

Scriptures to Overcome Fear and Worry

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."

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."

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."

Matthew 6:25

"Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is life not more than food, and the body more than clothes?"

Psalms 55:22

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

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."

Psalms 23:4

"Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me."

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."

Luke 12:25

"Who of you by worrying can add a single hour to your life?"

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 the heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Psalm 94:19

"When anxiety was great within me, Your consolation brought me joy."

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."

Joshua 1:9

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

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."

Jeremiah 29:11-12

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on Me and come and pray to Me, and I will listen to you."



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