TOPIC PRINTABLE

# Anxiety and worry

What Scripture says to an anxious mind — honestly, and without promising that faith makes worry disappear.

### PHILIPPIANS 4:6–7

In nothing be anxious, but in everything, by prayer and petition 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 thoughts in Christ Jesus.

Paul's instruction is concrete: bring everything to God in prayer, with thanksgiving. The promised result is a guarding peace, not an explanation.

### 1 PETER 5:7

casting all your worries on Him, because He cares for you.

Worries are to be handed over because God cares — the reason given is relationship, not technique.

### MATTHEW 6:25–27

Therefore I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing? See the birds of the sky, that they don't sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren't you of much more value than they? "Which of you by being anxious, can add one moment to his lifespan?

Jesus points to the birds and asks what worry adds. The passage is an invitation to trust, given to people who had real reasons to worry about food and clothing.

### MATTHEW 6:34

Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

One day at a time: Jesus acknowledges that each day has its own trouble.

MATTHEW 11:28–30

“Come to Me, all you who labor and are heavily 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.”

An open invitation to the weary and burdened, with the promise of rest.

PSALM 94:19

In the multitude of my thoughts within me, Your comforts delight my soul.

A psalmist admits to a crowd of anxious thoughts — and says God’s comfort met them there.

PSALM 55:22

Cast your burden on the LORD and He will sustain you. He will never allow the righteous to be moved.

Cast your burden on the LORD: the same image 1 Peter later uses, from a psalm written in betrayal and distress.

LUKE 10:41–42

Jesus answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is needed. Mary has chosen the good part, which will not be taken away from her.”

Jesus names Martha’s worry gently and points to what matters most, without dismissing her work.