



# Bible Verses TO RELIEVE YOUR ANXIOUS HEART

## 1 PETER 5:7

Cast all your care upon Him,  
for He cares for you.

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### APPLICATION TO MY LIFE:

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## PSALM 94:19

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

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### APPLICATION TO MY LIFE:

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**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.

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**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.

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**ISAIAH 26:3**

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

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**PSALM 56:3**

Whenever I am afraid;  
I will trust in You.

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**APPLICATION TO MY LIFE:**

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## PSALM 55:22

Cast your burden on the Lord,  
and He shall sustain you.

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## PSALM 118:5

I called on the Lord in distress; the  
Lord answered me and set me  
in a broad place.

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## 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.

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## MATTHEW 6:33-34

But seek first the kingdom of God and His righteousness and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

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**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.

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**ROMANS 8:38-39**

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, shall be able to separate us from the love of God which is in Jesus our Lord.

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