

Stop Worrying and Start Living When You Swing These Spiritual Swords

Everyone worries from time to time. I used to be a bonafide worrywart. But God has not called us to fear, worry, fret or anything of the like. If you have a worry and anxiety addiction, it's time to break free. Meditate on these 18 Scriptures to help overcome worry and anxiety as I did.

Philippians 4:6-7

“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.”

1 Peter 5:3-8

“Do not lord over those in your charge, but be examples to the flock. And when the chief Shepherd appears, you will receive a crown of glory that will not fade away. Likewise you younger ones, submit yourselves to the elders. Yes, all of you be submissive one to another and clothe yourselves with humility, because “God resists the proud but gives grace to the humble.” Humble yourselves under the mighty hand of God, that He may exalt you in due time. Cast all your care upon Him, because He cares for you. Be sober and watchful, because your adversary the devil walks around as a roaring lion, seeking whom he may devour.”

Matthew 6:33-34

“But seek first the kingdom of God and His righteousness, and all these things shall be given to you. Therefore, take no thought about tomorrow, for tomorrow will take thought about

the things of itself. Sufficient to the day is the trouble thereof.”

Philippians 4:13

“I can do all things because of Christ who strengthens me.”

Matthew 11:28-30

“‘Come to Me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.’”

John 14:27

“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.”

Psalms 55:22

“Cast your burden on the Lord, and He will sustain you; He will never allow the righteous to be moved.”

Philippians 4:19

“But my God shall supply your every need according to His riches in glory by Christ Jesus.”

John 14:1

“Let not your heart be troubled. You believe in God. Believe also in Me.”

Luke 1:37

“For with God nothing will be impossible.”

Jeremiah 17:7-8

“Blessed is the man who trusts in the Lord, and whose hope is

the Lord. For he shall be as a tree planted by the waters and that spreads out its roots by the river, and shall not fear when heat comes, but its leaf shall be green, and it shall not be anxious in the year of drought, neither shall cease from yielding fruit.”

Psalm 94:19

“When there is a multitude of worries within me, Your comforts delight my soul.”

Isaiah 26:3

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

Romans 15:13

“Now may the God of hope fill you with all joy and peace in believing, so that you may abound in hope, through the power of the Holy Spirit.”

Proverbs 3:5-6

“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths.”

Romans 8:31

“What then shall we say to these things? If God is for us, who can be against us?”

Colossians 3:2

“Set your affection on things above, not on things on earth.”