



1 Peter 5:7

God cares for you, so turn
all your worries over to him



Philippians 4:13

Christ gives me the
strength to face anything



Psalms 34:18

The Lord is there to rescue
all who are discouraged and
have given up hope



John 14:27

I give you peace, the kind of
peace only I can give. It isn't like
the peace this world can give. So
don't be worried or afraid



Psalm 56:3

But even when I am afraid,
I keep on trusting you



Ephesians 4:26

Don't get so angry that you
sin. Don't go to bed angry



Joshua 1:9b

Don't be afraid or discouraged! I
am the Lord your God, and I will
be there to help you wherever
you go



Matthew 6:34

Don't worry about tomorrow. It
will take care of itself. You have
enough to worry about today