

Ten Biblical Affirmations for an Anxious Heart

When anxiety strikes, it often challenges and tries to overtake the things we know to be true. Fear is loud, but the truth is quiet. Scripture gently calls our hearts back home to the presence of God. I invite you to find a quiet place to rest and breathe slowly. When you're ready, pray or speak these truths over your anxious heart. God is waiting to meet with you.

1. God is with me. He will never leave or forsake me.

"The Lord is the one who will go before you. He will be with you; he will not leave you or abandon you. Do not be afraid or discouraged." -Deuteronomy 31:8 (CSB)

Anxiety can make you feel like you are all alone. It can also cause you to isolate because you feel that nobody truly understands your struggle. But friend, God knows exactly what you're going through. And unlike some people, He doesn't run the other way; He runs to your aid and refuses to leave your side. Take a moment to pause and rest in this truth. God is with you now and always.

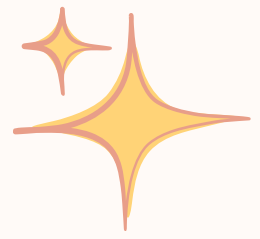
2. I am safe, held, and protected by God Almighty.

"The one who lives under the protection of the Most High dwells in the shadow of the Almighty." -Psalm 91 (CSB) (one of my favorites for anxiety)

I don't know what perceived threats you are facing, but I know that when our nervous system activates the fight or flight response, it feels out of control, as if you're on a rollercoaster you'd rather not be on. The result is feeling helpless and powerless, which feels scary. This psalm is a beautiful picture of how God takes care of you, protects you, and covers you with His wings. God is your refuge in times of trouble. Read through Psalm 91 a few times and let these words wash over you.

3. God invites me to rest.

"Come to me, all of you who are weary and burdened, and I will give you rest." -Matthew 11:28-30 (CSB).



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Notice that Jesus says, “come to me” – whether you’re paralyzed by anxiety or feeling the rush of panic. Come to Him as you are. Bring your spiraling mind, heavy-laden chest, and trembling hands. He will provide rest for your soul.

Remember Elijah? God provided rest and food first. Rest can be a nap, relaxing in nature, or praying as you walk. Allow God’s love and peace to wash over you. How can you prioritize resting with God today?

4. God has perfect love and compassion for me.

**“Therefore, there is now no condemnation for those in Christ Jesus.”
-Romans 8:1 (CSB)**

Have you ever thought God is disappointed or frustrated with you? I want to remind you that God doesn’t shame you or look down on you for feeling anxious. God’s voice will speak perfect love and compassion. A voice that says anything different and shames you is not from God. No matter how many times you struggle with anxious thoughts, God is waiting for you with open arms.

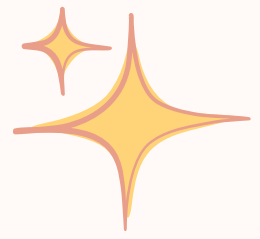
5. Anxiety is not a spiritual failure, but a catalyst for faith.

**“When I am afraid, I put my trust in you. In God, whose word I praise—
in God I trust and am not afraid. What can mere mortals do to me?”
-Psalm 56:3-4 (NIV)**

Notice it says, “when I am afraid” – not if. Being afraid is a universal human experience. God knows fear will come, which is why the Bible addresses some form of fear hundreds of times. Anxiety doesn’t mean your faith is weak or you’re a bad Christian; rather, it serves as a reminder or alarm to move towards God. Anxiety can be a spiritual catalyst, teaching you to rely on God and trust Him daily.

6. I will not fear, for God has redeemed me.

“Now this is what the Lord says – the one who created you, Jacob, and the one who formed you, Israel – Do not fear, for I have redeemed you; I have called you by your name; you are mine.”-Isaiah 43:1 (CSB)



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Fear feels all-consuming and overwhelming. It permeates your entire body, yet God is with you as a loving Father looking after His precious child. He is mighty to save in your greatest time of need. When you call on Him for deliverance, He will answer you. You are chosen, redeemed, and called by name. You are His.

7. I will channel my worries into prayer.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” -Philippians 4:6 (NIV)

When you're struggling and your mind is plagued by worry, it can be hard to remember that God is near and waiting for you. But I know from experience, worry goes nowhere and keeps you stuck. Prayer goes straight to God. Remind yourself that you can turn your list of worries into a list of prayers. Bring it before God, who deeply cares for you. Write it all down and pray over each item.

8. God is my strong and steady anchor.

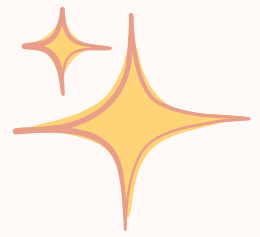
“We have this hope as an anchor for the soul, firm and secure.” -Hebrews 6:19 (NIV)

In biblical times, an anchor kept ships from drifting when rough waters or storms came. God is that anchor for you. When you feel like you're losing control and thoughts are racing, God remains the same, unchanging anchor for your soul. He will steady you in the storm and keep you safe and secure.

9. God is always faithful to me. I can trust Him.

“Your faithfulness is for all generations; you established the earth, and it stands firm.” -Psalm 119:90 (CSB)

When you're struggling with anxiety and your mind runs wild, it can be hard to remember God's character. You may forget about what He has done in your life and His unchanging qualities. I want to remind you, He is the same God, faithful to many generations before us. Take a moment to reflect and remember God's faithfulness in your life. What hardship has He brought you through? What area in your life now are you longing to see His faithfulness?



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10. God gives me hope and a future.

**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
-Jeremiah 29:11 (NIV)**

Anxiety often lives in the future. It tries to help you prepare for what's next, avoid any crazy deviations from your plan, and keep everybody safe and comfortable. It also tries to control the uncontrollable. This verse in Jeremiah says that only God knows the future and all of your days. He knows you and your life intimately. You can try to put your faith and hope in other things, but they will crumble. God alone is where you can securely place your hope when anxious thoughts try to overcome you. He is carefully holding you and your future in His capable hands.

Prayer and Reflection

God, I pray for every person reading this that you would come near to them, make yourself known, and shine your light into their darkness. You know their struggle intimately – whether it's a battle with anxiety, panic, depression, or multiple things. God, thank you for giving yourself freely on the hard days when they feel defeated, discouraged, anxious, and fighting so hard to feel better. Healing is often filled with progress and setbacks; it's rarely linear. God, I pray that you would draw them close to you on their most anxious days. Remind them of your perfect love, grace, and compassion. Lead them on, and allow them to experience true safety, security, comfort, and peace in your arms. Amen.

God is faithful, friend. He cares for you deeply and has got your back!



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