



## **Overcoming Anxiety**

Cast thy burden upon the Lord, and He shall sustain thee: He shall never suffer the righteous to be moved. **Psalms 55:22 (KLV0)**

**A**s for me, I will call upon God; and the Lord shall save me. Evening, and morning, and at noon, will I pray, and cry aloud; and He shall hear my voice. **Psalms 55:16-17 (KLV)**

**D**o not be anxious about anything, but in everything, 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 (NIV)**

**A**nxiety in the heart of a man weighs it down. But a good word makes it glad.

**Proverbs 12: 25 (NAS)**

**A** joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.

**Proverbs 15:13 (NAS)**

**AND** we know that God causes all things to work together for good... He who did not spare His own Son, but delivered Him up for us all, how will He not also with Him freely give us all things?

**Romans 8: 28, 32 (NAS)**

**B**ow down Your ear, O Lord, hear me; For I am poor and needy. Be merciful to me, O Lord, For I cry to You all day long. Rejoice the soul of Your servant, for to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You.

**Psalms 86: 1,3,4,5 (NKJ)**

In the multitude of my anxieties with me, your comforts delight my soul."

**Psalms 94:19 (NKJ)**



Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. **Proverbs 3:5-6 (NKJ)**

He will not allow your foot to be moved; He who keeps you will not slumber. **Psalms 121:3 (NKJ)**

The Lord is nigh unto all them that call upon Him, to all that call upon Him in truth. **Psalms 145: 18 (KJV)**

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15: 13 (NIV)**

Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? **Matthew 6:25-27 (RSV)**

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. **Philippians 4:7 (KJV)**

Thou wilt keep him in perfect peace, whose mind is stayed on Thee. **Isaiah 26:3 (KJV)**