

*All Scriptures are taken from the King James Version unless otherwise noted.*

**Stress**

**1 Peter 5:7:**

Casting all your care upon him; for he careth for you.

**Psalm 119:165**

Great peace have they which love thy law: and nothing shall offend them.

**Isaiah 26:3**

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

**Isaiah 48:18**

O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea:

**Matthew 6:31-34:**

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

**Philippians 4:6-7:**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

## Worry/ Anxiety

### **Philippians 4:6, 7**

Be anxious about nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

### **Matthew 6:25-26**

<sup>25</sup>Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

<sup>26</sup>Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

### **Proverbs 17:22:**

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

### **1 Peter 5:6-7:**

<sup>6</sup>Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

<sup>7</sup>Casting all your care upon him; for he careth for you.

### **Romans 8:28**

All things work together for good to them that love God and are the called according to his purpose."

### **Isaiah 26:3**

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee.

### **John 16:33**

These things have I spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer, for I have overcome the world.

### **Matthew 6:33:**

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

### **Isaiah 49:15, 16**

Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands

## **Shame**

### **Psalms 139:13-14**

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.

### **Hebrews 10:19-22**

<sup>19</sup>Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, <sup>20</sup>By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; <sup>21</sup>And having an high priest over the house of God; <sup>22</sup>Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

### **2 Corinthians 10:12**

For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by them-selves, and comparing themselves among themselves, are not wise. Simply stated, measuring yourself by the worlds standards is foolish.

### **Colossians 3:10**

And have put on the new man, which is renewed in knowledge after the image of him that created him.

### **2 Corinthians 5:17**

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

### **Hebrews 4:16**

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."

### **Romans 10:11**

<sup>11</sup>For the scripture saith, Whosoever believeth on him shall not be ashamed.

### **1 John 2:1**

My little children, these things I write to you, that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.

### **Psalms 25:1-5**

<sup>1</sup>Unto thee, O LORD, do I lift up my soul. <sup>2</sup>O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me. <sup>3</sup>Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause. <sup>4</sup>Shew me thy ways, O LORD; teach me thy paths. <sup>5</sup>Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

## **Anger**

### **Mark 11:25:**

<sup>25</sup>And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

### **Galatians 5:22-25:**

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup>Meekness, temperance: against such there is no law. <sup>24</sup>And they that are Christ's have crucified the flesh with the affections and lusts. <sup>25</sup>If we live in the Spirit, let us also walk in the Spirit.

### **James 1:19-20:**

<sup>19</sup>Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: <sup>20</sup>For the wrath of man worketh not the righteousness of God.

### **Proverbs 10:12:**

Hatred stirreth up strife: but love covereth all sins.

### **Proverbs 14:29:**

<sup>29</sup>He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

### **1 Peter 4:8:**

<sup>8</sup>And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

### **1 Corinthians 13:4-5:**

<sup>4</sup>Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, <sup>5</sup>Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil

### **Ephesians 4:26:**

<sup>26</sup>Be ye angry, and sin not: let not the sun go down upon your wrath:

## Fear

### **Hebrews 13: 6 (AMP)**

So we take comfort and are encouraged and confidently and boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?

### **Psalm 27: 14 (AMP)**

The Lord is my Light and my Salvation--whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life--of whom shall I be afraid? Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord.

### **Matthew 6:33**

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

### **2 Timothy 1: 7 (AMP)**

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

### **Isaiah 35: 4 (AMP)**

Say to those who are of a fearful and hasty heart, Be strong, fear not! Behold, your God will come with vengeance; with the recompense of God He will come and save you. Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice. **Isaiah 41: 10**

### **Isaiah 41: 13 (AMP)**

For I the Lord your God hold your right hand; I am the Lord, Who says to you, Fear not; I will help you!

### **Ephesians 3: 12 (AMP)**

In Whom, because of our faith in Him, we dare to have the boldness (courage and confidence) of free access (an unreserved approach to God with freedom and without fear).