

 Bible Study Tools **PLUS**

Battle Anxiety with the Bible

A Mental Health Resource

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INTRODUCTION

"Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths." - C.H. Spurgeon

So much of our strength is being expended on worries that, more often than not, do not materialize. For all of time, humans have worried, fretted, feared, and lived with anxiety. Thankfully, God responds to our worries with comforting promises, offers encouragement, and reminds us of his great love for us throughout the Scriptures.

When we find our strength once again zapped and our minds are burdened by anxiety, we can be reminded that we have an eternal hope gifted to us by Christ Jesus.

Is there one “best” book of the Bible for battling anxiety? Many offer comfort, but the **Psalms** stand out as the most practical and emotionally honest book for anxiety, with Philippians and Matthew as powerful companions. Let’s explore some of the life-giving words these key books offer us when we are troubled by our fears and worries.

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Psalms for Anxiety





Psalms Are Especially Powerful for Anxiety

As you read the Psalms, you are met with the raw, honest, and desperate words of real people who wrestled with how they reconciled their circumstances with their understanding of who God is. We can find ourselves in the pages of this book.

If we are struggling with our health, the Psalms offer words for our pain. If we feel attacked, alone, or unsure, we hear how others long ago cried out to the Lord when their enemies and friends turned against them. As we grapple with injustice, we can find passages that throw pointed questions to the Lord about why things are not as they should be.

As we walk through the valley, afraid and close to death, we can find comfort in the Psalmist's words of strength and hope.

Each chapter, a beautiful thing happens: the writer laments, questions, mourns, but then is reminded of who God is and takes comfort in this knowledge. The text models moving from fear to truth and teaches us how to be emotionally honest before the Lord. The Psalms offer words for our emotions and prayers that can lead us closer to the Lord even when we are battling anxiety.

Key Psalms for Anxiety

Print and cut out each verse to display in your home, car, or office as a source of daily encouragement during times of anxiety.

God as a Shepherd

Psalms 23 comforts us by reminding us that God is our shepherd. A shepherd was a caretaker, protector, and provider for the sheep in his care.

God watches over us, anticipating threats and offering protection when we need it. **Psalm 23:1** declares, “The Lord is my shepherd, I lack nothing.” When we are convinced there is no way out of our situation, we are reminded that God provides all that we need!

God as a Refuge

Psalm 46:1-3 reminds us, “God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam, and the mountains quake with their surging.”

God is our help in trouble! We can let go of anxiety because we know the Creator of the mountains. Nothing is impossible with Him.

God as a Refuge

Psalm 46:10 further encourages us, “He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’” When our minds are racing, God tells us to be still. Stop and reflect on who He is. Remember, He is greater than our fear, and He has a plan for our lives. Stillness of the soul is the antidote to anxiety.

Key Psalms for Anxiety

Print and cut out each verse to display in your home, car, or office as a source of daily encouragement during times of anxiety.

Casting Burdens

Psalm 55:22-23 states, “Cast your cares on the Lord, and He will sustain you; He will never let the righteous be shaken. But You, God, will bring down the wicked into the pit of decay; the bloodthirsty and deceitful will not live out half their days. But as for me, I trust in You.”

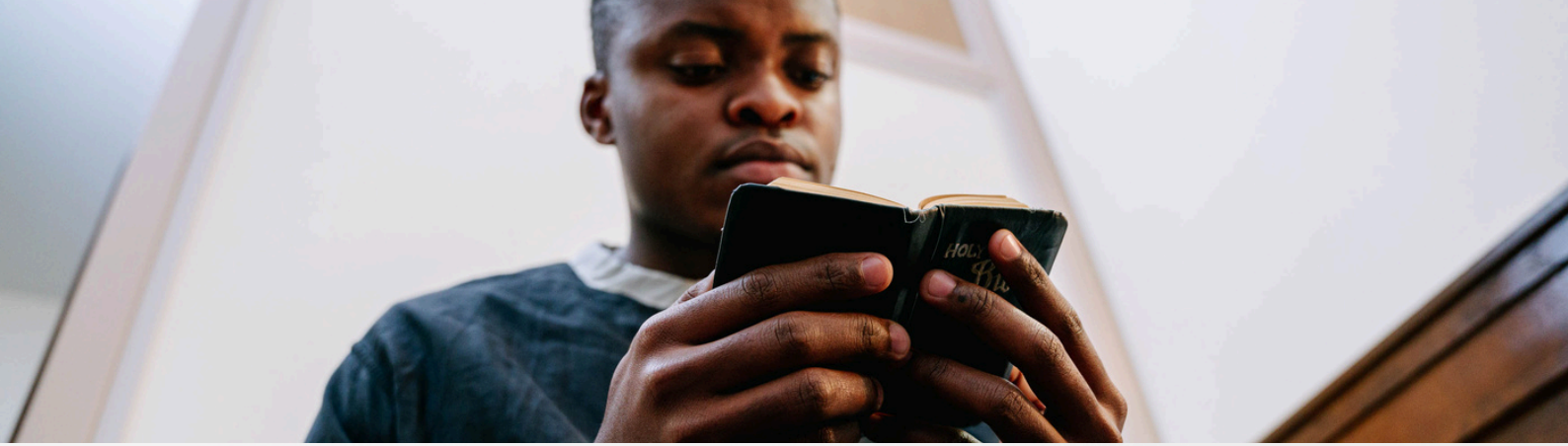
Believers are invited to cast their cares on the Lord. Anxiety grows when we hold our fears tightly. As soon as we unclench our fists and make space for God’s Spirit to draw us close, our burden lightens. This act of casting our cares away is a way we can show and grow our trust in the Lord. The Psalmist reminds us to let go and let God do what only He can in our lives.

