

Healing Scriptures for Peace & Anxiety

These powerful Bible verses bring comfort, calm, and God's reassurance during moments of fear, stress, or emotional heaviness.

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 34:4

"I sought the Lord, and He heard me and delivered me from all my fears."

3. Isaiah 41:10

"Do not fear, for I am with you; do not be dismayed, for I am your God. 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 in Christ Jesus."

5. 1 Peter 5:7

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

Prayer:

"Lord Jesus, fill my heart with Your peace. Remove all fear, quiet my mind, and strengthen my spirit. Amen."

Use these scriptures daily to restore inner peace and stay anchored in Christ.