

30 Biblical Affirmations to Calm Anxiety and Fear

1. God has never left me, and He will carry me my entire life. (*Isaiah 46:4*)
2. I surrender my anxiety to God, knowing His peace will guard my heart and mind. (*Philippians 4:6-7*)
3. God has given me everything I need to live in the way He wants me to live. (*2 Peter 1:3*)
4. I am God's precious child, and He will never forget me. My name is written on His hands. (*Isaiah 49:15-16*)
5. I hear the voice of Jesus, my Good Shepherd, who leads and guides me with love. (*John 10:14-15, 27*)
6. I am Jesus' friend. He loves me so much that He willingly laid down His life for me. (*John 10:17-18, 15:13*)
7. I have been released from the pressure to perform, because I have been saved by grace. (*Ephesians 2:8-9*)
8. Jesus said "It is finished," so I rest from trying to prove myself by my own works. (*John 19:30, Matthew 11:28, Hebrews 4:10*)
9. When my heart condemns me, I rest in God's presence knowing that He does not condemn me. (*1 John 3:19-20, Romans 8:1*)
10. There is no room for fear in God's perfect love for me. (*1 John 4:18*)
11. I do not fear punishment, because in Christ, I have been set free from condemnation. (*John 3:17-18, 5:24*)
12. I will not be afraid, because God is right here with me, holding my hand. He will strengthen me and help me. (*Isaiah 41:10, 43:13*)
13. God hears me and answers me when I call to Him. (*Psalms 34:4, Matthew 7:7*)
14. I'm not afraid of what anyone can do to me, because my trust is in the Lord. (*Psalms 56:3-4*)
15. God's Spirit makes me powerful, not fearful. (*2 Timothy 1:7*)

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16. I will be strong and courageous, because God is with me wherever I go. (*Joshua 1:9*)
17. I hand over all my worries and anxieties to God, who loves and cares for me. (*1 Peter 5:7*)
18. I give my burdens to the Lord, because He carries them for me. (*Psalms 55:22*)
19. I am valuable to my Father. He knows what I need and gives it to me. (*Luke 12:22-32*)
20. I have no need to worry, because God will provide for me as I follow Him. (*Matthew 6:33-34*)
21. I will not worry about the future, because God knows the purpose He has for me, and He will fulfill it. (*Jeremiah 29:11, Psalm 138:8*)
22. God will completely meet all of my needs. (*Philippians 4:19*)
23. Although I have trouble in this world, in Christ I have peace, because He has overcome the world. (*John 16:33*)
24. I am covered and protected under God's wings. (*Psalms 91:4*)
25. The Lord gathers me in His arms and carries me close to His heart. (*Isaiah 40:11*)
26. Jesus has given me His peace, which is greater than any temporary peace the world can give me. (*John 14:27*)
27. The Lord gives me strength and peace. (*Psalms 29:11*)
28. When I am weak and weary, God renews my strength. (*Isaiah 40:29-31*)
29. I do not lose heart, but I fix my eyes on God, because my current troubles are producing eternal glory. (*2 Corinthians 4:16-18*)
30. I rejoice in my weaknesses and difficulties, because they prove that God's grace is enough for me. (*2 Corinthians 12:9-10*)

To read more about how to use these affirmations, and to see the complete Bible verses, visit: <https://calminggrace.com/biblical-affirmations-for-anxiety>