



Bible verses for anxiety.

1 You are not alone

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me Psalm 23:4

2 You have value

But you are a chosen race, a holy priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvellous light. 1 Peter 2:9

So don't be afraid; you are worth more than many sparrows.
Matthew 10:31

3 God sees your tears

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying, nor pain anymore, for the former things have passed away. Revelation 21:4

4 There is help

God is our refuge and strength, a very present help in trouble. Psalm 46:1

For we do not have high priest who is unable to sympathise with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. Hebrews 4:15-16

5 Your life has purpose

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

6 What you are going through is temporary

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient but the things that are unseen are eternal. 2 Cor 4:16-18

7 There is a way out

No temptation has overtaken you that is not common to man. God is faithful, and will not let you be tempted beyond your ability, but with the temptation, he will also provide a way of escape that you may be able to endure it. 1 Cor 10:13

8 You are more than your outward appearance

The Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart. 1 Samuel 16:7

9 You cannot imagine what good lies in store for you

No eye has seen, nor ear has heard, nor the heart of man imagined, what God has prepared for those who love him. 1 Cor. 2:9

10 You will not always feel this way

We are afflicted in every way, but not crushed; perplexed but not driven to despair, Persecuted but not forsaken, struck down but not destroyed. 2 Cor. 4:8-9

For his anger is but for a moment, and his favour is for a lifetime; weeping may tarry for the night, but joy comes in the morning. Psalm 30:5

11 You are greatly loved

I have loved you with an everlasting love; therefore I have continued my faithfulness to you. Jeremiah 31:3

...to comprehend... what is the breadth and length and height and depth, and to know the love of Christ. Ephesians 3:18

12 You will not be put to shame

Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth and the reproach of your widowhood you will remember no more. Isaiah 54:4

Keep your life free from the love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.' so we can confidently say: 'The Lord is my helper; I will not fear; what can man do to me?' Hebrews 13:5-6

13 God is up to good in your life

You meant evil against me but God meant it for good, to bring it about that many people should be kept alive as they are today. Genesis 50:20

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28