

Feeling Overwhelmed? Here's What the Bible Actually Says to Do About It

What if one Bible verse could completely change your life?

Philippians 4:6 is one of the most well-known verses in Scripture, yet many Christians overlook the life-altering power it carries. It reads: "Do not worry about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God."

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As Kelly K points out in a new TikTok video, most of us can recite this verse by heart. But the question is: do we live it? The reality is, many believers still struggle daily with anxiety, stress and fear—despite knowing this promise. The missing key may not be in what the verse says, but in how we apply it.

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The apostle Paul, who wrote these words, was not lounging in comfort when he penned this letter. He was in prison—chained to a guard, deprived of basic necessities and facing an uncertain future. Yet in the middle of that trial, he urged believers not to worry, but to pray and give thanks. Why? Because he had discovered a powerful truth: peace is not dependent on circumstances, but on presence—God's presence.

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To truly grasp this verse, K says it helps to read it backwards. It begins with thanksgiving. Thanksgiving is not just polite behavior—it's a spiritual gateway. Psalm 100:4 reminds us, "Enter His gates with thanksgiving and His courts with praise." Gratitude ushers us directly into God's presence, and in His presence, fear, anxiety and depression cannot remain. These things are not from God, and they cannot coexist with His peace.

When you're overwhelmed, start by thanking God. It may seem small, but like K points out, saying, "Thank you for the air I breathe," or "Thank you for the roof over my head," shifts your atmosphere. Gratitude isn't about ignoring your problems—it's about refocusing your heart on the One who has already provided for every need.

Next, Philippians 4:6 tells us to "tell God what you need." We are not to act as beggars when we come to God, but rather as God's children. Jesus already paid the price for our healing, provision, peace and every spiritual blessing when He died on the cross. K contrasts that a beggar's prayer says, "Please, if You're willing..." while a believer's prayer boldly declares, "Thank You, Lord, that You are my provider...that You have already made a way...that I am healed."

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Faith speaks with gratitude even before the breakthrough arrives. It is not based on what we see but on what we believe. And when we believe, we pray from a place of assurance, not desperation.

So if stress is creeping into your life, stop and say, "Thank

You.” Let those two words be your entry point into God’s peace. Pray, not as someone unsure of God’s love, but as a child confident in the Father’s goodness. As you live out Philippians 4:6, you’ll find that worry loses its grip—and peace becomes your new reality.

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