

Worry/Anxiety

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (**Phil 4:6 – 7, NLT, see also v.8**)

Give all your worries and cares to God, for he cares about you. (**1 Pet 5:7, NLT**)

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.” (**Matt 6:25 – 27, 34**)

“When they bring you to trial ...do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy Spirit.” (**Mark 13:11**)

“Worry weighs a person down; an encouraging word cheers a person up.” (**Prov 12:25, NLT**)

“Blessed are those who trust in the LORD, whose trust is the LORD. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.” (**Jer 17:7 – 8**)