

10 Anxiety-Fighting Verses for Your Personal War Room

Have you ever had a panic attack?

Felt the room closing in?

Your heart pounding wildly?

Your throat closing up as if you can't breathe?

You couldn't focus on anything else but the thing that was causing you to panic?

A fear of such immense proportion that afterward you felt all wrung out for days, and half the time you realized later that the thing that sent your entire body into fight or flight was blown out of proportion, but you were helpless to do anything about it?

I've been there—many times. It's a horrible place to be.

All this month I've blogged through the Women Living Well Rest and Release Bible study and challenge, and I've talked a lot about my battle with anxiety, and how I've taken it to my war room, battled against it and begun to overcome it.

One of the ways I've begun to overcome anxiety is by meditating on Scripture.

Throughout the Bible, we read that we don't need to fear, why we don't need to fear and how we can overcome fear.

God must have known mankind would struggle with fear, because He sure had a lot to say about it.

And this is precisely we have a war room!

The enemy is at war with us because he wants to fill our minds with "what if." He's very clever. If we let him, he will take

that “what if,” find A-list actors, create a blockbuster movie and play it over and over in our mind until we think it’s real.

The scenarios he’s played in my mind are amazing.

They were very convincing. Funny thing, though—they never actually materialized. Ever.

We must battle for our minds, because if we don’t, we will be utterly consumed with worry, anxiety, fear, depression, isolation and horrible, destructive thoughts that will lead us down some very dark paths.

Below I will give you my favorite power verses for anxiety.

10 Power Verses on Anxiety for Your War Room

“Cast your burden on the Lord, and He will sustain you; He will never allow the righteous to be moved” (Ps. 55:22).

“Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all” (2 Thess. 3:16).

“Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God. And the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus” (Phil. 4:6-7).

“In the multitude of my anxieties within me, Your comforts delight my soul” (Ps. 94:19, NKJV).

“For God has not given us the spirit of fear, but of power, and love, and self-control” (2 Tim. 1:7, MEV).

“In the day when I am afraid, I will trust in You” (Ps. 53:3).

“Have not I commanded you? Be strong and courageous. Do not be afraid or dismayed, for the Lord your God is with you wherever you go” (Josh. 1:9).

“Let the peace of God, to which also you are called in one body, rule in your hearts. And be thankful” (Col. 3:15).

“Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

“The Lord your God is in your midst, a Mighty One, who will save. He will rejoice over you with gladness, He will renew you with His love, He will rejoice over you with singing” (Zeph. 3:17).

Additional Scripture Passages on Anxiety

Psalms 34: This is a Psalm David wrote when he pretended he was insane in an attempt to escape Abimelech.

Matthew 6:25-34: This familiar passage by Jesus, preached as part of the Sermon on the Mount, commands us not to worry and reminds us of how precious we are to God.

Isaiah 26: This passage is labeled as “The Song of Salvation,” and is so encouraging in times of trouble.

Psalms 23: This passage is very well known, even by unbelievers, as a psalm of great comfort.

Mark 4:35-40: This is the story of Jesus calming the storm, such a great reminder to us that He can calm our storms as well.

Psalms 91: Another well-known psalm of David about the importance of dwelling in Christ and in His shelter. {eo}

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