

FREE
EBOOK



Scripture for Anxiety & Tension

A MINISTRY OF
CONTAGIOUS JOY 4 HIM

Scriptures for Stress and Tension

OLD TESTAMENT

The Lord is a refuge for the oppressed, a stronghold in times of trouble.

~Psalm 9:9

I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

~Psalm 16:8

The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all.

~Psalm 34:17-19

God is our refuge and strength, an ever-present help in trouble.

~Psalm 46:1

Cast your cares on the Lord, and He will sustain you; He will never let the righteous be shaken.

~Psalm 55:22

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge.

~Psalm 61:3

When my anxious inner thoughts become overwhelming, your comfort encourages me.

~Psalm 94:19

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.

~Proverbs 3:5-6

A joyful heart is good medicine, but a crushed spirit dries up the bones.

~Proverbs 17:22

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

~Proverbs 12:25

Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.

~Isaiah 35:4

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint.

~Isaiah 40:30-31

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

~Isaiah 41:10

NEW TESTAMENT

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?"

~Matthew 6:25-27

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

~Matthew 6:34

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.

~Matthew 11:28-30

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

~Luke 10:41-42

Let not your hearts be troubled. Believe in God; believe also in me.

~John 14:1

In this world you will have trouble. But take heart! I have overcome the world.

~John 16:33

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

~Romans 8:28

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

~Philippians 4:6-7

But my God shall supply all your need according to his riches in glory by Christ Jesus.

~Philippians 4:19

So, we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

~Hebrews 13:6

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

~James 1:2-4

Cast all your anxiety on Him because He cares for you.

~1 Peter 5:7