



## Anxiety-Calming Scriptures

### **2 Timothy 1:7**

For God has not given us a spirit of fear, but one of power, love, and sound judgment. (CSB)

### **Psalms 4:8**

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. (NIV)

### **1 Peter 5:6-7**

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. (NASB)

### **Philippians 4:6-7**

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (ESV)

### **Isaiah 41:10**

Do not fear, for I am with you;  
do not be afraid, for I am your God.  
I will strengthen you; I will help you;  
I will hold on to you with my righteous right hand. (CSB)

### **Isaiah 26:3**

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. (ESV)

### **John 14:1**

Your heart must not be troubled. Believe in God; believe also in Me. (HCSB)

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