



Overcome *Worry and Anxiety*



Lord, I choose not to be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, I will present my requests to you my God. Thank you that your peace, which transcends all understanding, will guard my heart and my mind in Christ Jesus. (Philippians 4:6-7 NIV)



I will cast my cares on you my LORD, and you will sustain me; you will never let your righteous in me, through Christ, be shaken. (Psalm 55:22 NIV)



Thank you, Jesus, for calling me to come to you when I am weary and burdened, and you will give me rest. I will take your easy yoke, Jesus, upon me and learn from you. Because you are gentle, humble in heart, and your burden is light, I know I will find rest for my soul. (Matthew 11:28-30 NIV)



I choose to trust in the LORD with all my heart and lean not on my own understanding; in all my ways I will submit to him, and you my LORD will make my paths straight. Proverbs 3:5-6 NIV



Jesus thank you that the Spirit God gave us does not make me timid, but gives me power, love and self-discipline. 2 Timothy 1:7 NIV



I thank you LORD that you are my shepherd, I lack nothing. You make me lie down in green pastures, you lead me beside quiet waters, you refresh my soul. You guide me along the right paths for your name's sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 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 23

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