

Quiet for the Anxious Heart

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 46:1 ~ "God is our refuge and strength, an ever-present help in trouble."

Psalms 91:1-2 ~ "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"

1 Peter 5:7 ~ "Cast all your anxiety on him because he cares for you."

Psalms 94:19 ~ "When anxiety was great within me, your consolation brought me joy."

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."

Psalms 4:8 ~ "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Isaiah 26:3 ~ "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Psalms 34:17 ~ "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

Matthew 6:34 ~ "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Exodus 14:14 ~ "The Lord will fight for you; you need only to be still."

Psalms 55:22 ~ "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Psalms 121:1-2 ~ "I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Matthew 11:28 ~ "Come to me, all you who are weary and burdened, and I will give you rest."

Psalms 62:1-2 ~ "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken."

Psalms 16:8 ~ "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

Isaiah 40:29 ~ "He gives strength to the weary and increases the power of the weak."

Psalms 31:24 ~ "Be strong and take heart, all you who hope in the Lord."

Lamentations 3:22-23 ~ "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Psalms 91:4 ~ "He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart."

Romans 15:13 ~ "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Psalms 61:2 ~ "From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I."

Psalms 3:5 ~ "I lie down and sleep; I wake again, because the Lord sustains me."