

# Scripture Verses for Anxiety

Philippians 4:13  
I can do all things  
through Christ who  
strengthens me

2 Timothy 1:7 For God  
has not given us the  
Spirit of Fear but of  
power and of love and of  
a sound mind.

Isaiah 26:3 You will keep  
him in perfect  
peace, Whose mind is  
stayed on You, Because he  
trusts in You.

Psalms 34:4 I sought the  
Lord, and He heard  
me, And delivered me  
from all my fears.

Psalms 107:6 Then they  
cried out to the Lord in  
their trouble, And He  
delivered them out of  
their distresses.

Isaiah 41:10 Fear not, for I am  
with you; Be not dismayed,  
for I am your God. I will  
strengthen you, Yes, I will  
help you, I will uphold you  
with My righteous right  
hand.'

Jeremiah 29:1 For I know  
the plans I have for you,"  
declares the Lord, "plans to  
prosper you & not to harm  
you, plans to give you hope  
& a future.

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