



5 Scriptures to Reflect on

WHEN ANXIETY STRIKES

By Vivian Bricker





1. *Philippians 4:6-7*

“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”

When you feel anxiety strike, Philippians 4:6-7 is a sure way to calm down your anxious thoughts. The

Apostle Paul tells us that we don't need to be anxious about anything—instead, we need to offer up petitions and prayers to God with a heart of thanksgiving, and present our requests to Him. Paul says the peace of God will guard our hearts and minds through Jesus Christ. These words are a sure promise as we can always trust in the Lord.

We also need to take notice of the peace of God.

Paul tells us the peace of God transcends and surpasses our understanding. Through the peace of God, our hearts and minds will be guarded. This guarding also includes keeping our hearts and minds from anxious thoughts.

Anxiety can disrupt our entire life and we need to choose to turn to God in prayer rather than trying to work things out on our own. Rest in the beauty of knowing you can present all of your worries, concerns, and anxieties to the Lord, and He will give you relief. Never doubt the Lord's goodness and grace.



What worries, concerns, or anxieties do you need to give over to God today?

2. *Philippians 4:8-9*



“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Closely connected with Philippians 4:6-7, Philippians 4:8-9 gives us further directions on finding peace from our anxious thoughts. Through Philippians 4:8-9, we are told to think about whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. We also need to put biblical teachings into practice just as Paul does, through which we are promised the God of peace will be with us.

God is always with us; however, Paul is saying that if we focus on whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy, and we put them into practice, then God’s peace will be with us.

The beautiful and everlasting peace of God will surround us. Allow this wonderful truth to comfort you when you are struggling with anxiety. Don't focus on the scary things—choose to focus on whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy, including God Himself.



What are some ways you can focus more on God's peace today?

3. *1 Peter 5:7*

“Cast all your anxiety on him because he cares for you.”



I used to have a Gideon's Bible where different emotions were listed in the back of the Bible.

Under each emotion, there was an index of different Bible verses for whatever you were feeling. One of these emotions was anxiety and 1 Peter 5:7 was listed at the top. I cannot share how much 1 Peter 5:7 has helped me in my own battles with anxiety because it reminds us that God cares. He cares about us so much that we can cast all of our burdens, worries, and anxieties on Him, and He will carry them for us.



Give all of your anxiety over to Him today because He truly cares about you. There will never be a day that He doesn't see your pain. Anxiety makes us believe the worst case scenarios, but we don't have to feed into the lies of anxiety. Instead, we can turn to Jesus and cast all of our anxiety on Him. Trust Him with your anxiety and watch it pass away.



What are some lies of anxiety that you need to stop believing?

4. John 14:27



“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 contains the words of Jesus as He is talking with His disciples. Although He is talking to His disciples in this passage, this passage still applies to us today and its message is very important. The Lord tells us He is giving us His peace. He does not give as the world does—rather He gives us His peace without limit. Never should we let our hearts be troubled or afraid.

Whenever anxiety starts creeping into your heart, remember you have been given the peace of Jesus. Rely on this promise and find comfort in it.



Anxiety will continue to escalate if we allow it to grow stronger. Rather than allowing it to do so, we can alleviate it by remembering John 14:27 and how we have already been given the peace of Jesus. Rest in the peace and comfort of Jesus today and allow Him to calm your anxious heart.



What are some ways you can remind yourself daily of Jesus' promise of peace?

5. Psalm 34:17-18



“The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

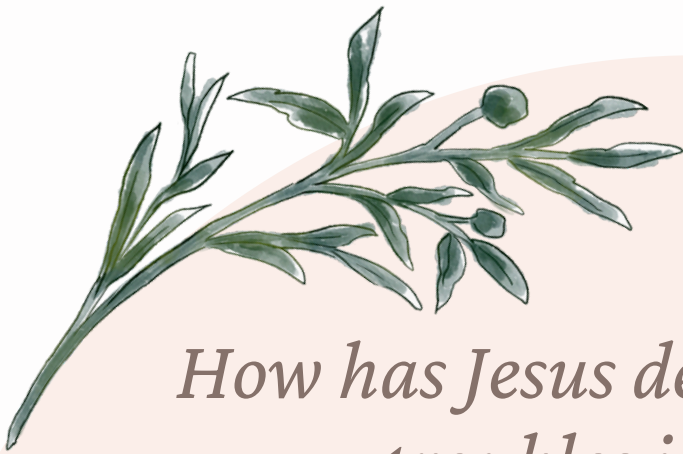
The Lord hears all of our troubles and this includes anxieties. Psalm 34:17-18 tells us that the Lord will deliver us from all of our troubles.

This would tell us that the Lord can bring us deliverance from our anxieties. All we have to do is turn to Him, trust Him, and give our anxieties over to Him.



Psalm 34:17-18 also tells us the Lord is close to the brokenhearted and He saves those who are crushed in spirit. Those of us who struggle with anxiety can fall into at least one of these categories; however, most of us can relate to both brokenhearted and a crushed spirit.

Jesus is close to us and He will bring us out of this anxious time. He will surround us with songs of deliverance, and we will be brought to stand on level ground once again.




How has Jesus delivered you from troubles in the past?



Trust Jesus with your anxiety and reflect on these passages when anxiety strikes. Anxiety does not have to control your life any longer. If you find your anxiety is a persistent problem and does not improve with time, know there is nothing wrong with seeking out help from a doctor or a therapist. If you need to reach out for help, don't be afraid to schedule a visit with your doctor and consider starting therapy.





Vivian Bricker loves Jesus, studying the Word of God, and helping others in their walk with Christ. She has earned a Bachelor of Arts and Master's degree in Christian Ministry with a deep academic emphasis in theology. Her favorite things to do are spending time with her family and friends, reading, and spending time outside.

When she is not writing, she is embarking on other adventures.

