

# gracepointechurch

## Bible verses that will help you battle anxiety.

### Battling Anxiety

**Lamentations 3:22-23** - "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

**1 Peter 5:7** - "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you."

**Philippians 4:6-7** - "Don't worry about anything, instead pray about everything and thank God for his answers. If you do this you will experience God's peace which is far more wonderful than the human mind can understand."

### Battling Anxiety about feeling weak

**2 Corinthians 12:9-10** - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. <sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

### Battling Anxiety about difficult decisions

**Psalms 32:8** - "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you."

### Battling Anxiety about opponents

**Romans 8:31** - "What then shall we say to these things? If God is for us, who can be against us?"

### Battling Anxiety about afflictions

**Psalms 34:19** - "Many are the afflictions of the righteous, but the LORD delivers him out of them all."

### Battling Anxiety about aging

**Isaiah 46:3-4** - "Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from before your birth, carried from the womb; even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save."

### Battling Anxiety about death

**Romans 14:7-9** - For none of us lives to himself, and none of us dies to himself. <sup>8</sup> For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. <sup>9</sup> For to this end Christ died and lived again, that he might be Lord both of the dead and of the living.

*Resource - "Battling the Unbelief of Anxiety", Justin Taylor*