



Fighting Anxiety

This resource was made to complement the article "Fighting Anxiety" by David Lupinetti. For more information on how to use the 5 strategies to fight anxiety please refer back to the article.

(the-good-fight.com/2021/04/28/fighting-anxiety)

1 Memorize Scripture and listen to sermons

2 Act in love.

3 Re-direct your fear to a fear of God.

4 Pray for trust in God

5 Have planned exercises or activities to take your mind off anxious thoughts.



Fighting Anxiety

1, Memorize Scripture and listen to sermons

List of Bible verses for memorization:

"When the cares of my heart are many, your consolations cheer my soul."
Psalm 94:19

"Anxiety in a man's heart weighs him down, but a good word makes him glad." Proverbs 12:25

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Matthew 6:34

"For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." Romans 8:38-39

"Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." Isaiah 35:4

"And which of you by being anxious can add a single hour to his span of life?" Matthew 6:27

"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." 1 Peter 5:6-7

"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
Philippians 4:6

"When the righteous cry for help, the Lord hears and delivers them out of all their troubles." Psalm 34:17

"for God gave us a spirit not of fear but of power and love and self-control." 2 Timothy 1:7



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"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?" Matthew 6:25

"And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?" Luke 12:25-26

"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." Matthew 11:28-30

"Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved." Psalm 55:22

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all." 2 Thessalonians 3:16

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27

"So we can confidently say, 'The Lord is my helper; I will not fear; what can man do to me?'" Hebrews 13:6

"I can do all things through him who strengthens me. Yet it was kind of you to share my trouble." Philippians 4:13-14

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11



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2, Act in love

Log of Success: List your anxious thoughts below and the Bible verse that you can use to battle each thought.

Anxious Thoughts

Bible Verses



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3, Re-direct your fear to a fear of God

Write below your fear and what is the healthy fear of God that you should focus on:

My Fear

Healthy Fear of God



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4, Pray for trust in God

Write your prayers bellow:

Four large, empty rectangular boxes stacked vertically, intended for writing prayers.



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5, Have planned exercises or activities to take your mind off anxious thoughts.

Today I will:

Today I will:

Today I will:

Today I will: