

Anxiety and Depression

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”

Philippians 4:6 NLT

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

John 14:27 NLT

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

Isaiah 41:10 NLT

“When doubts filled my mind, your comfort gave me renewed hope and cheer.”

Psalms 94:19 NLT

“I prayed to the Lord, and he answered me. He freed me from all my fears.”

Psalms 34:4 NLT

“Give all your worries and cares to God, for he cares about you.”

1 Peter 5:7 NLT

“For I can do everything through Christ, who gives me strength.”

Philippians 4:13 NLT

“Trust in the Lord with all your heart; do not depend on your own understanding.”

Proverbs 3:5 NLT

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life? “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Matthew 6:25-34 NLT

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Timothy 1:7 NLT

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

Isaiah 26:3 NLT

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.””

Matthew 11:28-30 NLT

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.”

Jeremiah 29:11 NLT

“For I hold you by your right hand— I, the Lord your God. And I say to you, ‘Don’t be afraid. I am here to help you.’”

Isaiah 41:13 NLT

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

Psalms 23:4 NLT