

Isaiah 41:10

In Isaiah 41:10, God is telling us not to be afraid of anything. He promises us the strength to go through the things that we struggle with. So often we forget what faith in God entails. When we understand that God is not just all-powerful, but he loves us more than we can ever imagine, more than we can ever give, and more than we could ever hope to receive from any other. God is the embodiment of love, making the ultimate show of love when he gave his life for our sinful nature to be overcome and forgiven.

Romans 8:35, 37-39

Here we see that God's love for us is pure and unconditional. If a being who is all-powerful and all-knowing, and infinitely wise loves you this much, then it goes to reason that there is no reason to worry about anything. He knows everything that we are going through, and he will never abandon us.

Psalm 94:19

When we worry about the problems in our lives, we take upon our heads the things that God has told us to leave to him. There have been many people in the bible who have had cause to be anxious, but through their faith in God, were able to triumph. A good example of this is Joseph. This was a man who was sold into slavery by his own brothers, falsely accused, and thrown into prison for years, and through all this, he remained faithful, keeping God in his heart.

Many of us get swayed by the problems in our lives and allow ourselves to be consumed by our problems. Joseph's story shows us that faith in God is never in vain; it took him through incredibly tough times, and there is no doubt the same can be true for you.

Psalm 55:22

The bible makes it clear that there is no solid ground apart from God. This might seem like a simple idea, but it affects everything that we do and how we think in practice. So often we tend to form the habit of relying on other things in our lives for comfort, which is by no means a sin. But we must not fail to come to God first with our troubles.

Psalm 94:19

Everyone gets anxious sometimes; it is a natural human response to things that stress us greatly. Even Jesus underwent great stress in anticipation of his crucifixion. The Bible accounts that Jesus sweat blood on the night before as he prayed. It might sound outrageous, but it is a phenomenon known as Hematidrosis, which is a condition where the blood vessels that feed the sweat gland rupture, which causes them to exude blood that mixes with the sweat. The condition occurs under extreme physical or emotional stress.

Philippians 4:6

We go through a lot of stress in our lives, but hardly any of us go through stress heavy and intense enough to cause us to sweat blood. Jesus went through from the mere anticipation of what he was about to go through, but being the ever perfect example that he is, Jesus shows us what to do even in our most stressful and anxious times; he prayed. Jesus brought all of his burdens before the father, voicing his thoughts of fear and anxiety.

Isaiah 35:4

Ultimately, as Jesus prays for his burdens to be lifted from him, he also prays for God's will to be done despite what he wants. We often have a burden that we are bearing that we have prayed for but have seen no relief from God. This is not a reason to lose faith in God or a reason to panic. As a follower of Christ, we must follow his example and put God's will above our own, knowing that everything he does and allows is for the good of those he loves. When Jesus understands that though he has asked God to lift this Blessing Manifesting burden from him, it is God's will for him to carry it, he accepts his fate. He is at peace with what God's decision is, even praying for those who partake in his suffering.

Mathew 6:27

Finally, as the passage above says, worrying is a futile exercise that results in nothing but suffering. When we go through trying times or anticipate it, worrying only serves as added suffering and leaves the door open for the devil's influence, as he can easily take advantage of our fear, and Ephesians 4:27 admonishes us to give no place to the devil.