

Anxiety Scriptures

August 17, 2025

John 1:1, 14 The Word Became Flesh

1 In the beginning was the Word, and the Word was with God, and the Word was God. ¹⁴ The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Hebrews 4:12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 11:1 Now faith is confidence in what we hope for and assurance about what we do not see.

Mark 11:24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

1 John 5:14-15 ¹⁴This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

Matthew 6:25-34 Do Not Worry

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^[a]?

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.

Proverbs 3:5-6 Trust in the Lord with all your heart
and lean not on your own understanding;
⁶ in all your ways submit to him,
and he will make your paths straight

Colossians 3: 2 set your mind on the things above, not on the things that are on earth

Philippians 4: 19: “my God will supply all your needs according to his riches in glory in Christ Jesus”.

Philippians 4:6-9 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.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

1 Corinthians 10:13 No temptation^[a] has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted^[b] beyond what you can bear. But when you are tempted,^[c] he will also provide a way out so that you can endure it.

Romans 8:28 And we know that in all things God works for the good of those who love him, who^[a] have been called according to his purpose.

1 Peter 5:10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

John 16:33, “These things I have spoken to you so that in Me you may have peace. In the world you have tribulation but take courage; I have overcome the world

Proverbs 23:7a For as he thinks in his heart, so *is* he.

Isaiah 26:3 You will keep in perfect peace
him whose mind is steadfast,
because he trusts in you.