

## Old Testament scriptures re Anxiety

### Psalm 23

1 The LORD is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

### Psalm 34:4

4 I sought the LORD, and he answered me; he delivered me from all my fears.

### Psalm 55:22

22 Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

### Psalm 94:19

19 When anxiety was great within me, your consolation brought me joy.

### Proverbs 3:5-6

5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

### Isaiah 40:31

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

### Isaiah 41:10

10 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.

### Jeremiah 17:7-8

7 "But blessed is the one who trusts in the LORD, whose confidence is in him. 8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."