

“What the Bible Says about Anxiety”

Selected Scriptures

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1. Jesus said it is wrong to worry.

“I say to you, do not be anxious for your life...O men of little faith...Do not be anxious” (Matthew 6:25, 30, 31, 34)

2. Anxiety is the opposite of peace and joy.

“Rejoice in the Lord...be anxious for nothing...and the peace of God shall be with you” (Philippians 4:4, 6, 9)

3. Everyone struggles with anxiety.

“No temptation has overtaken you but such as is common to man; and God is faithful, Who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it” (1 Corinthians 10:13)

“man is born for trouble, as sparks fly upward” (Job 5:7)

“if you should marry...such will have trouble in this life” (1 Corinthians 7:28)

4. Anxiety is a battle of the mind

“Be anxious for nothing...let your mind dwell on these things” (Philippians 4:6, 8)

“we are taking every thought captive to the obedience of Christ” (2 Corinthians 10:5)

5. Things that cause anxiety:

A. Guilt

“I am full of my anxiety because of my sin” (Psalm 38:18)

“While I kept silent about my sin, my body wasted away, through my groaning all day long” (Psalm 32:3)

B. Fretting about the future

“do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own” (Matthew 6:34)

“It is not for you to know the times or epochs which the Father has fixed by His own authority” (Acts 1:7)

“Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them” (Psalm 139:16)

“Come now, you who say, ‘Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.’ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead you ought to say, ‘If the Lord wills, we will live and also do this or that’ ” (James 4:13-15)

C. Worrying about basic provisions

“Do not be anxious then saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘With what shall we clothe ourselves’ ” (Matthew 6:31)

“if we have food and covering, with these we shall be content” (1 Timothy 6:8)

“I have learned to be content in whatever circumstances I am” (Philippians 4:11)

“I have been young, and now I am old; yet I have not seen the righteous forsaken, or his descendants begging bread (Psalm 37:25)

D. Being self-absorbed

“Do nothing from selfishness” (Philippians 2:3)

"If anyone wishes to come after Me, let him deny himself" (Luke 9:23)

"You shall love your neighbor as you love yourself" (Matthew 22:39)

"Pray for one another" (James 5:16)

E. Wrong thinking

"know the truth and the truth will set you free" (John 8:32)

"You shall love the LORD your God with...all your mind" (Matthew 22:37)

6. God's suggestions for attaining peace and joy:

A. Salvation

"'There is no peace for the wicked,' says the LORD" (Isaiah 48:22)

"Therefore, having been justified by faith, we have peace with God...and we exult in hope...we also exult in our tribulations, knowing that tribulation brings about perseverance" (Romans 5:1-3)

B. Obedience

"walk by the Spirit and you will not carry out the desire of the flesh...the fruit of the Spirit is love, joy, peace" (Galatians 5:16, 22)

C. Confession

"I acknowledged my sin to Thee...and Thou didst forgive the guilt of my sin" (Psalm 32:5)

"If we confess our sins He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9)

"Be gracious to me, O God...make me to hear joy and gladness...blot out my transgressions...restore to me the joy of Thy salvation" (Psalm 51)

D. Prayer and thanksgiving

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Philippians 4:6)

"Shout to God with a voice of joy (Psalm 47:1)

E. Believing God's Word

"Anxiety in the heart of a man weighs it down, but a good word makes it glad" (Proverbs 12:25)

"faith comes from hearing, and hearing by the word of Christ" (Romans 10:17)

"Those who love Thy Law have great peace" (Psalm 119:165)

F. Trusting God first

"seek first His kingdom and His righteousness and all these things shall be added to you" (Matthew 6:33)

"we know that God causes all things to work together for good to those who love God" (Romans 8:28)

For further study:

Standing Strong: How to Resist the Enemy of Your Soul,

John MacArthur

Anxious for Nothing, John MacArthur

Overcoming Worry, Fear and Anxiety, Elyse Fitzpatrick

Calm My Anxious Heart, Linda Dillow

Loving God with All Your Mind, Elizabeth George

Christian Living: "Think!," Cliff McManis

Keep a Quiet Heart, Elisabeth Elliot

Damsels in Distress, Martha Peace

Out of the Blues: Dealing with Depression and Loneliness,

Wayne Mack

Blame It on the Brain, Ed Welch