



Scripture Cards for Anxiety & Worry

When anxiety rises, speak God's Word over your mind and heart. These verses remind you of His care, His presence, and His faithfulness.

Hebrews 4:16

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

Philippians 4:6

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

1 Peter 5:7

“Cast all your anxieties on Him, because He cares for you.”

Matthew 6:27

“Which of you by being anxious can add a single hour to his span of life?”

Deuteronomy 31:6

“He will not leave you or forsake you.”

Start small. Trust God with the little things. He's got you.

