



## Instructions and Bible verses to fight Anxiety

In times of uncertainty and confusion, it can be helpful to remember that our God is sovereign and good. He is the same yesterday today and forever and the solid rock upon which we stand. Even though our current situation may change from day to day He does not change.

As we go through our day and are presented with ever-changing information there are some steps we can take to build us up in our faith and bring peace to our hearts and minds

We can guard our hearts and mind by being aware of what we are filling our heads with.

We can meditate on God's word - using specific scriptures to strengthen our faith, hope, and trust in the Lord.

We can use Philippians 4:8 as a measure for what we're thinking about.

**Philippians 4:8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure whatever is lovely, whatever is admirable –if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- Is what we're thinking about true, right, and pure.
- If not then don't allow your mind to marinate on those thoughts.
- Take those thoughts captive, cast them out, replace it with truth from God's word...God is our refuge and strength, a very present help in trouble. See below for Philippians 4:8

Another tool we can use is Philippians 4:6-7. See the scripture below and the practical steps it outlines for us. **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. 7  
And the peace of God, which transcends all understanding, will  
guard your hearts and your minds in Christ Jesus.

- You can substitute “anything” in for anything...Do not be anxious about \_\_\_\_\_, but in every situation, pray, petition God, and thank Him while presenting your request.
- Things to think about:
- What am I anxious about? What am I worrying about?
- Take the things that you’ve identified that you are anxious about and present them to God by doing these 3 things: pray, petition God and thank Him
- Take a break from thinking about your concern or situation by thinking about how God’s peace is going to guard your heart and mind. Picture a soldier standing guard to protect your heart and mind and extinguish the fiery arrows of worry and anxiety.

### **Additional scriptures to meditate on**

#### Romans 8:28

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.

2Timothy 1:7 God has not given a spirit of fear, but of power, and of love,

and of a sound mind.

Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast

because he trusts in you.

2Corinthians 10:4,5 The weapons we fight with are not the weapons of the

world. On the contrary, they have divine power to demolish strongholds. 5

We demolish arguments and every pretension that sets itself up against the

knowledge of God, and we take captive every thought to make it obedient to Christ.

Colossians 3:2 - Set your minds on things above, not on earthly things.

Isaiah 55: 8,9 “For my thoughts are not your thoughts, neither are your

ways my ways,” declares the Lord. 9 “As the heavens are higher than the

earth, so are my ways higher than your ways and my thoughts than your

thoughts.

Psalms 55:22 Cast your burden on the Lord (releasing the weight of it) and

He will sustain you; He will never allow the (consistently) righteous to be

moved (made to slip, fall, or fail). (Amplified)

1Peter 5:7 Casting the whole of your care (all your anxieties, all your

worries, all your concerns, once and for all) on Him, for He cares for you

affectionately and cares for you watchfully. (Amplified)

Psalms 91

Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.<sup>[a]</sup>

<sup>2</sup> I will say of the Lord, “He is my refuge and my fortress,  
my God, in whom I trust.”

<sup>3</sup> Surely he will save you  
from the fowler’s snare  
and from the deadly pestilence.

<sup>4</sup> He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

<sup>5</sup> You will not fear the terror of night,  
nor the arrow that flies by day,

<sup>6</sup> nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.

- 7 A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.
- 8 You will only observe with your eyes  
and see the punishment of the wicked.
- 9 If you say, "The Lord is my refuge,"  
and you make the Most High your dwelling,  
10 no harm will overtake you,  
no disaster will come near your tent.
- 11 For he will command his angels concerning you  
to guard you in all your ways;  
12 they will lift you up in their hands,  
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.
- 14 "Because he <sup>b</sup> loves me," says the Lord, "I will rescue him;  
I will protect him, for he acknowledges my name.
- 15 He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.
- 16 With long life I will satisfy him  
and show him my salvation."

### Psalm 46

- God is our refuge and strength,  
an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
3 though its waters roar and foam  
and the mountains quake with their surging. <sup>c</sup>
- 4 There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.
- 5 God is within her, she will not fall;  
God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.
- 7 The Lord Almighty is with us;  
the God of Jacob is our fortress.
- 8 Come and see what the Lord has done,  
the desolations he has brought on the earth.

- <sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.
- <sup>10</sup> He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”
- <sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.

Psalm 121

- I lift up my eyes to the mountains—  
where does my help come from?
- <sup>2</sup> My help comes from the Lord,  
the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;
- <sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.
- <sup>5</sup> The Lord watches over you—  
the Lord is your shade at your right hand;
- <sup>6</sup> the sun will not harm you by day,  
nor the moon by night.
- <sup>7</sup> The Lord will keep you from all harm—  
he will watch over your life;
- <sup>8</sup> the Lord will watch over your coming and going  
both now and forevermore.