

## 5 Christian Verses for Anxiety Relief

Use these short, powerful Bible verses whenever you feel anxious, overwhelmed, or worried. Let God's Word calm your heart and strengthen your spirit.

1. John 14:27

"Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid."

2. Psalm 94:19

"When anxiety was great within me, Your consolation brought me joy."

3. Isaiah 41:10

"Do not fear, for I am with you... I will strengthen you and help you."

4. Philippians 4:6–7

"Do not be anxious about anything... and the peace of God will guard your hearts and minds."

5. 1 Peter 5:7

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

Closing Prayer:

"Lord Jesus, calm my anxious thoughts. Fill me with Your peace, quiet my mind, and hold me close. Amen."

Use these verses anytime your heart needs Christ's comfort.