

# WHAT THE BIBLE SAYS ABOUT FEAR AND ANXIETY

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God understands what fear and anxiety does to us, but he has so much more that he wants for us. That's why he tells us over 100 times in the Bible "do not fear" or "do not be anxious." Just as God knows what anxiety does to us, we have an enemy who studies our weaknesses and seeks to use them against us. Fear and anxiety are tools of the enemy. The Bible tells us that we live in a world where we will have trouble, and let's face it, there's plenty of trouble in the world right now. But the great news is that God has overcome the world. Faith is the ultimate weapon that we are given as Christians. We need to arm ourselves with the promises in God's word to combat anxiety.

*In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.*  
- Ephesians 6:16

We know that many people are struggling. Please know that we, at Mission Hills Church, are praying for you. Reach out , , , we are here to help.

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## FOLLOWING ARE JUST A FEW BIBLE VERSES THAT SPEAK TO FEAR AND ANXIETY.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*  
- Philippians 4:6-7

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*  
- Isaiah 41:10

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*  
- Romans 8:38-39

*But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.*  
- Jeremiah 17:7-8

*Come to me, all you who are weary and 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.*  
- Matthew 11:28-30

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*  
- John 14:27

*Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.*  
- Psalm 55:22

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*  
- 1 Peter 5:6-8

*Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you. So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*  
- Hebrews 13:5-6

*When I am afraid, I put my trust in you.*  
- Psalm 56:3

*Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.*  
- Deuteronomy 31:6