



SCRIPTURES TO MEDITATE ON FOR STRESS AND ANXIETY RELIEF

*“ Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” **Isaiah 40:30***

*“For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” **Romans 8:6***

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7***

*“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. **1 Peter 5:6-7***

*“Commit your way to the LORD; trust in him, and he will act.” **Psalms 37:5***

*“Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved. **Psalms 55:22***

*“Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.” **Psalms 103:1-5***

*“Commit your work to the LORD, and your plans will be established.” **Proverbs 16:3***

*“Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.” **Jeremiah 17:7-8***

*“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. **James 1:2-4***