

50 Bible Verses About Anxiety

From be anxious for nothing to the peace that guards your heart

New King James Version · Christian Book Digest

Anxiety has a way of narrowing the world down to whatever is wrong right now. The racing thoughts, the tight chest, the mind that keeps circling the same worry — Scripture does not dismiss any of it. It meets anxiety directly, again and again, not with a demand to simply stop feeling it, but with an invitation: bring it here, and let peace stand guard where worry used to be.

These fifty verses trace anxiety from the command not to be anxious, through the peace that actually guards a heart, to the hope that steadies it for good.

Do Not Be Anxious

Not a dismissal of the feeling, but a command paired with somewhere to take it.

Philippians 4:6–7

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

The command is not to feel nothing. It is to take everything to God, and let peace do the guarding.

Matthew 6:25

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink... Is not life more than food and the body more than clothing?”

Jesus names the specific, practical worries and speaks to them directly.

Matthew 6:34

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

One day's trouble is already enough.

1 Peter 5:7

“Casting all your care upon Him, for He cares for you.”

All your care — not just the acceptable-sized worries.

Proverbs 12:25

“Anxiety in the heart of man causes depression, but a good word makes it glad.”

Scripture names the real weight anxiety carries.

God Is With You in the Anxious Moment

Presence, not distance, is the answer Scripture gives first.

Isaiah 41:10

“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.”

Four promises, one anchor: I am with you.

Deuteronomy 31:6

“Be strong and of good courage, do not fear... for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.”

Courage is not the absence of anxious feeling.

Isaiah 43:2

“When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you.”

Through, not around.

Psalms 46:1

“God is our refuge and strength, a very present help in trouble.”

Very present — not eventually.

Joshua 1:9

“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.”

The promise does not shrink to fit only familiar places.

The Peace God Gives

Not the world's version of peace, dependent on everything working out first.

John 14:27

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

This peace does not wait for circumstances to line up first.

Isaiah 26:3

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

Perfect peace is tied to where the mind is fixed.

Colossians 3:15

“And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.”

Rule — peace is meant to govern, not just visit.

Romans 15:13

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”

Fill you — given, not manufactured by effort.

Numbers 6:24–26

“The LORD bless you and keep you; the LORD make His face shine upon you, and be gracious to you; the LORD lift up His countenance upon you, and give you peace.”

One of the oldest blessings in Scripture.

Casting Your Cares on Him

A decisive action, not a passive hope that the worry will fade on its own.

Psalm 55:22

“Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.”

Cast — meant to actually leave your hands.

Matthew 11:28–30

“Come to Me, all you who labor and are heavy laden, and I will give you rest... for My yoke is easy and My burden is light.”

Jesus doesn't ask what you're carrying before offering rest.

Psalm 68:19

“Blessed be the Lord, who daily loads us with benefits, the God of our salvation.”

Daily — a steady, ongoing supply, not a one-time transaction.

Psalm 94:19

“In the multitude of my anxieties within me, Your comforts delight my soul.”

The psalmist doesn't pretend to have just one worry.

Psalm 62:8

“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.”

Pour out, not polish.

A Sound Mind, Not a Spirit of Fear

What God has given you is not the anxious spirit — it's something else entirely.

2 Timothy 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Three specific gifts named as an alternative to fear.

Psalm 56:3

“Whenever I am afraid, I will trust in You.”

Not if I am afraid — whenever.

Isaiah 41:13

“For I, the LORD your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’”

Will hold — not simply offer to help from a distance.

2 Corinthians 10:5

“Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

Anxious thoughts are not always facts.

Romans 8:15

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”

The Spirit given is one of belonging, not bondage to fear.

Trusting God With What You Cannot Control

Much of anxiety is about the unknown.

Proverbs 3:5–6

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”

You are not required to have it figured out.

Psalm 37:5

“Commit your way to the LORD, trust also in Him, and He shall bring it to pass.”

Commit — a deliberate handing over.

Jeremiah 29:11

“For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.”

Peace and hope promised before the circumstances looked like it.

Isaiah 55:8–9

“‘For My thoughts are not your thoughts, nor are your ways My ways,’ says the LORD.”

A freeing thought when anxiety insists on the worst-case scenario.

Romans 8:28

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

Not that every piece feels good now — that they are being worked together.

Rest for the Anxious Soul

Anxiety and rest rarely coexist. Scripture insists rest is still available.

Psalms 23:1–3

“The LORD is my shepherd; I shall not want... He restores my soul; He leads me in the paths of righteousness for His name’s sake.”

Restores — not just protects. Actively repairs what anxiety wears down.

Psalms 4:8

“I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.”

Sleep becomes an act of trust.

Mark 6:31

“Come aside by yourselves to a deserted place, and rest a while.”

Said in the middle of urgent ministry, not after everything was resolved.

Psalm 62:1–2

“Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; He is my defense; I shall not be greatly moved.”

A soul stilled enough to stop straining.

Exodus 33:14

“And He said, ‘My Presence will go with you, and I will give you rest.’”

Rest tied directly to presence.

When Anxiety Feels Like Too Much

For the moments the weight seems bigger than what one verse can hold.

Psalm 61:2

“From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I.”

Overwhelmed is right here in Scripture.

Psalm 42:11

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.”

The psalmist speaks directly to his own anxious soul.

Psalm 34:17–18

“The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart.”

Near — not distant while you're still in the anxious moment.

Lamentations 3:22–23

“Through the LORD’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.”

Written from the middle of the worst suffering, and still: not consumed.

2 Corinthians 4:8–9

“We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.”

Pressed but not crushed — the pressure doesn't have the final word.

Renewing an Anxious Mind

Where the mind rests matters.

Romans 12:2

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Renewing — an ongoing process, not a single fix.

Philippians 4:8

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely... meditate on these things.”

A deliberate decision about what to dwell on.

Colossians 3:2

“Set your mind on things above, not on things on the earth.”

Set — an act of will, repeated as often as needed.

1 Corinthians 2:16

“‘For who has known the mind of the LORD that he may instruct Him?’ But we have the mind of Christ.”

You have access to a mind that is not anxious — Christ's own.

Psalm 139:23–24

“Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.”

Anxieties, named directly, are invited into God’s searching.

Hope for the Anxious Heart

Not a promise the anxious feeling never returns, but a hope steady enough to outlast it.

Habakkuk 3:17–18

“Though the fig tree may not blossom, nor fruit be on the vines... yet I will rejoice in the LORD, I will joy in the God of my salvation.”

Written when every visible circumstance had failed.

Romans 5:5

“Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”

A hope built on love already poured out.

Hebrews 6:19

“This hope we have as an anchor of the soul, both sure and steadfast.”

An anchor holds precisely when the water is roughest.

Psalm 71:14

“But I will hope continually, and will praise You yet more and more.”

Continually — hope as an ongoing choice.

Revelation 21:4

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”

Every tear, not most.

Fifty verses — from be anxious for nothing to no more tears at all — all pointing to the same truth: **anxiety is real, and Scripture never asks you to pretend otherwise. But it is not the final word over you. Peace that surpasses understanding is offered instead, not as a feeling you have to manufacture, but as a gift you're invited to receive.**

Whatever is circling your mind tonight, it can be brought here, honestly, and set down.

A CLOSING PRAYER

*Lord, my mind will not stop circling.
I bring You what I am carrying, all of it,
the named worries and the ones I can't quite explain.
Guard my heart with a peace I cannot manufacture myself.
Quiet what won't be still, and hold what I cannot.*

Amen.