

# Bible Verses to Fight Worry and Anxiety

Find comfort and peace through Scripture that promises you hope and a future. Learn how to leave free from worry and anxiety by meditating on the Word and casting your cares upon Jesus!

Read the free guide for [How to Stop Worrying: 13 Practical Steps](#) at [Crosswalk.com](https://www.crosswalk.com). Start today and take small steps today toward living fully free from anxieties.

### **Matthew 6:25–34**

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 than food, and the body more 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? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### **Proverbs 3:5–6**

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

### **Romans 8:38–39**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### **Philippians 4:6–7**

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.

### **Matthew 11:28–30**

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.

### **John 14:27**

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.

### **Colossians 3:15**

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

### **Psalm 55:22**

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

### **Proverbs 12:25**

Anxiety weighs down the heart, but a kind word cheers it up.

### **1 Peter 5:6–8**

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

### **Psalm 23:4**

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.

### **Hebrews 13:5–6**

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

### **Psalm 56:3**

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