

## 40 Scriptures To Read When You Are Worried

1. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Mathew 6:34
2. I can do everything through Him who gives me strength. Philippians 4:13
3. But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
4. Therefore I tell you, do not worry about your life, what you will eat or drink or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? Matthew 6:25-27
5. Cast your cares on the Lord and He will sustain you; He will never let the righteous fall. Psalm 55:22
6. For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self-discipline (self-control). 2 Timothy 1:7
7. I keep my eyes always on the Lord. With Him at my right hand, I will not be shaken. Psalm 16:8
8. Find rest, O my soul, in God alone; my hope comes from Him. He alone is my rock and my salvation: He is my fortress, I will not be shaken. Psalm 62:5-6
9. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart. Psalm 91:2,4
10. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10
11. For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11
12. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart. Hebrews 12:1-3
13. And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. Romans 8:28
14. The Lord is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song. Psalm 28:7
15. Blessed is the man who fears the Lord, who finds great delight in His commands. He will have no fear of bad news; his heart is steadfast, trusting in the Lord. Psalm 112:1,7
16. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6
17. Do not be anxious about anything, but in everything, 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. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Philippians 4:6-8

18. God is our refuge and strength, an ever-present help in trouble. Psalm 46:1
19. Do not let your hearts be troubled. You believe in God, believe also in me. John 14:20
20. Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30
21. Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you. Deuteronomy 31:6
22. I prayed to the Lord and He answered me. He freed me from all my fears. Those who look to Him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; He saved me from all my troubles. For the angel of the Lord is a guard; He surrounds and defends all who fear Him. Psalm 34:4-7
23. Give all your worries and cares to God, for He cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. 1Peter 5:7-8
24. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27
25. As For God, His way is perfect. The Lord's Word is flawless; He shields all who take refuge in Him. Psalm 18:30
26. The righteous cry out, and the Lord hears them He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all. Psalm 24:17-19
27. But blessed is the one who trust in the Lord, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes, its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. Jeremiah 17:7-8
28. Guide me in your truth and teach me; for you are God, my Savior, and my hope is in you all day long. Psalm 25:5
29. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.
30. Be still, and know that I am God. I will be exalted among the nations., I will be exalted in the earth!" Psalm 46:10
31. 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. Psalm 121:1-2
32. So we can confidently say, The Lord is my helper; I will not fear; what can man do to me? Hebrews 13:6
33. What then shall we say to these things? If God is for us, who can be against us? Romans 8:31

34. 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. Romans 13:15
35. Now faith is the assurance of things hoped for, the conviction of things not seen. Hebrews 11:1
36. Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you. 1 Peter 5:6-7
37. The Lord Your God is in our midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you with His love; He will exult over you with loud singing. Zephaniah 3:17
38. Even though I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. Psalm 23:4
39. Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. Psalm 42:5
40. When I am afraid, I put my trust in you. Psalm 56:3