

What the Bible says about - Anxiety

Receiving comfort from God – Ps 23

The Lord is my shepherd, I lack nothing.

² He makes me lie down in green pastures,

he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths

for his name's sake.

⁴ Even though I walk

through the darkest valley,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

⁵ You prepare a table before me

in the presence of my enemies.

You anoint my head with oil;

my cup overflows.

⁶ Surely your goodness and love will follow me

all the days of my life,

and I will dwell in the house of the Lord

forever.

Don't worry; God will take care of you – Mt. 6:25-34

²⁵ “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?²⁶ 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?²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’³² For the pagans run after all these things, and your heavenly Father knows that you need them.³³ But seek first His kingdom and His righteousness, and all these things will be given to you as well.³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Tell God about it – 1 Pt. 5:7

Cast all your anxiety on God because He cares for you.

Pray to God about it – Phil. 4:6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

