



*Feel*  
**lovely.**

# promises for anxiety.

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Relax, everything's going to be all right; rest, everything's coming together; open your hearts, love is on the way!

*Jude 1:2 MSG*

Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

*1 Peter 5:7 AMP*

I have told you these things, so that in Me you may have [perfect] peace. In the world you have tribulation and distress and suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world." [My conquest is accomplished, My victory abiding.]

*John 16:33 AMP*

For the Lord God is a sun and shield;  
The Lord bestows grace and favor and honor;  
No good thing will He withhold from those who walk uprightly.

*Psalms 84:11 AMP*

When you lie down, you will not be afraid;  
When you lie down, your sleep will be sweet.

*Proverbs 3:24 AMP*

For He has said, "I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless], nor will I forsake or let you down or relax My hold on you [assuredly not]!"

*Hebrews 13:5 AMP*

They will not live in fear or dread of what may come, for their hearts are firm, ever secure in their faith.

*Psalms 112:7 TPT*

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Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] *stands guard over your hearts and your minds* in Christ Jesus *[is yours]*.

*Philippinas 4:6-7*

But I am trusting you, O Lord. I said, "You alone are my God; *my times are in your hands.*

*Psalms 31:14-15*

Once I was young, and now I am old. Yet I *have never seen the godly abandoned* or their children begging for bread.

*Psalms 35:25 NLT*

Because of their faith in him, *their daily portion will be a Father's help*, and deliverance from evil.

*Psalms 37:40 TPT*

The Lord is on my side;

*I will not fear.*

What can man do to me?

*Psalms 118:6 NKJV*

"Therefore I tell you, *stop being worried or anxious (perpetually uneasy, distracted)* about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing? Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet *your heavenly Father keeps feeding them.* Are you not worth much more than they? And who of you by worrying can add one [1]hour to [the length of] his life? And why are you worried about clothes? See how the lilies and wildflowers of the field grow; they do not labor nor do they spin [wool to make clothing], yet I say to you that not even Solomon in all his glory and splendor dressed himself like one of these. But if God so clothes the grass of the field, which is alive and green today and tomorrow is [cut and] thrown [as fuel] into the furnace, *will He not* much more clothe you?

*Matthew 6:25-30*

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Now *I can say to myself* and to all:

"Relax and rest, be confident and serene,

for the Lord rewards fully those who simply trust in him!"

God has rescued my soul from death's fear

and dried my eyes of many tears.

He's kept my feet firmly on his path,

And strengthened me so that I may please him

and live my life before him in his life-giving light!

Even when it seems I'm surrounded by many liars and my own fears,

and though I'm hurting in my suffering and trauma,

I still stay faithful to God and I speak words of faith.

*Psalm 116:7-11 TPT*

Why would I fear the future? For I'm being pursued only by your goodness and unfailing love.

*Psalm 23:6 TPT*

**NOTE**

Personalize each promise. Replace "They" with "I":

**I** will not live in fear or dread of what *may* come, for **my** heart is firm, ever secure in **my** faith.

**My** daily portion is a Father's help . . .

**I** will not be anxious or worried about anything . . .

Add your name in:

"\_\_\_\_\_, I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless] . . .

Read these promises *out loud*, so you hear yourself saying them. The Bible tells us that "faith comes by hearing and hearing by the Word of God" (Romans 10:17).

