



DESTROY

WITH THESE 21 BIBLE VERSES

WORRY

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simple theology, messy life

21 Bible Verses that Help Destroy Worry

Life without worry doesn't seem possible, does it? It always has a way of finding its way back into your thoughts. Sometimes it's because we have abandoned God or His word, sometimes it's just the struggles of living in our fallen world.

Worry, fear, and even anxiety can serve a purpose. Of course, I'm *not* talking about the kind that needs real outside help. Sometimes you might need a counselor or a professional to help you deal with worry or fear.

But for the everyday or seasonal kind of worry and anxiety, I've learned to turn to the pages of Scripture because I have a tendency to stay in the mess, dwelling on it and making it bigger than it ever should be.

Here are 21 of those Bible verses that I continually turn to. I've added a bit of space for you to make your notes on how God is leading you through each of these verses.

As with all of my work, my goal is to help you apply Scripture to your everyday life in practical ways.

My encouragement is that you'll take the time to seek God through His word in your times of worry, praying over the verses He leads you to. Study them and continue to think on them.

God bless you as you go. I trust you'll find these encouraging!

Gene Whitehead

1. Why worry? Exodus 14:14 (NLT) - "The Lord himself will fight for you. Just stay calm."

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2. Abandoning God is the cause of worry. Deuteronomy 28:58-59 (NET) - “If you refuse to obey all the words of this law, the things written in this scroll, and refuse to fear this glorious and awesome name, the Lord your God, then the Lord will increase your punishments and those of your descendants—great and long-lasting afflictions and severe, enduring illnesses.”

3. Results of Abandoning God. Deuteronomy 28:65 (NET) - "...you will have no rest nor will there be a place of peaceful rest for the soles of your feet, for there the Lord will give you an anxious heart, failing eyesight, and a spirit of despair."

4. God is with you even in the darkest of places. Psalm 23:4 (NLT) - "Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."

5. Trust in God when you're afraid. Psalm 56:3 (GW) - "Even when I am afraid, I still trust you."

6. Again, why worry? Psalm 94 verses 14, 18, and 22 (GW) - 14: "The Lord will never desert his people or abandon those who belong to him." 18: "When I said, "My feet are slipping," your mercy, O Lord, continued to hold me up." 22: "The Lord has become my stronghold. My God has become my rock of refuge."

7. Trust in God. Proverbs 3:5-6 (ESV) - “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

8. Trusting in God is the antidote for worry. Jeremiah 17:7-8 (NET) - “My blessing is on those people who trust in me, who put their confidence in me. They will be like a tree planted near a stream whose roots spread out toward the water. It has nothing to fear when the heat comes. Its leaves are always green. It has no need to be concerned in a year of drought. It does not stop bearing fruit.”

9. Ezekiel acts out Israel's anxiety. Ezekiel 12:1-28 (GW) - "Son of man, pack your bags as if you were going into exile. Let the people see you leave in the daylight. March like a captive from your place to another place as they watch. Maybe they will understand, even though they are rebellious people." (v. 3)

10. What Jesus says about anxiety. Matthew 6:25 (NLT) - "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

11. Find rest in Christ. Matthew 11:28-30 (ESV) - “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

12. Jesus confronts worry and anxiety. Mark 4:35-41 (ESV) - “And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm.” (v. 39)

13. Worry chokes the Word. Luke 8:4-15 (ESV) - “And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature.” (v. 14)

14. Jesus confronts worry and anxiety. Luke 10:41-42 (NLT) - “But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

15. “Do not let your hearts be troubled...” John 14:1-14 (LEB) - “Do not let your hearts be troubled. You believe in God; believe also in me.” (v. 1)

16. An out of the world kind of peace. John 14:27 (NET) - “Peace I leave with you; my peace I give to you; I do not give it to you as the world does. Do not let your hearts be distressed or lacking in courage.”

17. Nothing has the ability to separate you from God’s love Romans 8:38 (NLT) “And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.”

18. “Rejoice always.” Philippians 4:4 (ESV) - “Rejoice in the Lord always; again I will say, rejoice.”

19. Bring it all before God. Philippians 4:6-7 (GW) “Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks. Then God’s peace, which goes beyond anything we can imagine, will guard your thoughts and emotions through Christ Jesus.”

20. Peace at all times. 2 Thessalonians 3:16 (LEB) - “Now may the Lord of peace himself grant you peace through everything in every way. May the Lord be with all of you.”

21. Hurl all of your anxieties on God because He cares for you. 1 Peter 5:6-7 (ESV) “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.”

About Gene S. Whitehead

Gene Whitehead ditched his first career in order to serve people and share hope. He and his wife have been serving in full time, cross cultural ministries since 2007 and are currently based in Northern Europe.



His passion is to help you embrace Christ and to apply Scripture to your daily life in real, practical ways. Something he calls simple theology for a messy life.

And by simple, he doesn't mean easy...

Gene holds a Bachelor of Biblical Studies (BBS) and a Master of Ministry (MMin) from Bible University Canada, Nova Scotia. You can connect with him on his website at genewhitehead.com.