

I'M FINE

HOW GOD MEETS US WHEN WE'RE NOT

When we're feeling anxious or fearful or worried, it's important that we talk back to the lies that we're buying into with the truth of Scripture. Below is a curated list of verses that we can use to remind ourselves of the truth of who God is and how He cares for His children.

If you're new to this practice, start by reading through the verses below and choose 1 or 2 that stick out to you. Write it on a notecard and place it in a spot where you'll easily see it (in your car, on your bathroom mirror, on your nightstand, by your desk, etc.). When you begin to experience the spiral of fear or anxiety, meditate on the verse to remind yourself of what's true.

When you feel forgotten or alone:

"You are the God who sees me."

- Genesis 16:13

"The Lord, your God is with you, the Mighty Warrior who saves. He will take great delight in you, in His love, he will no longer rebuke you."

- Zephaniah 3:17

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles."

- 2 Corinthians 1:3-4

"Though I walk in the midst of trouble,
you preserve my life.

You stretch out your hand against the anger of my foes;
with your right hand you save me.

The LORD will vindicate me;

your love, LORD, endures forever—

do not abandon the works of your hands."

- Psalm 138:7-8

When you feel anxious:

"The LORD will fight for you; you need only to be still."

- Exodus 14:14

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

- Psalm 4:8

"The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul."

- Psalm 23:1-3a

"Cast your cares on the LORD
and he will sustain you;
he will never let
the righteous be shaken."

- Psalm 55:22

"The earth is the LORD's, and everything in it, the world, and all who live in it."

- Psalm 24:1

"Search me, God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting."

- Psalm 139:23-24

"Though the fig tree should not blossom,
nor fruit be on the vines,
the produce of the olive fail
and the fields yield no food,
the flock be cut off from the fold
and there be no herd in the stalls,
yet I will rejoice in the Lord;
I will take joy in the God of my salvation.
God, the Lord, is my strength."

- Habakkuk 3:17-19a

"Cast all your anxiety on him because he cares for you."

- 1 Peter 5:7

"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

"The LORD has established his throne in heaven, and his kingdom rules over all."

- Psalm 103:19

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

- Phil 4:8

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

- Romans 8:38-39

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

- 2 Corinthians 4:16-18

"The Son is the image of the invisible God, the firstborn over all creation. For in Him all things were created, things in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities. All things were created through Him and for Him. He is before all things, and in Him all things hold together."

- Colossians 1:15-17

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory."

- Colossians 3:1-4

When you feel fear:

"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

"When I am afraid, I put my trust in you."

- Psalm 56:3

"I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.
He will not let your foot slip—
he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore."
- Psalm 121

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- John 14:27

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
- John 16:33

"God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging."
- Psalm 46:1-3

When you feel uncertain:

"Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight."
- Proverbs 3:5-6

"The LORD Almighty has sworn, 'Surely, as I have planned, so it will be, and as I have purposed, so it will happen.'"

- Isaiah 14:24

When you feel worried:

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

- Matt 6:25-34

"Yours, LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, LORD, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all."

- I Chronicles 29:11-12

"In his hand is the life of every creature and the breath of all mankind."

- Job 12:10

"I know that you can do all things; no purpose of yours can be thwarted."

- Job 42:2

"What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"

- Romans 8:31-32