

15 Bible Verses to Treat  
*fear and anxiety*

Nettie's Confetti  
Inspiration Blog



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*

When I am afraid,  
I put my *trust* in  
you.

*Psalms 56:3*

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.

*Philippians 4:6-7*

For God has not given us a spirit of fear,  
but of *power*  
and of *love*  
and of a *sound mind*.

*2 Timothy 1:7*



Be *strong* and *courageous*.

Do not be terrified;  
do not be discouraged,  
for the Lord your God  
will be with you wherever you go.

*Joshua 1:9*



Therefore *do not worry* about tomorrow,  
for tomorrow will worry about itself.  
Each day has enough trouble of its own.

*Matthew 6:34*



*Cast your cares on the Lord*  
and he will sustain you;  
he will never let the righteous fall.

*Psalms 55:22*

The *angel* of the Lord  
encamps around those who  
fear him,  
and he delivers them.

*Psalms 34:7*



I *prayed* to the Lord,  
and he answered me.  
He *freed* me from all my fears.

*Psalms 34:4*



Jesus told him,  
'Don't be afraid;  
*just believe.*

*Matthew 5:36*



You keep him in perfect *peace*  
whose mind is *stayed* on you,  
because he *trusts* in you.

*Isaiah 26:3*

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.

*Psalms 23:4*

Now may the Lord of *peace* himself  
give you peace  
at all times in every way.  
The *Lord be with you all.*

*2 Thessalonians 3:16*

God is our *refuge* and *strength,*  
a very present help in trouble.

*Psalms 46:1*

But whoever listens to me  
will dwell *secure*  
and will be *at ease,*  
without dread of disaster.

*Proverbs 1:33*