Comfort in Many Anxieties

Psalm 94:19 says “When anxiety was great within me, Your consolation brought me joy.” Anxiety does not stop us from receiving God’s joy. When we draw near to the Lord, even in our hardest moments, we can experience His fullness of joy. Graciously, joy minimizes our fear. It offers comfort when the world feels unsure. We can rest in the joy of the Lord while battling anxiety.

God Delivers Us from Fear

Psalm 34:4 states, “I sought the Lord, and he answered me; he delivered me from all my fears.” God’s grace overcomes fear. When we seek the Lord, He is always there for us! Even in life’s worst storms, we can be brave because we have the God of Angel Armies on our side!



How to Read Psalms When You Feel Anxious

The Psalms can become our prayer. We can use these ancient words to help us verbalize what we are feeling and as a tool to reach out to God when we are in need.

How to Read Psalms When You are Anxious:

- 1. Pray them out loud.**
- 2. Personalize the Psalms, make them yours. God walks you through the valley of the shadow of death, you fear no evil.**
- 3. Write them out in your journal as a way to bring the Scripture closer to your soul.**
- 4. Modify the Psalms as you write them out to become your own.**

Return to these words whenever you need them. They can be your daily reminder that even though life is scary, God is still great and worthy of our praises!

Book of Philippians for Anxiety



18to him who divided the Red Sea^a asunder
19but swept Pharaoh and his army into the
Red Sea; His love endures forever.

19to him who led his people through the
desert; His love endures forever.

20to him who struck down great kings—
His love endures forever.

21and killed mighty kings—
His love endures forever.

22and killed mighty kings—
His love endures forever.

23to the One who remembered us in our
low estate; His love endures forever.

24and freed us from our enemies;
His love endures forever.



Philippians Offers Additional Encouragement When We Are Anxious

Paul wrote the book of Philippians in prison, yet he was filled with joy. In this short book, Paul offers some direct instruction about 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.

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” ([Philippians 4:6-9](#)).

When anxious, our first response should be prayer! Present it all to the Lord. As we are obedient to take this step, God offers his transcendent peace.

We can begin to see our lives with more gratitude and focus on the good things that God has created. We can take this advice and implement it in our lives to see real change in how we handle our circumstances!

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Gospel of Matthew for Anxiety



Jesus' Words on Anxiety from the Gospel of Matthew

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying, add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Jesus speaks directly to us about our anxiety. In [Matthew 6:25-34](#), Jesus boldly declares that we should not worry about our lives. He is aware of our need for food, clothing, and a future. Just as he cares for the birds and lilies, God cares for us.

Often, our anxiety is rooted in a deep need for control. Jesus invites us to surrender control to him, to look to him to provide all that we need.

He shows us that our worry is misplaced trust and invites us to trust him with our whole selves.

Jesus invites us to shift our focus from survival to kingdom trust. We can set aside our fear because we know we are fully known and fully loved by the one true God.

Other Books in the Bible That Help with Anxiety





Other Books That Help with Anxiety

The Bible is full of encouragement for our anxious hearts.

Some other key places we can go to for comfort include the **book of Isaiah**. [Isaiah 41:10](#) and [Isaiah 26:3](#) invite us to rely on God's strength and presence.

1 Peter tells us to cast our anxiety on the Lord.

John encourages us to find peace in Christ.

Lamentations offers us a path towards hope when we face sorrow.

But when we need emotional expression, we can go to the **Psalms**. They give us the words we need.

For mental reframing and practical help, **Philippians** offers us steps to take.

