

# KEYS FOR LIVING LIBRARY



THE THOUGHTS AND EMOTIONS SERIES

# ANXIETY

*Calming the Fearful Heart*

## What Is God's Heart on Anxiety?

Anxiety inaccurately judges reality. It forgets the past and fears the future. It fails to remember how you've made it through past difficulties and focuses instead on potential threats in the future. Anxiety leaves you with a fight or flight response in the present, vigilantly preparing for possible outcomes or avoiding fearful situations altogether.

The Lord, however, sees all things clearly. He says, *"I make known the end from the beginning, from ancient times, what is still to come. I say, 'My purpose will stand, and I will do all that I please'"* (Isaiah 46:10). God has brought you through the past and holds your future in His hands. And in your present struggle with anxiety, He is with you. The Lord is at work in your life—your anxiety is not without purpose. God longs to be your refuge and help you walk through your fears and troubles.

*"God is our refuge and strength,  
an ever-present help in trouble."*

(PSALM 46:1)

## 10 Biblical Truths When You Become Anxious

**God wants you to remember** that He is good and gracious—and compassionately cares about you.

*"The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is good to all; he has compassion on all he has made"* (PSALM 145:8–9).

**God wants you to remember** He is with you when you're fearful.

*"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; I will uphold you with my righteous right hand"* (ISAIAH 41:10).

**God wants you to pray and experience** His peace when you're feeling anxious.

*"Do not be anxious about anything, but in every situation, 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 4:6–7).

**God wants you to look to Him** and His Word when you're filled with anxiety.

*"When anxiety was great within me, your consolation brought me joy" (PSALM 94:19).*

**God wants you to align** your thoughts with His truth when you feel anxious.

*"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (PHILIPPIANS 4:8).*

**God wants you to trust Him** when you're anxious—to have faith and not fear.

*"When I am afraid, I put my trust in you" (PSALM 56:3).*

**God wants you to talk to Him** about all that causes you to feel anxious.

*"Cast all your anxiety on him because he cares for you" (1 PETER 5:7).*

**God wants you to talk to others** about your fears and anxieties.

*"Where there is no guidance the people fall, But in abundance of counselors there is victory" (PROVERBS 11:14 NASB).*

**God wants you to take care** of yourself physically and spiritually.

*"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come" (1 TIMOTHY 4:8).*

**God wants you to encourage others** who struggle with anxiety.

*"Anxiety weighs down the heart, but a kind word cheers it up" (PROVERBS 12:25).*

## Go Deeper

Want to learn more about this topic? Check out the *Keys for Living Library* to discover biblical hope and practical help on this topic and many more. The *Keys for Living* are designed to help you—and help you help others—overcome difficulties, grow in maturity, and move forward in life.

Thank you for your interest in Hope for the Heart. We pray God will encourage, equip, and empower you with His life-changing truth.

[hopefortheheart.org/keys](https://hopefortheheart.org/keys)

Unless otherwise indicated, all Scripture quotations are taken from The Holy Bible, New International Version®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

Scripture quotations marked (NASB) are from the New American Standard Bible®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. ([www.Lockman.org](http://www.Lockman.org))

The information in this resource is intended as guidelines for healthy living. Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

© 2020 Hope for the Heart



P.O. Box 7, Dallas, TX 75221  
[hopefortheheart.org](https://hopefortheheart.org)