

BIBLE VERSES ABOUT WORRY

[**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.

[**Philippians 4:19**](#) And my God will supply every need of yours according to his riches in glory in Christ Jesus.

[**Matthew 6:25-34**](#) "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. 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 which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ...

[**Proverbs 12:25**](#) Anxiety in a man's heart weighs him down, but a good word makes him glad.

[**Matthew 11:28-30**](#) Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

[**1 Peter 5:6-7**](#) Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

[**John 14:27**](#) Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

[**John 14:1**](#) "Let not your hearts be troubled. Believe in God; believe also in me.

[**Luke 1:37**](#) ESV / 179 helpful votes

For nothing will be impossible with God."

[**Joshua 1:9**](#) Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

[**Jeremiah 29:11**](#) For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

[**Jeremiah 17:7-8**](#) "Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

[**Psalms 23:1-6**](#) A Psalm of David. The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...

[Proverbs 3:5-6](#) Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

[Psalm 94:19](#) When the cares of my heart are many, your consolations cheer my soul.

[Isaiah 26:3](#) You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

[Isaiah 41:13](#) For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

[Galatians 6:9](#) And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

[Luke 10:41-42](#) But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

[Colossians 3:15](#) And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

[John 16:33](#) I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

[Romans 15:13](#) May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

[Hebrews 11:1](#) Now faith is the assurance of things hoped for, the conviction of things not seen.

[Hebrews 13:6](#) So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

[Romans 8:26-39](#) NASB ²⁶In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for *us* with groanings too deep for words; ²⁷and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the ^usaints according to *the will of God*.

²⁸And we know that ^[k]God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. ²⁹For those whom He foreknew, He also predestined *to become* conformed to the image of His Son, so that He would be the firstborn among many brethren; ³⁰and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

³¹What then shall we say to these things? If God *is* for us, who *is* against us? ³²He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? ³³Who will bring a charge against God's elect? God is the one who justifies; ³⁴who is the one who condemns? Christ Jesus is He who died, yes, rather who was ^uraised, who is at the right hand of God, who also intercedes for us. ³⁵Who will separate us from the love of ^[m]Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶Just as it is written,

"For Your sake we are being put to death all day long;
We were considered as sheep to be slaughtered."

³⁷But in all these things we overwhelmingly conquer through Him who loved us. ³⁸For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

[2 Timothy 1:7](#) For God gave us a spirit not of fear but of power and love and self-control.

[Psalm 34:4](#) I sought the Lord, and he answered me and delivered me from all my fears.

[2 Corinthians 12:9-10](#) ⁹ And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast ^[c] about my weaknesses, so that the power of Christ may dwell in me. ¹⁰ Therefore I am well content with weaknesses, with ^[d] insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.

[Deuteronomy 31:8](#) It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

[Psalm 37:7-9](#) Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.

[Isaiah 40:31](#) But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

[Psalm 121:1-2](#) A Song of Ascents. I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.

[Mark 13:11](#) And when they bring you to trial and deliver you over, do not be anxious beforehand what you are to say, but say whatever is given you in that hour, for it is not you who speak, but the Holy Spirit.

[James 1:1-27](#) James, a servant of God and of the Lord Jesus Christ, To the twelve tribes in the Dispersion: Greetings. Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ...

[Psalm 46: 1, 10](#) To the choirmaster. Of the Sons of Korah. According to Alamoth. A Song. God is our refuge and strength, a very present help in trouble... ¹⁰ “[i]Cease *striving* and know that I am God; I will be exalted among the ^[k]nations, I will be exalted in the earth.”

[Psalm 34:17-19](#) When the righteous cry for help, the Lord hears and delivers them out of all their troubles. **The Lord is near to the brokenhearted and saves the crushed in spirit.** Many are the afflictions of the righteous, but the Lord delivers him out of them all.

[Hebrews 13:5-6](#) Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

[Matthew 13:22](#) As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.

[Psalm 16:8](#) I have set the Lord always before me; because he is at my right hand, I shall not be shaken.

[Revelation 21:3-4](#) And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

[Colossians 3:2](#) Set your minds on things that are above, not on things that are on earth.

[Psalm 91:1-16](#) He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.” For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, ...

[John 14:1-31](#) “Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ...

[Psalm 38:9](#) O Lord, all my longing is before you; my sighing is not hidden from you.

[Psalm 27:1](#) Of David. The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

[John 14:26-27](#) But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

[Job 1:20-21](#) Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped. And he said, “Naked I came from my mother's womb, and naked shall I return. The Lord gave, and the Lord has taken away; blessed be the name of the Lord.”

A PRAYER BY RICK WARREN: **Against Worry:** *“Dear Father, I admit that I often forget that you are with me. I often forget what you’re like. Would you please forgive me for that? I need to get to know you better. I need to get to know your Word and your promises better. Help me to put you first in every area of my life. Help me to live one day at a time. Help me to not worry about tomorrow but instead focus on what you’re doing in my life right now. I want to trust in your promise to take care of every one of my needs — financial, relational, physical, social, spiritual, and emotional. Help me to trust you more and worry less. I pray in Jesus’ Name. Amen.”* (Rick Warren, <https://www.christianity.com/bible/bible-verses-about-worry-14>)