Matthew invites us to listen to Jesus' own words, reminding us that God is trustworthy.

The Bible is a great source of comfort to our souls that we can lean on through life's many ups and downs.

An open Bible with a dark brown cover and a red bookmark is resting on a wooden surface. The pages are white with black text, and the background is a warm, blurred wooden texture.

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9 Bible Verses to Counteract Anxiety

“The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn’t collapse, because its foundation was on the rock. But everyone who hears these words of mine and doesn’t act on them will be like a foolish man who built his house on the sand. The rain fell, the rivers rose, the winds blew and pounded that house, and it collapsed. It collapsed with a great crash.” (Matthew 7:24-27)

The Bible refers to God as a rock multiple times throughout the text. A rock is strong and secure. Sand, on the other hand, is easily dispersed by the elements. Anxiety is like sand, leading us to stumble whenever the wind blows or the sea pulls at our feet. Which should we pick as our foundation?

If God is the foundation, then He is our first line of defense against hardship. Not our last resort. However, I’ll be the first to admit that at various points in my life, seeking God was not my first response and, at times, something I needed to be reminded to do. When I listened to anxiety, I sought ways to control a situation, and when control was not readily available, I grew more anxious. So went the cycle.

You can break your cycle by choosing God from the beginning. Hardships are bound to happen, but you never have to face any of them alone. Not when we’re rooted in God.

Let’s Pray: Lord, You are my Rock—steady, strong, and unshakable. When the winds of anxiety rise and the waves of uncertainty crash around me, help me not to build my life on shifting sand, but on You. Teach me not only to hear Your Word, but to live it out daily, trusting that Your ways are secure. When I’m tempted to rely on my own control, gently draw me back to You as my first refuge, not my last. Strengthen my faith so that no storm can shake what You are building in me. Remind me that I am never alone, and that in You, I stand firm. Amen.

Prayer Notes:

“Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.” (Philippians 4:6-7)

A couple once taught me that anxious thoughts are unspoken prayers. What they were indicating is that the energy put towards negative thinking could be redirected. Don’t just think the bad thing will happen, talk to God about the situation or person. Seek His help and guidance and trust that He will come through. Why? His Word says so.

Anxiety would have us believe that not only will a bad situation occur, but that we have to experience life anxiously. We don’t. God presents to us the remedy.

Let’s Pray: Lord, You invite me to bring everything to You, yet so often I carry my worries alone. Today, I choose to turn my anxious thoughts into prayers—lifting every fear, concern, and unknown into Your hands with gratitude. Guard my heart and mind with Your peace that goes beyond what I can understand. When anxiety tries to take hold, remind me that I don’t have to live this way—that You are near, listening, and working on my behalf. Help me to trust Your promises and rest in the truth that You are in control. Amen.

Prayer Notes:

“No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.” (1 Corinthians 10:13)

Whenever you struggle and however you struggle, know that someone somewhere knows your pain. Finding such people has become easier today with the internet. There are chat rooms set up on various websites for people who contend with loneliness, depression, and even anxiety. However, finding them in person is difficult. When we do foster fellowship, online or in person, these relationships help us endure. We can also gain wisdom to use in our struggles and share what we ourselves have learned.

Of course, even when we can't find people who can relate, rest assured that God understands. He may not take away the hurt, but He is for you, with you, and He loves you.

Let's Pray: Lord, Thank You for Your faithfulness in every struggle I face. When I feel overwhelmed or alone, remind me that what I'm going through is not unseen—and that You are with me in it. Give me the strength to endure and the wisdom to recognize the way out You provide. Lead me to the right people who can encourage and walk alongside me, and help me to be that same encouragement to others. When I cannot find understanding around me, anchor my heart in the truth that You fully understand and deeply care. Help me trust that I am never facing anything beyond what You will help me bear. Amen.

Prayer Notes:

**“Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.”
(Joshua 1:9)**

Anxiety is commonly brought about by false beliefs. We think incorrectly about situations, other people, ourselves, and especially God. One thought that I have often had during seasons of hardship is that God was not with me.

That thought in itself caused more anxiety. As the bad circumstances unfolded, I figured I was on my own, left to salvage the mess, if possible. The Bible presents a different story. No matter what you or I face, God is in our corner. That is a reason to be strong and courageous.

Let’s Pray: Lord, You command me to be strong and courageous, yet fear so often tries to take hold of my heart. When anxious thoughts tell me I am alone, remind me of the truth—that You are with me wherever I go. Correct the false beliefs I carry and replace them with Your truth. Help me to trust that I am never left to face anything on my own, because You are in my corner, guiding and sustaining me. Give me courage to move forward with confidence, not because of my strength, but because of Your presence with me. Amen.

