety. (NKJV)



Scriptures To Calm Anxiety

Matthew 6: 25-27

Therefore I say to you, do not worry about your life, what you will eat or what you will 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 barns; yet your heavenly Father feeds them. Are you not of more value than they?

Which of you by worrying can add one cubit to his stature? (NKJV)

This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing?

Consider the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they? So, which one of you by worrying could add anything to your life? (TPT)

