

VERSES ON ANXIETY¹

Proverbs 24:19-20 19 Fret not yourself because of evildoers, and be not envious of the wicked, 20 for the evil man has no future. The lamp of the wicked will be put out.

Matthew 6:25-34 25 ...Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow. They neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, What shall we eat? or What shall we drink? or What shall we wear? 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 26:37-41 37 ...Taking with him Peter and the two sons of Zebedee, [Jesus] began to be sorrowful and troubled. 38 Then he said to them, My soul is very sorrowful, even to death. Remain here, and watch with me. 39 And going a little farther he fell on his face and prayed saying, My Father, if it be possible, let this cup pass from me. Nevertheless not as I will, but as you will. 40 And he came to the disciples and found them sleeping. And he said to Peter, So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.

Mark 4:18-19 18 ...Others are the ones sown among thorns. They are those who hear the word, 19 but the cares of the world, the deceitfulness of riches, and the desires for other things enter in and choke the word, and it proves unfruitful.

Luke 10:38-42 38 ...A woman named Martha welcomed [Jesus] into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, Lord, do you not care that my sister has left me to serve alone? Tell her then to help me. 41 But the Lord answered her, Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.

Luke 12:11-12 11 ...When they bring you before the synagogues, the rulers, and the authorities, do not be anxious about how you should defend yourself or what you should say, 12 for the Holy Spirit will teach you in that very hour what you ought to say.

¹ Worry.

Luke 12:22-31 22 ...Do not be anxious about your life, what you will eat, nor about your body, what you will put on. 23 For life is more than food, and the body more than clothing. 24 Consider the ravens. They neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! 25 And which of you by being anxious can add a single hour to his span of life? 26 If then you are not able to do as small a thing as that, why are you anxious about the rest? 27 Consider the lilies, how they grow. They neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 28 But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! 29 And do not seek what you are to eat and what you are to drink, nor be worried. 30 For all the nations of the world seek after these things, and your Father knows that you need them. 31 Instead, seek his kingdom, and these things will be added to you.

1 Corinthians 12:24-25 24 ...God has so composed the body, giving greater honour to the part that lacked it, 25 that there may be no division in the body, but that the members may have the same concern (μεριμνάω) for one another.

2 Corinthians 11:28 28 ...Apart from other things, there is the daily pressure on me [Paul] of my anxiety for all the churches.

Philippians 2:20 20 ...I [Paul] have no one like [Timothy], who will be genuinely concerned (μεριμνάω) for your welfare.

Philippians 4:6-7 6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Messiah Jesus.