Prayer Notes:

“For I know the plans I have for you’—this is the Lord’s declaration —‘plans for your well-being, not for disaster, to give you a future and a hope.’” (Jeremiah 29:11)

When anxiety dominates your mind, do you believe God has good things in store? My tendency was once to believe that bad things were destined for my life. That’s so far from the truth, but exactly what we should expect from anxious thinking.

Let’s Pray: Lord, When anxiety clouds my thoughts and fills me with fear about the future, remind me of Your truth—that You have good plans for me. Help me to trust that my life is not headed for disaster, but is held securely in Your hands. Replace my anxious thinking with hope, and my fear with confidence in Your promises. Even when I cannot see what’s ahead, teach me to rest in knowing that You are working for my good and leading me toward a future filled with hope. Amen.

Prayer Notes:

**“I am able to do all things through him who strengthens me.”
(Philippians 4:13)**

Fear leads us to doubt other people, and fear creates doubt within ourselves. We start to believe that we aren't good enough, and the proof is revealed by our lives. What a lie. No matter the obstacle, through Christ, we can overcome. Again, He is with us, for us, and He loves us.

Let's Pray: Lord, When fear causes me to doubt myself and question my worth, remind me of what is true—that my strength comes from You. Silence the lies that say I am not enough, and replace them with the confidence that through You, I can face anything before me. Help me to rely not on my own ability, but on Your power at work within me. Strengthen my heart, steady my mind, and remind me that I am never alone—you are with me, for me, and You love me. Amen.

Prayer Notes:

“We know that all things work together for the good of those who love God, who are called according to his purpose.” (Romans 8:28)

Believing that all things will ultimately serve our growth is hard to comprehend in the moment. Sometimes things happen that are not just bad, but also confusing. We lack an understanding as to why this or that occurs. I’ve had seasons of loneliness, conflict, and loss.

I questioned how God would work things out, but He always does. Sometimes, things work out so well I forget that those very things were even once prayers. Think back to what God has done in your life. He has done more than you could ever ask or even remember.

Let’s Pray: Lord, When life feels confusing and I cannot see how anything good could come from it, help me trust in Your promise that You are working all things together for my good. Even in seasons of loneliness, loss, or uncertainty, remind me that nothing is wasted in Your hands. Give me faith to believe what I cannot yet understand, and a heart that remembers all the ways You have been faithful before. Help me to rest in Your purpose, knowing that You are always at work, even when I cannot see it. Amen.

Prayer Notes:

“Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they?” (Matthew 6:26)

Anxiety shrinks our perspective, preventing us from seeing God’s goodness. When we want to counteract that, we can get outside of our heads by looking at nature. Observe how he blesses the birds, the squirrels, and other animals. He looks after them. Why would He not do the same for us, those who bear His image? That in itself reveals our importance to Him.

Let’s Pray: Lord, When anxiety narrows my view and causes me to forget Your goodness, lift my eyes to see Your care all around me. Just as You faithfully provide for the birds of the sky, remind me how deeply You care for me. Help me to trust that I am seen, valued, and provided for by Your loving hand. Quiet my anxious thoughts and fill my heart with peace, knowing that if You care for creation, You will surely care for me. Amen.

Prayer Notes:

“But those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.” (Isaiah 40:31)

When the going gets tough, and anxiety threatens to swallow you whole, remember that God will strengthen you. He may not act when you desire or how, but He will act. God allows our suffering, but He will use that suffering for our good. He wants to make us like Christ. Moreover, the suffering won't last forever. No matter what anxiety says, life will get better. Either on this Earth or afterward.

Let's Pray: Lord, When I feel worn down and overwhelmed, teach me to place my trust fully in You. Renew my strength when I have none left, and lift my spirit when anxiety feels heavy. Help me to believe that You are working even in my suffering, shaping me and sustaining me through it. Give me patience when Your timing feels slow, and hope that reminds me this season will not last forever. Carry me when I am weak, and help me rise again with strength that comes from You alone. Amen.

Prayer Notes:

About the Authors

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Amanda Idleman is a writer whose passion is encouraging others to live joyfully. She writes devotions for Your Nightly Prayer, Crosswalk Couples Devotional, Your Daily Prayer, and more. She has work published with [Her View from Home](#), on the [MOPS Blog](#), and is a regular contributor for [Crosswalk.com](#), [Biblestudytools.com](#), and [Christianity.com](#). She has most recently published a devotional, [Comfort: A 30 Day Devotional Exploring God's Heart of Love for Mommas](#), alongside her husband's companion devotional, [Shepherd](#). You can find out more about Amanda on her [Facebook Page](#) or follow her on [Instagram](#).

