**Prescriptions for the Soul – Worry and Anxiety**

Here are a number of Bible verses that deal with worry and anxiety. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

* Read them
* Think them through and pray about them
* Apply them to your life
* Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

*We start with this teaching directly from Jesus. His conclusion is to keep our focus on God and he will care for us*

* Matthew 6:25-34  25“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 than food, and the body more than clothes? 26Look 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? 27Can any one of you by worrying add a single hour to your life?

28“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30If 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—you of little faith? 31So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the (non-believers) run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

*Here we see that the Spirit of God gives us what we need in times of worry.*

# Matthew 10:18-20  18On my account you will be brought before governors and kings as witnesses to them and to the Gentiles. 19But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, 20for it will not be you speaking, but the Spirit of your Father speaking through you.

# *The antidote to worrying is to have God’s protection over your heart and mind.*

# Philippians 4:6-7  6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# *As we surrender to God, he leads away from worrying.*

# Psalm 139:23-24  23Search me, God, and know my heart;  test me and know my anxious thoughts. 24See if there is any offensive way in me, and lead me in the way everlasting.

# *Indeed it turns out that worrying about things is a waste of time.*

# Ecclesiastes 2:22-23  22What do people get for all the toil and anxious striving with which they labor under the sun? 23All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless.

# *Jesus even told his parents not to worry, God always has a plan.*

# Luke 2:48-49  48When his parents saw him, they were astonished. His mother said to him, “Son, why have you treated us like this? Your father and I have been anxiously searching for you.” 49“Why were you searching for me?” he asked. “Didn’t you know I had to be in my Father’s house?”

# *As we see God move when we are anxious, it breaks worry and replaces it with joy.*

# Psalm 94:18-19  18When I said, “My foot is slipping,” your unfailing love, Lord, supported me. 19When anxiety was great within me, your consolation brought me joy.

# *When we get encouraged it breaks our anxiety, and when we give a kind word to another, it also breaks our anxiety.*

* [Proverbs 12:25](https://www.biblegateway.com/passage/?search=Proverbs+12:25&version=NIV) Anxiety weighs down the heart, but a kind word cheers it up.

*Turn down the volume on all of the negative input in your life. Step away.*

* [Ecclesiastes 1:8](https://www.biblegateway.com/passage/?search=Ecclesiastes+1%3A8&version=NIV) All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing.

*Get to know Jesus. He forgives sin and restores the heart.*

* [Psalm 38:18](https://www.biblegateway.com/passage/?search=Psalm+38:18&version=NIV) I confess my iniquity; I am troubled by my sin.

*When we are overwhelmed, our God is still in control and love wins.*

# Psalm 73:16-17  16When I tried to understand all this, it troubled me deeply 17till I entered the sanctuary of God; then I understood their final destiny.

# *When Jesus came back to life, it frightened even his closest followers. Following Jesus can be a rollercoaster ride, but we can totally trust where it ends.*

# Luke 24:37-39  37They were startled and frightened, thinking they saw a ghost. 38He said to them, “Why are you troubled, and why do doubts rise in your minds? 39Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

# *We have peace with God because we love and follow His Son.*

* [John 14:27](https://www.biblegateway.com/passage/?search=John+14:27&version=NIV) 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.

*Here is the truth about your personal savior, friend, and God.*

* [1 Peter 5:7](https://www.biblegateway.com/passage/?search=1+Peter+5%3A7&version=NIV)  Cast all your anxiety on him because he cares for you.