



100
Best Bible
Verses
to
Overcome
Worry
& Anxiety

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

1 PETER 5:7

CONTEXT

In this short letter, Peter gives Christians hope in the midst of unjust suffering. He tells the recipients of his letter that his message is intended to testify to the “true grace of God. Stand fast in it” (1 Peter 5:12).

MEANING

If we are to “stand fast” in the true grace of God, what does that mean for us when we are going through a heart-pounding season of worry or anxiety?

First, let’s turn back the clock and remember an important truth about Peter. He wasn’t just a spectator to the life of Jesus. He walked with him. He learned from him. He ate with him. He walked on water toward him. Notoriously, he denied him. And ultimately, he was embraced and forgiven by him.

All that to say, Peter spent a lot of time observing Jesus during his earthly ministry. That means Peter had firsthand knowledge of how our Savior not only withstood suffering himself, but how he took on our suffering as well.

Peter witnessed Jesus’ compassion for others. He saw Jesus cast out demons. And he could tell you some pretty fascinating stories about how Jesus calmed storms—not just the ones on the sea, but the ones on the inside of real souls.

That's the kind of storm-calming Jesus we find in today's verse—the one who takes our fears and anxieties upon himself. In fact, Peter reminds us that when we are worried, we can do more than simply take our concerns to the Lord. We can cast them upon him! In the Greek, *cast* means to hurl, throw, or fling. When we cast our anxiety on God, it doesn't mean all our worries disappear. But it does mean that God will carry the load for us—no matter what we throw at him.

Why would God do such a thing? Peter tells us why in today's verse: “. . . because he cares for you.”

APPLICATION

Do you ever feel like you don't know where to go with your anxiety and your worries? Maybe you've had someone tell you that the answer to anxiety is to simply “stop worrying,” as if anxious thoughts can be turned off with a switch.

But that's not how God operates.

God doesn't tell you to ignore your anxiety or to simply “stop worrying.” He doesn't say there's something wrong with you if you have anxiety. He is saying, “Give it all to me. In fact, you can actually throw it all on me! Because I really do care about you.”

ADDITIONAL READING

Psalm 55:22 • Matthew 6:25–30 • Isaiah 49:15

**“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

CONTEXT

Philippians starts with a greeting from Paul to the church in Philippi, a prayer for “Grace and peace to you from God our Father and the Lord Jesus Christ.” The book ends here with a reminder of that peace as bookends for some hard topics, like resisting false teachers and facing suffering. Since these letters were often read out loud to the whole church, Paul wanted these thoughts to be among the last words the believers heard.

MEANING

Every time a fear surfaces in our minds, we have two choices: dwell on our worry, or give it up to God in prayer. Paul tells us that trusting God with our anxiety is the better way, no matter what: “about anything” and “in every situation” covers

it all. There's no fear that you can't take to God to be replaced with his peace.

This peace isn't a general calm with no troubles. It's an active peace; it "guards" both our hearts (emotions) and minds (thoughts). That's military language, like the Psalms describing God as our defender and shield against enemies. When we pray, we aren't just comforted; we're protected.

Besides that, God's peace "transcends all understanding." Our human minds can't explain it or even fully grasp it. If you've ever seen fellow believers choose to trust God in the middle of terrible suffering and wondered how they were able to do it, you've seen this amazing peace at work.

How can we know this is true? Just before this passage, in verse 5, Paul reminds us, "The Lord is near." Not far off in a distant heaven, blissfully unbothered by human troubles and only able to be reached by a few super-spiritual people, but "near." When we pray, God hears us, because he's always close by.

APPLICATION

So often we believe it's up to us to be strong and fight anxiety. But here, Paul tells us that it is God who guards us and gives us peace. Yes, we have a part to play, but it's not making a list, gritting our teeth, and trying harder.

It's turning constantly to prayer in every moment of fear, choosing to be thankful, and resting in the peace God gives through Jesus. Challenge yourself to put this into practice by praying short prayers for peace when your instinct is to worry instead, and thank God for being close enough to hear and loving enough to care.

ADDITIONAL READING

Psalm 97:10-11 • Psalm 145:18 • Ephesians 2:13

**“Come to me, all of you who
are weary and burdened,
and I will give you rest.”**

MATTHEW 11:28 CSB

CONTEXT

These comforting words from Jesus, along with verses 29 and 30, are part of a passage in Matthew’s Gospel known as the Great Invitation. Jesus was speaking to crowds of people in Galilee, and just before this passage, he denounced “the towns where most of his miracles were done, because they did not repent” (11:20). His strong words shifted to praising his Father in heaven and then addressing the burdens people felt trying to live by the Pharisees’ rules. Today, we might not be weighed down by widespread legalism like in ancient days, but Christ extends his invitation to us—to come to him and find relief from the burden of sin and the pressures of life.

MEANING

Rather than an impersonal invitation, notice that Christ says, “Come to me.” He is not inviting you to a program or a religion. He desires a personal relationship. He already knows everything about you, and now he invites you to believe and trust in him.

Jesus calls out to everyone who feels “weary and burdened.” For most of us, that brings to mind physical

exhaustion. And certainly, in our desire to maximize the twenty-four hours each day holds, it's common to feel tired. But Jesus also wants to help those of us who are tired mentally, emotionally, spiritually—the kind of weariness that can linger no matter how much rest and sleep we try to get.

Notice too that Christ promises to give you rest. He won't simply show or tell you how to rest. Again, he makes it personal and says, "I will give you rest."

APPLICATION

Life is complex. It's not always possible to pinpoint why we feel weary or under pressure. Other times, the source is clear, we just don't know how to fix it.

That's the beauty of Christ's Great Invitation. We don't need to know what's weighing us down; we just need to respond to his three simple yet powerful words: "Come to me. . . ."

Exodus 20:11 tells us, "The LORD made the heavens and the earth . . . then he rested on the seventh day" (CSB). So clearly, God values rest. Turn to him for the deep, lasting rest your body and soul need.

ADDITIONAL READING

1 Peter 5:7 • Proverbs 3:5 • Jeremiah 31:25

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

2 CORINTHIANS 12:9

CONTEXT

Second Corinthians is a letter written by Paul the apostle to the church at Corinth, which is in modern-day Greece. The themes of the letter include suffering, forgiveness, and generosity.

MEANING

In his second letter to the church of Corinth, Paul has a lot of hard things to say—hard both in the sense that they are difficult to understand as well as sometimes being unpleasant to hear. An example of the latter is that he admonishes the disciples for their divisiveness and defends himself as an apostle of Christ.

An example of the former type of “hard thing” is that in this chapter, he talks about “a man” who was “caught up into the third heaven.” What does this mean? There is much debate, but most believe he is talking about a special revelation he himself had. From there, perhaps even more confusingly,

he says that God gave him a “thorn in the flesh” so he wouldn’t be conceited. What was that thorn? Again, there is much debate.

But regardless of what that thorn was, he goes on to say that he prayed for it to be taken away, but God refused. Instead, God said that his own strength was made perfect in weakness. This sounds discouraging at first, but in fact it’s good news of God’s power and grace. He may not answer our prayers the way we expect or even want, but he always turns bad things on their heads. He redeems things, making weaknesses strengths and overcoming evil with good. For this we can be thankful.

APPLICATION

Do you have a thorn in the flesh? Something that makes you feel weak or embarrassed? If so, take it to God and ask him to remove it. He may or he may not, but know that he will turn it around for your good and his glory.

ADDITIONAL READING

Genesis 50 • Isaiah 41:10