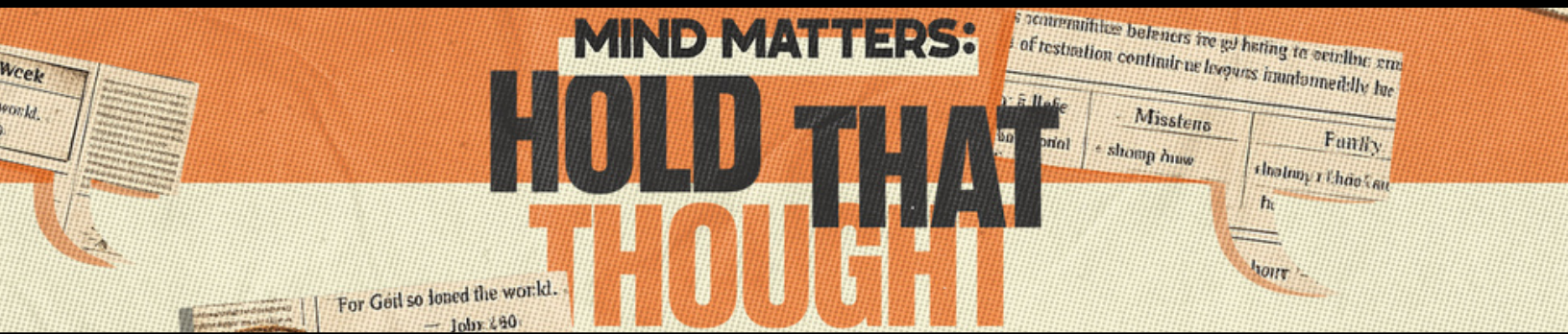




Mind Matters: God's Word is an Anxiety Antidote

On God's Peace & Presence:

- Philippians 4:6–7 — Bring everything to God in prayer with thanksgiving, and His peace — which surpasses all understanding — will guard your heart and mind in Christ Jesus.
- Isaiah 26:3 — God keeps in perfect peace the one whose mind is stayed on Him, because they trust in Him.
- John 14:27 — “Peace I leave with you; my peace I give you. Not as the world gives do I give to you. Let not your hearts be troubled.”

On Casting Your Burdens:

- 1 Peter 5:7 — Cast all your anxiety on Him, because He cares for you.
- Matthew 11:28–30 — “Come to me, all who are weary and burdened, and I will give you rest.”
- Psalm 55:22 — Cast your burden on the LORD, and He will sustain you.

On God's Faithfulness & Strength:

- Isaiah 41:10 — “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
- Psalm 34:18 — The LORD is near to the brokenhearted and saves the crushed in spirit.
- Lamentations 3:22–23 — His mercies are new every morning; great is His faithfulness.

On Renewing the Mind:

- Romans 12:2 — Be transformed by the renewing of your mind.
- Philippians 4:8 — Whatever is true, honorable, just, pure, lovely — think on these things.
- 2 Corinthians 10:5 — Take every thought captive to obey Christ.

On Future Hope:

- Jeremiah 29:11 — “For I know the plans I have for you... plans for welfare and not for evil, to give you a future and a hope.”
- Romans 8:28 — All things work together for good for those who love God and are called according to His purpose.
- Psalm 46:1 — God is our refuge and strength, a very present help in trouble.
- Psalm 46:10 Be still and know that I am God...