

# BIBLE VERSES ON *anxiety*

## FINDING *comfort*

- Isaiah 66:13 → God comforts me like a mother to her child.
- Psalms 94:19 → God's consolation brings me to joy.
- Prov. 12:25 → A kind word cheers the anxious heart.
- 2 Cor. 1:3-5 → God comforts in ALL my troubles; I in turn can offer comfort to others.

## GOD'S *strength*

- Matt. 6:25-24 → God knows what I need and has my back.
- Mark 13:11 → In trials, the Holy Spirit will guide me.
- 1 Cor. 12:9 → My weakness is an opportunity for God's power to prevail.

## WRESTLING IN *prayer*

- Psalms 139:13 → An invitation for God to search me, know my heart and my anxious thoughts.
- Phil. 4:6 → In every situation, by prayer and petition, with thanksgiving, present my requests to God.
- 1 Peter 5:6-7 → By humbling myself, I can cast my anxiety on God and he will lift me up.