Verses for Anxiety (New Living Translation)

Numbers 6:24-26 – May the LORD bless you and protect you. May the LORD smile on you and be gracious to you. May the LORD show you His favor and give you peace.

Deut. 31:8 – Do not be afraid or discouraged, for the LORD is the one who goes before you. He will be with you; He will neither fail you nor forsake you.

Joshua 1:9 – I command you – be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.

1 Chr. 28:20 – Be strong and courageous, and do the work. Don’t be afraid or discouraged by the size of the task, for the LORD God, my God, is with you. He will not fail or forsake you.

2 Chr. 20:15 – Do not be afraid or discouraged! Go out there tomorrow, for the LORD is with you!

Psalm 4:8 – I will lie down in peace and sleep, for You alone, O LORD, will keep me safe.

Psalm 9:9-10 – The LORD is a shelter for the oppressed, a refuge in times of trouble. Those who know Your name trust in You, for You, O LORD, have never abandoned anyone that searches for You.

Psalm 16:8 – I know the LORD is always with me. I will not be shaken, for He is right beside me.

Psalm 18:2 – The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the strength of my salvation, and my stronghold.

Psalm 18:32 – God arms me with strength; He has made my way safe. He makes me as surefooted as a deer, leading me safely along the mountain heights.

Psalm 23:4 – Even when I walk through the dark valley of death, I will not be afraid, for You are close beside me. Your rod and Your staff protect and comfort me.

Psalm 27:1 – The LORD is my light and my salvation - so why should I be afraid? The LORD protects me from danger - so why should I tremble?

Psalm 27:14 – Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.
Psalm 28:7 – The LORD is my strength, my shield from every danger. I trust in Him with all my heart.

Psalm 29:11 – The LORD gives His people strength. The LORD blesses them with peace.

Psalm 34:4 – I prayed to the LORD, and He answered me, freeing me from all my fears.

Psalm 34:6 – I cried out to the LORD in my suffering, and He heard me. He set me free from all my fears.

Psalm 37:7 – Be still in the presence of the LORD, and wait patiently for Him to act.

Psalm 37:39 – The LORD saves the godly; He is their fortress in times of trouble.

Psalm 39:6 – We are merely moving shadows, and all of our busy rushing ends in nothing. We heap up wealth for someone else to spend.

Psalm 46:1-2 – God is our refuge and strength, always ready to help in times of trouble. So we will not fear, even if earthquakes come.

Psalm 49:5 – There is no need to fear when times of trouble come.

Psalm 50:15 – Trust me in your times of trouble, and I will rescue you, and you will give Me glory.

Psalm 55:16-17 – But I will call on God, and the LORD will rescue me. Morning, noon, and night, I plead aloud in my distress, and the LORD hears my voice.

Psalm 55:22 – Give your burdens to the LORD, and He will take care of you. He will not permit the godly to slip and fall.

Psalm 56:3-4 – But when I am afraid, I put my trust in You. O God, I praise your word. I trust in God, so why should I be afraid? What can mere mortals do to me?

Psalm 59:9 – You are my strength; I wait for you to rescue me, for You, O God, are my place of safety.

Psalm 61:2-3 – From the ends of the earth, I will cry to You for help, for my heart is overwhelmed. Lead me to the towering rock of safety, for You are my safe refuge, a fortress where my enemies cannot reach me.

Psalm 62:5-6 – I wait quietly before God, for my hope is in Him. He alone is my rock and my salvation, my fortress where I will not be shaken.

Psalm 86:7 – I will call to you whenever trouble strikes, and you will answer me.

Psalm 86:17 – Send me a sign of your favor…for You, O LORD, help and comfort me.

Psalm 91:1-2 – Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare of the LORD: He alone is my refuge, my place of safety; he is my God, and I am trusting Him.

Psalm 91:14-15 – The LORD says, “I will rescue those who love Me. I will protect those who trust in My name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.”
Psalm 94:13 – You give them relief from troubled times until a pit is dug for the wicked.

Psalm 94:19 – When doubts filled my mind, your comfort gave me renewed hope and cheer.
Psalm 116:7-8 – Now I can rest again, for the LORD has been so good to me. He has saved me from death, my eyes from tears, my feet from stumbling.

