

“An anxious heart weighs a man down, but a kind word cheers him up” (Proverbs 12:25, NIV).

“I sought the LORD, and he heard me, and delivered me from all my fears” (Psalm 34:4).

“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).

“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you” (1 Peter 5:6-7) (Also see Psalm 55:22-23)

“Then Jesus said to his disciples: ‘Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?’” (Luke 12:22-26, NIV). (Also see Matthew 6:25-34)

“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 42:5).

“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. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones” (Proverbs 3:5-8).

“...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will. And we know that in all things God works for the good of those who love him, who have been called according to his purpose” (Romans 8:26-28).

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

“I can do everything through him who gives me strength” (Philippians 4:13).

“So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can man do to me?’” (Hebrews 13:6).

We should quit worrying because:

1. Sinful and produces fear
2. A disease causing other ills
3. Borrowing trouble that cannot be paid back.
4. Brooding over what may not happen
5. A burden borrowed from tomorrow and others who carry it.
6. Creating trouble, misery and death
7. Weight that kills prematurely
8. Mental and physical suicide
9. A grave-digger that has no sympathy
10. Needless and wastes time and effort that should be spent on worthwhile things
11. A robber of faith, peace, and trust in a never-failing, heavenly father.
12. A stumbling block to others.
13. A disgrace to God and should never be indulged in by Christians
14. Anxiety over what is nothing today and less tomorrow in view of faith
15. Mental cruelty to self and others
16. Torment over something that will likely be a blessing if it comes.
17. Foolish, whatever that is going to happen cannot be stopped by worry

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