

# Anxiety

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## English Standard Version

Matthew 6:25 “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?”

James 1:2–3 **2** Count it all joy, my brothers, when you meet trials of various kinds, **3** for you know that the testing of your faith produces steadfastness.

1 Peter 1:6–7 **6** In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, **7** so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

1 Peter 4:12–13 **12** Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. **13** But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed.

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