Psalm 116:11-13 – In my anxiety, I cried out to you... I will praise the LORD’s name for saving me.

Psalm 118:5-6 – In my distress, I prayed to the LORD, and the LORD answered me and rescued me. The LORD is for me, so I will not be afraid. What can mere mortals do to me? Yes, the LORD is for me; he will help me.

Psalm 120:1 – I took my troubles to the LORD, I cried out to Him, and He answered my prayer.

Psalm 131:1-2 – I don’t concern myself with matters too great or awesome for me. But I have stilled and quieted myself, just as a small child is quiet with its mother. Yes, like a child is my soul within me.

Psalm 138:8 – The LORD will work out His plans for my life – for your faithful love, O LORD, endures forever.

Psalm 142:2-3 – I pour out my complaints before Him and tell Him all my troubles. For I am overwhelmed, and You alone know the way I should turn.

Proverbs 3:24-26 – You can lie down without fear and enjoy pleasant dreams. You need not be afraid of disaster or the destruction that comes upon the wicked, for the LORD is your security. He will keep your foot from being caught in a trap.

Proverbs 12:25 – Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 14:30 – A relaxed attitude lengthens life.

Proverbs 30:5 – Every word of God proves true. He defends all those who come to him for protection.

Proverbs 31:25 – She is clothed with strength and dignity, and she laughs with no fear of the future.

Isaiah 12:2 – See, God has come to save me. I will trust in Him and not be afraid. The LORD GOD is my strength and my song; he has become my salvation.

Isaiah 26:3 – You will keep in perfect peace all who trust in you, whose thoughts are fixed on you!

Isaiah 30:15 – Only in returning to Me and waiting for Me will you be saved. In quietness and confidence is your strength.

Isaiah 41:10 – Don’t be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.

Isaiah 43:1-2 – Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you.
Matthew 6:25-34 – So I tell you, don’t worry about everyday life… Can all your worries add a single moment to your life? Of course not. … You have so little faith! So don’t worry about having enough food or drink or clothing….Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for Him and make the Kingdom of God your primary concern. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 8:26 – Why are you afraid? You have so little faith!

Mark 4:40 – Why are you so afraid? Do you still not have faith in me?

Mark 5:36 – Don’t be afraid. Just trust me.

Luke 10:19 – And I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.

Luke 12:22-31 – So I tell you, don’t worry about everyday life… Can all your worries add a single moment to your life? Of course not! And if worry can’t do little things like that, what’s the use of worrying over bigger things? … And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you? You have so little faith! … but your Father already knows your needs. He will give you all you need from day to day if you make the Kingdom of God your primary concern.

John 14:27 – I am leaving you with a gift – peace of mind and heart. And the peace I give isn’t like the peace the world gives. So don’t be troubled or afraid.

Acts 2:25-27 – I know the LORD is always with me. I will not be shaken, for He is right beside me. No wonder my heart is filled with joy, and my mouth shouts His praises! My body rests in hope. For You will not leave my soul among the dead.

Romans 8:38 – Our fears for today, our worries about tomorrow, and even the powers of hell can’t keep God’s love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our LORD.

1 Corin. 7:32 – In everything you do, I want you to be free from the concerns of this life.

Phil. 4:6-7 – Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Phil. 4:12-13 – I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need.

2 Thes. 2:16-17 – May our Lord Jesus Christ and God our Father, who loved us and in His special favor gave us everlasting comfort and good hope comfort your hearts and give you strength in every good thing you do and say.

2 Thes. 3:3 – But the Lord is faithful; He will make you strong and guard you from the evil one.
2 Timothy 1:7 – For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

James 1:2 – Whenever trouble comes your way, let it be an opportunity for joy. When your faith is tested, your endurance has a chance to grow. Let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.

1 Peter 3:14-15 – So don’t be afraid and don’t worry. Instead, you must worship Christ as the Lord of your life.

1 Peter 5:7 – Give all your worries and cares to God, for He cares about what happens to you.

1 John 4:17-18 – And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we are like Christ here in this world. Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of judgement, and this shows that his love has not been perfected in us.