

How to Cast Your Care for Good

Are you worried about a specific relationship or circumstance? This index, derived from *Rx for Worry* by James P. Gills, M.D., lists some key Bible verses you can use to battle worry and fear. These verses are God's promises that He is with us and will be our support and strength. Read them. Believe them. Let His Word become the foundation in your struggles!

Are you worried, anxious, afraid, or troubled?

God will give you peace.

In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. ... He brought me out into a spacious place; he rescued me because he delighted in me. —Psalm 18:6, 19

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.—Psalm 46:1-2

When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? —Psalm 56:3-4

You will keep in perfect peace him whose mind is steadfast, because he trusts in you. —Isaiah 26:3

Do not let your hearts be troubled. Trust in God; trust also in me . . . 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.—John 14:1, 27

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.—John 16:33

Do not be anxious about anything, but in everything, 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.—Philippians 4:6-7

Are you worried about the future?

God will guide you.

He guides the humble in what is right and teaches them his way.—Psalm 25:9

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. —Psalm 32:8

If the Lord delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the Lord upholds him with his hand.—Psalm 37:23-24

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.—Proverbs 3:5-6

Commit to the Lord whatever you do, and your plans will succeed. —Proverbs 16:3

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. —Isaiah 41:10

“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.”—Jeremiah 29:11

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.—James 1:5

Are you afraid of feeling alone?

God will never leave you.

Be strong and **courageous**. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.—Deuteronomy 31:6

Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. —saiah 58:9

The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.—Zephaniah 3:17

I will not leave you as orphans; I will come to you.—John 14:18

Are you worried no one loves you?

God loves you.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.—John 3:16

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. —Romans 8:38-39

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. —1 John 3:16

This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. —1 John

Are you worried that God could never forgive your sins?

God's salvation overcomes all sins and guilt.

As far as the east is from the west, so far has he removed our **transgressions** from us. –Psalm 103:12

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. –1 John 1:9

Do you feel depressed?

God will comfort you.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. –Psalm 34:18

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. –Psalm 42:11

Are you worried because you face opposition?

God is with you.

If God is for us, who can be against us? –Romans 8:31

Are you worried about physical needs?

God will provide.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important

than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. 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.—Matthew 6:25-34

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!—Matthew 7:11

Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. —Luke 12:6-7

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? —Romans 8:32

And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.—2 Corinthians 9:8

And my God will meet all your needs according to his glorious riches in Christ Jesus.
—Philippians 4:19

Do you worry about your safety?

God will protect you.

I will lie down and sleep in **peace**, for you alone, O Lord, make me dwell in safety. –Psalm 4:8

The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.—Psalm 121:7-8

Do you worry so much that you can't sleep?

God will ease your fears.

I lie down and sleep; I wake again, because the Lord sustains me. –Psalm 3:5

I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety. –Psalm 4:8

When you lie down, you will not be **afraid**; when you lie down, your sleep will be sweet. –Proverbs 3:24

Are you worried about your appearance?

God looks at your heart.

But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the **heart**.” –1 Samuel 16:7

He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. –Ecclesiastes 3:11

Are you worried about your health?

God will give you strength.

A righteous man may have many troubles, but the Lord delivers him from them all. –Psalm 34:19

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.—Isaiah 58:11

“But I will restore you to **health** and heal your wounds,” declares the Lord, “because you are called an outcast, Zion for whom no one cares.”—Jeremiah 30:17

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. –James 5:14-15

Are you worried about getting old?

God will stay with you.

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.—Psalm 92:12-14

Even to your old age and gray hairs I am he, I am he who will sustain you. –Isaiah 46:4

Are you worried about dying?

God offers eternal life.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me; your rod and your staff, they comfort me.—Psalm 23:4

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.—John 3:16

I give them **eternal life**, and they shall never perish; no one can snatch them out of my hand. —John 10:28

“Where, O death, is your victory? Where, O death, is your sting?” . . . Thanks be to God! He gives us the victory through our Lord Jesus Christ. —1 Corinthians 15:55, 57

Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death. —Hebrews 2:14-15