



Ten Scriptures for Dealing with Stress

1 Peter 5: 7	Cast all your anxiety on him because he cares for you.
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.
Deuteronomy 31: 8	The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
Psalms 46: 1	God is our refuge and strength, an ever-present help in trouble.
Matthew 6: 33-34	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.
Isaiah 41:10	So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
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.
Isaiah 26: 3	You will keep in perfect peace those whose minds are steadfast, because they trust in you.
Jeremiah 29: 11	"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."
Romans 8: 28	And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

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