



SCRIPTURES ABOUT WORRY

In life we will all experience worry. Every single one of us. The enemy uses fear, worry, and anxiety as weapons to keep us from experiencing the life God intended. Such emotions can overwhelm us to our very core and leave us paralyzed.

The Bible is full of worriers. But the Bible gives those worriers a loud and clear message: God is our rock and refuge. He is always available to give us the strength we need.

Meditating on God's Word can help us break free from the cycle of worry and anxiety. We pray this gathering of scriptures about worry will help calm your spirit and lead you to lean on God's promises when life is uncertain.



SCRIPTURES ABOUT WORRY

- **Isaiah 30:15**

This is what the Sovereign Lord, the Holy One of Israel, says:
“In repentance and rest is your salvation,

- **1 Peter 5:7**

Cast all your anxiety on him because He cares for you.

- **Colossians 3:15**

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

- **Philippians 4:6-7**

Do not be anxious about anything, but in every situation, 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.

- **1 John 4:18**

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

- **1 Peter 3:14**

But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”

- **Isaiah 35:3-4**
Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, “Be strong, do not fear; your God will come, He will come with vengeance with divine retribution, He will come to save you.”
- **Isaiah 40:31**
...those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
- **Isaiah 41:10**
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- **John 14:1**
“Do not let your hearts be troubled. You believe in God; believe also in me.”
- **Joshua 1:9**
“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”
- **Luke 12:22**
Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.”
- **Luke 12:25**
Who of you by worrying can add a single hour to your life?
- **Psalm 34:17**
The righteous cry out, and the Lord hears them; he delivers them from all their troubles.
- **Psalm 94:19**
When my worry is great within me, Your comfort brings joy to my soul.
- **Psalm 138:8**
The Lord will vindicate me; your love, Lord, endures forever—do not abandon the works of your hands.
- **Jeremiah 17:7-8**
But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.
- **Matthew 11:28-30**
“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
- **Psalm 119:165**
Great peace have those who love your law, and nothing can make them stumble.

- **John 14:27**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

- **Psalm 55:22**

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

- **Proverbs 3:5-6**

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

- **Psalm 34:4**

I sought the Lord, and he answered me; he delivered me from all my fears.

- **Psalm 56:3**

When I am afraid, I put my trust in you.

- **Luke 24: 38-39**

He said to them, “Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

- **Psalm 18:6**

In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

