

# BIBLE VERSES ON *Anxiety*

Are you facing an enemy that feels much bigger than you can handle? Maybe it's an unexpected diagnosis, a mountain of debt, joblessness, crippling anxiety or depression, or a failing relationship. When you're struggling with a troublesome issue, you may experience sadness, depression, doubt, anger, loneliness, fear, or anxiety. It can be difficult to overcome those negative feelings.

The   
*Simplified*  
KJV



The Bible reminds us that God can be your rock. He will not be moved. He will come to your defense. He will protect you and comfort you. In place of great anxiety, God will surprise you with peace and joy.

*Whenever anxiety overwhelms or trouble threatens, remember these words of blessing.*

And behold, I am with you and will take care of you wherever you go, and will bring you again into this land, for I will not leave you until I have done what I have spoken of to you.

**Genesis 28:15**

Be strong and of good courage. Do not fear or be afraid of them, for the LORD your God, it is He who goes with you. He will not fail you or forsake you.

**Deuteronomy 31:6**

Have I not commanded you? Be strong and of good courage. Do not be afraid or be dismayed, for the LORD your God is with you wherever you go.

**Joshua 1:9**

The LORD is my shepherd. I shall not want. He makes me to lie down in green pastures. He leads me beside the still waters.

He restores my soul. He leads me in the paths of righteousness for His name's sake.

Yes, though I walk through the valley of the shadow of death, I will not fear evil, for You are with me. Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup runs over.

Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever.

**Psalms 23:1-6**

The LORD is my light and my salvation. Whom shall I fear? The LORD is the strength of my life. Of whom shall I be afraid?

**Psalms 27:1**

I sought the LORD, and He heard me and delivered me from all my fears.

**Psalms 34:4**

The angel of the LORD encamps around those who fear him and delivers them.

**Psalm 34:7**

The young lions lack and suffer hunger, but those who seek the LORD shall not lack any good thing.

**Psalm 34:10**

The righteous cry, and the LORD hears and delivers them out of all their troubles.

**Psalm 34:17**

Commit your way to the LORD. Trust also in Him, and He shall bring it to pass.

**Psalm 37:5**

Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth.

**Psalm 46:10**

Cast your burden on the LORD, and He shall sustain you; He shall never allow the righteous to be moved.

**Psalm 55:22**

When I am afraid, I will trust in You.

**Psalm 56:3**

Truly my soul waits for God; from Him comes my salvation. He alone is my rock and my salvation. He is my defense; I shall not be greatly moved.

**Psalm 62:1-2**

In the multitude of my thoughts within me, Your comforts delight my soul.

**Psalm 94:19**

Though I walk in the midst of trouble, You will revive me. You shall stretch out Your hand against the wrath of my enemies, and Your right hand shall save me.

**Psalm 138:7**

The LORD will perfect what concerns me. Your mercy, O LORD, endures forever; do not forsake the works of Your own hands.

**Psalm 138:8**

Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He shall direct your paths.

**Proverbs 3:5-6**

Heaviness in the heart of man makes it stoop, but a good word makes it glad.

**Proverbs 12:25**

The fear of man brings a snare, but whoever puts his trust in the LORD shall be safe.

**Proverbs 29:25**

You will keep him whose mind is steadfast on You in perfect peace because he trusts in You.

**Isaiah 26:3**

Say to those who are of a fearful heart, “Be strong; do not fear. Behold, your God will come with vengeance—even God, with a recompense. He will come and save you.

**Isaiah 35:4**

But those who wait on the LORD shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, and they shall walk and not faint.

**Isaiah 40:31**

Do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with My righteous right hand.

**Isaiah 41:10**

For I, the LORD your God, will hold your right hand, saying to you, “Do not fear. I will help you.”

**Isaiah 41:13**

But now this is what the LORD says, who created you, O Jacob, and He who formed you, O Israel: “Do not fear, for I have redeemed you. I have called you by your name. You are Mine.

**Isaiah 43:1**

Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, that spreads out its roots by the river, and shall not see when heat comes, but its leaf shall be green. And it shall not be anxious in the year of drought or cease from yielding fruit.

**Jeremiah 17:7-8**

For I know the thoughts that I think toward you,” says the LORD, thoughts of peace and not of evil, to give you an expected end.”

