

Scriptures on Anxiety, Resilience, and Hope

What does each of these scriptures teach us about being hopeful and resilient in anxious times?

Isaiah 41:10 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.

Isaiah 43:5 Do not be afraid, for I am with you

Philippians 4: 6 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 4:13 I can do everything through him who gives me strength.

1 Thessalonians 16, 23 Be joyful always; pray continually, give thanks in all circumstances for this is God's will for you in Christ Jesus...May God himself, the God of peace, sanctify you through and through.

2Thessalonians 2:16 May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal courage and good hope, encourage your hearts and strengthen you in every good deed and word.

Colossians 3:2 Set your minds on things above, not on earthly things.

Romans 12:12 Be joyful in hope, patient in affliction, and faithful in prayer

Matthew 11: 28 Jesus reminds us, "Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 6: 25 Jesus says, "Therefore I tell you, do not worry about your life.... Who of you by worrying can add a single hour to his life? So do not worry, saying, "What shall we eat or drink?"...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.

Mark 6: 49 Jesus spoke to those in the boat: "Take courage! It is I. Don't be afraid." Then he climbed in the boat with them, and the wind died down.

Galatians 6:9, 2 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Ephesians 3:14 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

1 Corinthians 2:16 But we have the mind of Christ

2Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."

Colossians 2:6 So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Choose to put your HOPE in God's unfailing love!