

20 Bible Verses for When You're Anxious

Scripture for anxiety, worry, and fear — paired with one-sentence plain-English explanations in the Bibliaa voice.

Crisis Reading Order (if you're spiraling right now):

1. **1 Peter 5:7** (Hand it to God) • 2. **Philippians 4:6–7** (Replace worry with prayer) • 3. **Isaiah 41:10** (He holds you up) • 4. **Psalm 46:1–2** (He is present).

VERSE 01 OF 20

Philippians 4:6–7

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Don't let worry run the show — let it drive you to prayer instead. Bring everything to God with gratitude, and a peace you can't even explain will guard your heart and mind.

VERSE 02 OF 20

Matthew 6:34

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

Jesus says stop borrowing tomorrow's problems. Today has enough to deal with on its own. You are not built to carry two days at once.

VERSE 03 OF 20

1 Peter 5:7

"Casting all your care upon him; for he careth for you."

Take every worry — every single one — and hand it to God. Not because they don't matter, but because they matter to him too.

VERSE 04 OF 20

Isaiah 41:10

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

Don't be afraid. God is right here. He will give you strength, he will help you, he will physically hold you up when your legs give out.

VERSE 05 OF 20

Psalm 55:22

"Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."

Throw your burden at God. Not gently — throw it. He can handle the weight, and he will keep you standing.

VERSE 06 OF 20

Psalm 94:19

"In the multitude of my thoughts within me thy comforts delight my soul."

When anxious thoughts multiply inside your head — and they will — God's comfort cuts through. Not by silencing every thought, but by being louder than the noise.

VERSE 07 OF 20

John 14:27

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

The peace Jesus gives is not the world's version — it doesn't depend on circumstances. It holds even when everything around you is falling apart.

VERSE 08 OF 20

Romans 8:28

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

God isn't wasting your hard seasons. For those who love him, even the painful parts are being worked into something good.

VERSE 09 OF 20

2 Timothy 1:7

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

Fear isn't from God. He gives power, love, and a clear mind instead. Whatever's making you anxious right now isn't where the Holy Spirit is leading you.

VERSE 10 OF 20

Psalm 23:4

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."

Even in the darkest valley — the one where you can't see the exit — God is walking with you. You're not alone in it.

VERSE 11 OF 20

Proverbs 12:25

"Heaviness in the heart of man maketh it stoop: but a good word maketh it glad."

Anxiety literally weighs you down. But one kind word — from God, from a friend, from scripture — can lift it. Don't underestimate what a single good sentence can do.

VERSE 12 OF 20

Matthew 11:28–30

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

Jesus is inviting anyone who's exhausted to come to him. The rest he offers isn't a vacation — it's relief from carrying things you were never meant to carry alone.

VERSE 13 OF 20

Psalm 46:1–2

"God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea."

Even if the ground literally collapses, God is present and strong enough. That's the kind of help he is — not distant, not slow, but 'very present.'

VERSE 14 OF 20

Isaiah 26:3

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

Perfect peace isn't the absence of problems. It's what happens when your mind keeps returning to God instead of returning to the worry.

VERSE 15 OF 20

Psalm 34:4

"I sought the LORD, and he heard me, and delivered me from all my fears."

David didn't just pray about his fear — he was actually freed from it. This is what's on offer: not management, but deliverance.

VERSE 16 OF 20

Joshua 1:9

"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

Be brave — but the courage doesn't come from gritting your teeth. It comes from knowing God is with you in every place you'll ever step.

VERSE 17 OF 20

Psalm 121:1–2

"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth."

When you're overwhelmed, look up. Your help comes from the one who made everything — including the problem that feels too big right now.

VERSE 18 OF 20

Lamentations 3:22–23

"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

God's mercy doesn't run out. Every morning is a fresh batch — yesterday's anxious spiral doesn't get to follow you into today.

VERSE 19 OF 20

Romans 15:13

"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."

Joy and peace aren't things you manufacture — they're things God fills you with. The Holy Spirit does the heavy lifting; you just keep believing.

VERSE 20 OF 20

Psalm 139:23–24

"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."

This is one of the bravest prayers you can pray when you're anxious: 'God, look inside me. See the fears I can't name. And lead me out of them.'

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