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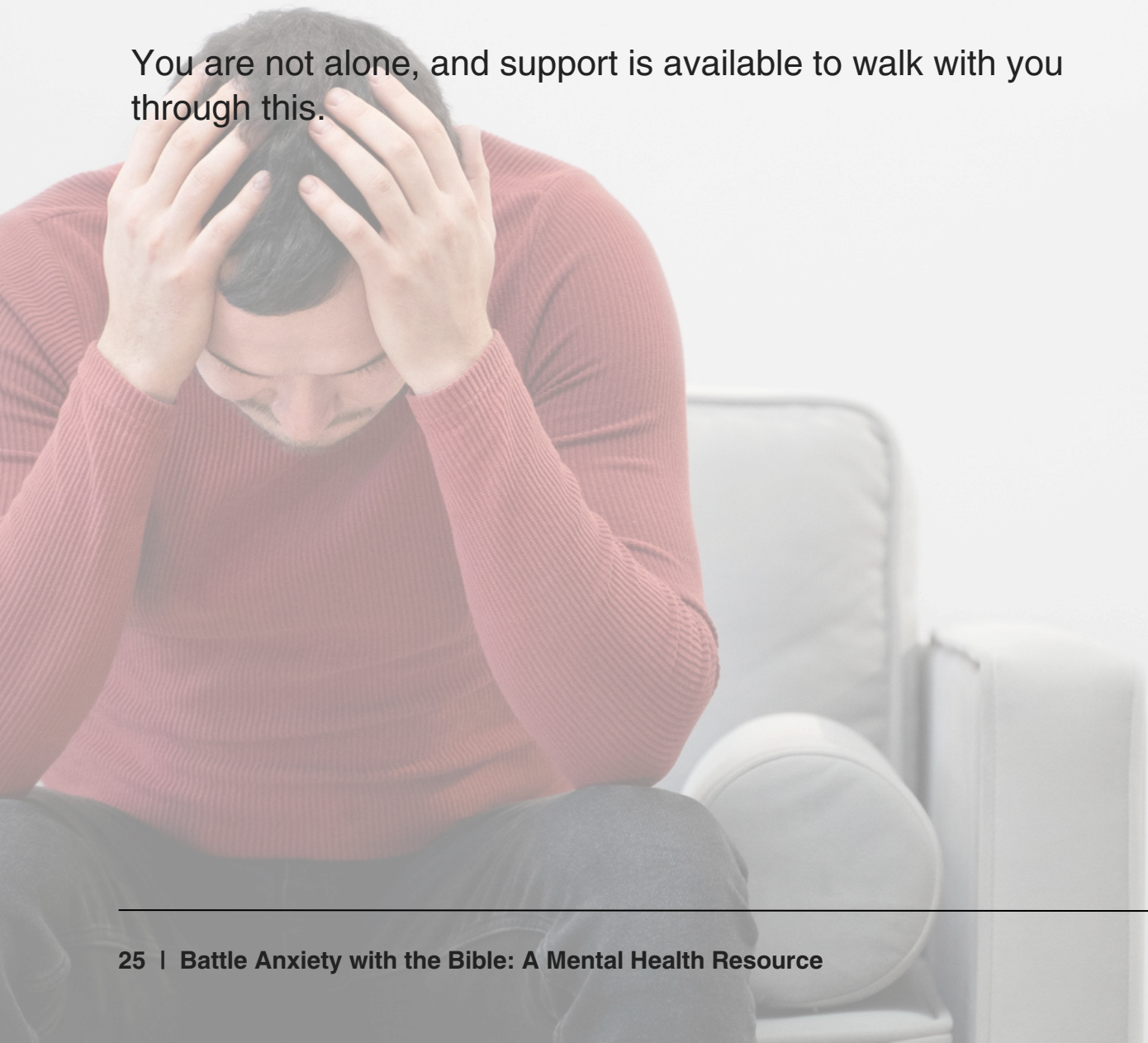
Get in touch with him at [aaronanthony.com](#) and check out his debut short story anthology [Honey Dreams](#) on [Amazon](#) and [Barnes and Noble](#).

Editor's Note

This resource is provided for general informational purposes and was not written by a licensed mental health professional. It is not a substitute for professional medical or mental health advice.

If you or someone you know is experiencing suicidal thoughts or emotional distress, please seek help immediately. You can call or text 988 to reach the Suicide & Crisis Lifeline, or connect with a trusted medical professional, counselor, or pastor.

You are not alone, and support is available to walk with you through this.



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