



A FREE SCRIPTURE RESOURCE

Bible Verses on Anxiety and Hope

JESUS LIGHT STUDIO

These verses are for moments when worry feels overwhelming. In the words of Scripture, we can find the peace the world cannot give, and a steady reminder that God is near.

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When worry feels heavy

1. Philippians 4:6-7

“Do not be anxious about anything...”

This passage invites us to bring every concern to God in prayer, rather than carrying it alone. Gratitude and honest asking can help make room for the peace God promises.

2. Matthew 6:34

“Therefore do not worry about tomorrow...”

Jesus gently turns our attention to the day in front of us. We can take the next faithful step without having to solve every uncertainty about tomorrow today.

3. Isaiah 41:10

“So do not fear, for I am with you...”

God's presence is offered as comfort in the very place where fear appears. The verse reassures us that we are not left to face hard moments by our own strength.

4. Psalm 34:18

“The Lord is close to the broken-hearted...”

This is a tender promise for seasons of grief, disappointment or loneliness. God does not turn away from a hurting heart, but draws near with compassion.

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Peace for the path ahead

5. Romans 8:28

“And we know that in all things God works for the good...”

This verse does not say that everything that happens is good. It offers hope that God can work through every circumstance for good in the lives of those who love him.

6. John 14:27

“Peace I leave with you; my peace I give you...”

Jesus offers a peace rooted in his presence, not in perfect circumstances. When life feels unsettled, this gift can steady us from within.

7. Jeremiah 29:11

“For I know the plans I have for you...”

Spoken to a people living through displacement, this promise holds hope through a long and difficult season. It reminds us that our present uncertainty is not beyond God's care or his purposes.

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Held, cared for and hopeful

8. Psalm 46:10

“Be still and know that I am God...”

Stillness here is an invitation to recognise God's sovereignty amid turmoil. A quiet pause can help us remember that the world's troubles do not have the final word.

9. 1 Peter 5:7

“Cast all your anxiety on him because he cares for you...”

We can hand our worries to God because his care is personal and constant. Naming a fear in prayer can be a simple way to begin releasing it into his hands.

10. Romans 15:13

“May the God of hope fill you with all joy and peace...”

This blessing connects joy and peace with trusting God, and hope with the work of the Holy Spirit. It is a prayer that we may be filled with hope even while we wait for circumstances to change.

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