**Jeremiah 29:11**

The LORD your God in the midst of you is mighty. He will save; He will rejoice over you with joy. He will rest in His love; He will rejoice over you with singing.

**Zephaniah 3:17**

According to the word that I covenanted with you when you came out of Egypt, so My Spirit remains among you. Do not fear.

**Haggai 2:5**

Therefore I say to you, take no thought for your life, what you shall eat or what you shall drink, or yet for your body, what you shall put on. Isn't life more than food and the body more than clothing? Behold the fowls of the air, for they do not sow; they neither reap nor gather into barns. Yet your heavenly Father feeds them. Aren't you much more valuable than they are? Which of you by worrying can add one cubit to his stature? And why do you worry about clothing? Consider the lilies of the field, how they grow: they do not toil, nor do they spin, and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Therefore, if God so clothes the grass of the field, which is here today and tomorrow is cast into the oven, shall He not much more clothe you, O you of little faith? Therefore do not worry, saying, “What shall we eat?” or “What shall we drink?” or “With what shall we be clothed?” For the Gentiles seek after all these things. For your heavenly Father knows that you have need of all these things. But seek first the kingdom of God and His righteousness,

and all these things shall be added to you. Therefore don't worry about tomorrow, for tomorrow shall worry about its own things. The day has enough of its own evil.

**Matthew 6:25-34**

Come to Me, all you who labor and are heavy-laden, and I will give you rest. Take My yoke on you and learn from Me, for I am meek and lowly in heart, and you shall find rest for your souls. For My yoke is easy and My burden is light.

**Matthew 11:28-30**

For with God nothing shall be impossible.

**Luke 1:37**

And He said to His disciples, "Therefore I say to you, do not worry about your life, what you shall eat, nor for the body, what you shall put on. Life is more than food, and the body is more than clothing. 24 Consider the ravens, for they neither sow nor reap; they have neither storehouse nor barn, and God feeds them. How much more are you worth than the fowls? And which of you by worrying can add one cubit to his stature? If you then are not able to do that thing that is least, why do you worry about the rest? Consider the lilies, how they grow: they do not toil; they do not spin. And yet I say to you that Solomon in all his glory was not arrayed like one of these. If then God so clothes the grass, which today is in the field and tomorrow is cast into the oven, how much more will He clothe you, O you of little faith?

"And do not seek what you shall eat or what you shall drink, nor be of doubtful mind. For the nations of the world seek after all these things, and your Father knows that you have need of these things. But rather seek the kingdom of God, and all these things shall be added to you."

**Luke 12:22-31**

Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.

**Luke 12:32**

Do not let your hearts be troubled; you believe in God, believe also in Me.

**John 14:1**

I leave peace with you; I give to you My peace. I do not give to you as the world gives. Do not let your heart be troubled or let it be afraid.

**John 14:27**

I have spoken these things to you, that in Me you might have peace. In the world you shall have tribulation, but be of good cheer: I have overcome the world.

**John 16:33**

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other creature shall be able to separate us from the love of God that is in Christ Jesus our Lord.

**Romans 8:38-39**

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 passes all understanding, shall guard your hearts and minds through Christ Jesus.

**Philippians 4:6-7**

I can do all things through Christ who strengthens me.

**Philippians 4:13**

And let the peace of God rule in your hearts, to which you also are called in one body. And be thankful.

**Colossians 3:15**

Now may the Lord of peace Himself give you peace always by all means. The Lord be with you all.

**2 Thessalonians 3:16**

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

**2 Timothy 1:7**

Now faith is the substance of things hoped for, the evidence of things not seen.

**Hebrews 11:1**

Let your conduct be without covetousness, and be content with what you have, for He has said, "I will never leave you or forsake you." So we may boldly say, "The Lord is my helper, and I will not fear what man shall do to me."

**Hebrews 13:5-6**

If any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it shall be given him.

**James 1:5**

Humble yourselves therefore 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.

**1 Peter 5:6-7**

But may the God of all grace, who has called us to His eternal glory in Christ Jesus, after you have suffered a while, make you perfect and establish, strengthen, and settle you.

**1 Peter 5:10**

There is no fear in love, but perfect love casts out fear because fear has torment. He who fears is not made perfect in love.

**1 John 4:18**

And God shall wipe away all tears from their eyes, and there shall be no more death or sorrow or crying, nor shall there be any more pain, for the former things have passed away.

**Revelation 21:4**