

Anxiety and Worry

Lord God, I will be strong and courageous. I will not be afraid or terrified because of the circumstances that threaten to overcome me, for I know that You, the Lord my God goes with me; I trust that You will never leave me nor forsake me."

Deuteronomy 31:6 (NIV)

Lord God, in the day of my trouble I will call to you
and I know that You will answer me.

Psalms 86:7 (NIV)

Search me, O God, and know my heart; test me and know my anxious thoughts.
Lord God, see if there is any offensive way in me,
and lead me in the way everlasting.

Psalms 139: 23-24 (NIV)

Lord God, I will not worry and focus on my anxieties because I know that doing so will only cause destruction; wrong thinking and wrong doing. I will choose to have a glad heart so that I might continually feast upon Your peace and joy,
regardless of my circumstances.

Proverbs 15:15 (AMP)

Lord God, I will listen to the words of Jesus and realize that my worrying cannot add a day to my life. Help me to use those times of uncertainty to focus upon Your Kingdom.

Help me to cast my cares upon You so that the precious life you've given me is not wasted for even a moment.

Matthew 6:27 (NIV)

Lord God, help me to trust You more. Lord, help me to focus not on what I don't have, but on what I do have. Remind me of the many blessings you have poured down into my life. Help me to press through my worries and into Your Promises. Drive the Spirit within me to seek first Your Kingdom and Your righteousness,

knowing that You will supply my every need.

Matthew 6:31,33 (NIV)

Lord God, I will not worry about tomorrow because I know that tomorrow will worry about itself. I will focus upon You in this moment, on this day, knowing that each day has enough trouble of its own. I thank You Lord, that You go before me and prepare the victory in whatever tomorrow brings.

Matthew 6:34 (NIV)

Lord God, I will not allow the worries in my life to choke out Your Word. I long to be fruitful in you Kingdom and I will not permit the fleshly desires to reign in my life. You alone Lord are my all in all and I will walk by faith, obeying Your every Word.

Mark 4:19 (NIV)

Lord God, I will not be anxious about anything, but in everything, by prayer and petition, I will give thanksgiving and present my requests to You. I know that Your peace, which transcends all understanding, will guard my heart and mind in Christ Jesus.

Philippians 4:6-7 (NIV)

Lord, God, I will cast all of my anxiety on You because You care for me.

1 Peter 5:7 (NIV)