

⁶Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:6-7 ESV

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Anxiety in a man's heart weighs him down, but a good word makes him glad.

—Proverbs 12:25 ESV

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“There is nothing that can so consume the strength and joy you need in life today as the subtle enemy called anxiety.”

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What Causes Anxiety?

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“Anxiety seems to be an intense desire for something, accompanied by a fear of the consequences of not receiving it.”

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²⁵Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

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Are you not of more value than they? ²⁷And which of you by being anxious can add a single hour to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these.

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³⁰But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? ³¹Therefore do not be anxious, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" ³²For the Gentiles seek after all these things,

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and your heavenly Father knows that you need them all. ³³But seek first the kingdom of God and His righteousness, and all these things will be added to you. ³⁴Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. —Matthew 6:25-34 ^{ESV}

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There is no fear in love,
but perfect love casts out fear.
For fear has to do with
punishment, and whoever fears
has not been perfected in love.

—1 John 4:18 ^{ESV}

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What are the Consequences
of Anxiety?

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¹¹Take care lest you forget the LORD your God by not keeping His commandments and His rules and His statutes, which I command you today, ¹²lest, when you have eaten and are full and have built good houses and live in them,

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¹³and when your herds and flocks multiply and your silver and gold is multiplied, ¹⁴then your heart be lifted up, and you forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. —Deuteronomy 8:11-14 ESV

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“Anxiety is not a pain-killer,
but a joy-stealer.”

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⁴Rejoice in the Lord always; again I will say, rejoice... ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:4, 6-7 ESV

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What is the Cure for Anxiety?

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“Prayer does not always change the situation and make it better, but prayer always changes us and makes us better.” —David Jeremiah

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The LORD gave, and the LORD has taken away; blessed be the name of the LORD.
—Job 1:21b ESV

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“Nothing is too great for God’s power
and nothing is too small for God’s care.”
—Charles R. Erdman

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What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
Oh, what peace we often forfeit,
Oh, what needless pain we bear,
All because we do not carry
Everything to God in prayer!
—Joseph Scriven

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...casting all your anxieties on Him,
because He cares for you.
—1 Peter 5:7 ^{ESV}

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But seek first the kingdom of God and
His righteousness, and all these things
will be added to you. —Matthew 6:33 ^{ESV}

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