



SPIRIT

COUNSELING &
CONSULTING PLLC

Scriptures For Overcoming Stress & Anxiety (Worry)

Phillipians 4:6

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

Psalm 23: 1-4

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

1 Peter 5:7

"Cast all your anxiety on him because he cares for you."

Psalm 18:6

"But in my distress I cried out to the Lord, yes I prayed to my god for help. He heard me from his sanctuary; my cry to him reached his ears"

Isaiah 54: 16-17

"I have created the blacksmith who fans the coals beneath the forge and makes the weapons of destruction. And I have created the armies that destroy. But in that coming day no weapon turned against you will succeed."

Job 36:16

"God is leading you away from danger. A place free of distress."

Psalm 23:2

"He lets me rest in green meadows; he leads me beside peaceful streams"

Romans 8:28

"And we know, all things work together for the good of those who love the Lord and are called according to his purpose"

Psalm 46:10

"Be still and know that I am God"

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