

Scriptures to help overcome fear and anxiety:

"I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles." (Psalms 34:4-6 NLT)

"But I am like an olive tree, thriving in the house of God. I will always trust in God's unfailing love." (Psalms 52:8 NLT)

"Cast all your anxiety on Him because He cares for you." (1 Peter 5:7 NIV)

"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life." (John 10:10 NLT)

"Submit yourselves, then, to God. Resist the devil, and he will flee from you." (James 4:7 NIV)

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." (Isaiah 41:10 NLT)

"So we can say with confidence, 'The Lord is my helper, so I will have no fear. What can mere people do to me?'" (Hebrews 13:6 NLT)

"When I am afraid, I put my trust in you." (Psalm 56:3 NIV)

"For God has not given us a spirit of fear; but of power, and of love, and of a sound mind." (2 Timothy 1:7 NKJ)

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:16-18 NLT)

"Many hardships *and* perplexing circumstances confront the righteous, But the LORD rescues him from them all." (Psalm 34:19 AMP)

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ 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. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." (Phil. 4:6-8 NLT)

"I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world." (John 16:33 NLT)

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." (Matthew 11:28 NLT)

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31 NLT)

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" (Isaiah 26:3 NLT)

"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." (John 14:27 NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." (Proverbs 3: 5-6 NLT)

"God is our refuge and strength, always ready to help in times of trouble." (Psalm 46:1 NLT)

"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you." (Isaiah 43:2 NLT)

"...In quietness and confidence is your strength..." (Isaiah 30:15 NLT)