

# Scriptures to Help Overcome Worry

Take the Word of God and mediate on it over and over again until the Word becomes bigger than the thoughts that are trying to bring you fear.

## 10 SCRIPTURES TO MEDITATE ON

- Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:
  - *So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"* Hebrews 13:
  - Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6.
  - *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.
  - 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? Psalm 27: 1
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- But when I am afraid, I will put my trust in you. Psalm 56:3
  - The eternal God is your refuge, and his everlasting arms are under you. He drives out the enemy before you; Deuteronomy 33: cards.
  - *For God has not given us a spirit of fear, but of power and of love and of a sound mind.* I Timothy 1:7.
  - *And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.* Deuteronomy 31:8
  - *The LORD is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for the sake of His name. 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. Surely goodness and mercy will follow me all the days of my life. forever* Psalm 23

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