

## SCRIPTURE FOR ANXIETY & WORRY

*"Plans fail for lack of counsel, but with many advisers, they succeed."*

Proverbs 15:22

*"Come to me, all you who are weary and burdened, and I will give you rest."*

- Jesus (Matthew 11:28)

*"Discretion will protect you and understanding will guard you."*

– Proverbs 2:11

*"I am with you always, to the very end of the age."*

Matthew 28:20

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

Psalm 34:18

*"Cast all your cares/anxiety on him because he cares for you."*

1 Peter 5:7

*"In all things God works for the good of those who love him,  
who have been called according to his purpose."*

Romans 8:28

*"The thief comes only to steal and kill and destroy;  
I have come that they may have life, and have it to the full."*

John 10:10

*"For I am the LORD your God who takes hold of your right hand  
And says to you, Do not fear; I will help you."*

Isaiah 41:13

*"Trust in the LORD with all your heart and lean not on your own understanding;  
In all your ways acknowledge him and he will make your paths straight."*

Proverbs 3:5-6

*"Be still and know that I am God."*

Psalm 46:10

## Serenity Prayer

*God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and the wisdom to know the difference.*

*Seek first his kingdom and his righteousness,  
And all these things will be given to you as well.  
Therefore do not worry about tomorrow,  
For tomorrow will worry about itself.  
Each day has enough trouble of its own.*

- Jesus

- Matthew 6:33-34

*"I can do all things through Christ who strengthens me."*

Philippians 4:13

*<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:6-7

*<sup>8</sup> 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.*

Philippians 4:8

*You will keep in perfect peace those whose minds are steadfast, because they trust in you. <sup>4</sup> Trust in the LORD forever, for the LORD, the LORD himself, is the Rock eternal.*

Isaiah 26:3-4

Anxiety wants you to change what cannot be changed, stops you from changing what you can, and keeps you from recognizing the difference.