

# Scriptures that Combat Worry, Fear, and Anxiety

## 1.) *Philippians 4:6-7*

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

## 2.) *Matthew 6:34*

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

## 3.) *Proverbs 3:5-6*

“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”

## 4.) *Deuteronomy 31:6*

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

## 5.) *Psalms 34:4*

“I sought the Lord, and he answered me and delivered me from all my fears.”

## 6.) *Luke 12:24-26*

“Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and yet God feeds them; how much more valuable you are than the birds! And which of you by worrying can add a single hour to his life’s span? If then you cannot do even a very little thing, why do you worry about other matters?”

## 7.) *Matthew 6:25*

“Therefore I tell you, do not be anxious 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?”

## 8.) *John 14:1*

“Let not your hearts be troubled. Believe in God; believe also in me.”

## 9.) *John 14:27*

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

## 10.) *Psalms 118:6*

“The Lord is on my side; I will not fear. What can man do to me?”

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## 11.) *Colossians 3:15*

“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”

## 12.) *Joshua 1:9*

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

## 13.) *2 Thessalonians 3:16*

“Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.”

## 14.) *Psalms 94:19*

“When the cares of my heart are many, your consolations cheer my soul.”

## 15.) *1 John 4:18*

“There is no fear in love, but perfect love casts out fear.”

## 16.) *Proverbs 1:33*

“But whoever listens to me will dwell secure and will be at ease, without dread of disaster.”

## 17.) *Psalms 27:1*

“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?”

## 18.) *Isaiah 35:4*

“Say to those who have an anxious heart, “Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.”

## 19.) *1 Peter 5:6-9*

“So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.”

## 20.) *Isaiah 26:3*

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

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## 21.) *Psalm 23:4*

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

## 22.) *Hebrews 13:5-6*

“...God said, ‘I will never fail you. I will never abandon you.’ So we can say with confidence, ‘The LORD is my helper, so I will have no fear. What can mere people do to me?’”

## 23.) *Psalm 56:3*

“But when I am afraid, I will put my trust in you.”

## 24.) *Isaiah 41:10*

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

## 25.) *Psalm 121:1-2*

“I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.”

## 26.) *Exodus 14:14*

“The Lord will fight for you, and you have only to be silent.”

## 27.) *Proverbs 12:25*

“Anxiety weighs down the heart, but a kind word cheers it up.”

## 28.) *Psalm 55:22-23*

“Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days. But I will trust in you.”

## 29.) *Isaiah 54:17*

“No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord.”

## 30.) *Lamentations 3:57*

“You came near when I called on you; you said, ‘Do not fear!’”

## 31.) *Psalm 112:7-8*

“He is not afraid of bad news; his heart is firm, trusting in the Lord. His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.”

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## 32.) *Psalm 111:10*

“The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!”

## 33.) *Psalm 3:5*

“I lay down and slept; I woke again, for the Lord sustained me.”

## 34.) *Psalm 61:2*

“From the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I.”

## 35.) *Job 11:14-15*

“If iniquity is in your hand, put it far away, and let not injustice dwell in your tents. Surely then you will lift up your face without blemish; you will be secure and will not fear.”

## 36.) *Isaiah 43:2-3a*

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.”

## 37.) *Acts 18:9-10*

“And the Lord said to Paul one night in a vision, “Do not be afraid, but go on speaking and do not be silent, for I am with you, and no one will attack you to harm you, for I have many in this city who are my people.”

## 38.) *2 Kings 6:16-17*

“He said, “Do not be afraid, for those who are with us are more than those who are with them.” Then Elisha prayed and said, “O Lord, please open his eyes that he may see.” So the Lord opened the eyes of the young man, and he saw, and behold, the mountain was full of horses and chariots of fire all around Elisha.”

## 39.) *Joel 2:21*

“Fear not, O land; be glad and rejoice, for the Lord has done great things!”

## 40.) *Genesis 15:1*

“After these things the word of the Lord came to Abram in a vision: “Fear not, Abram, I am your shield; your reward shall be very great.”