

5 Biblical Affirmations for Anxiety

I Can Trust God

Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. Psalm 9:10 (NIV)

God Is With Me

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9 (NIV)

God Loves Me

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8 (NIV)

I Give My Worries To God

Cast all your anxiety on him because he cares for you. 1 Peter 5:7 (NIV)

God Wants Good For My Life

For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 (NIV)