



When your heart feels anxious and your mind is overwhelmed, use these scriptures to refocus on God's truth and invite His peace.

10 Verses for Anchoring Your Heart

🌸 *Cast all your anxiety on Him, because He cares for you. **1 Peter 5:7***

🌸 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7***

🌸 *You will keep in perfect peace those whose minds are steadfast, because they trust in You. **Isaiah 26:3***

🌸 *Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. **John 14:27***

🌸 *When anxiety was great within me, Your consolation brought me joy. **Psalms 94:19***

🌸 *The Lord is my Shepherd; I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. **Psalms 23:1-3***

🌸 *Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, And you will find rest for your souls.*

*For My yoke is easy and My burden is light. **Matthew 11:28-30***

🌸 *Be still, and know that I am God. **Psalms 46:10***

🌸 *May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13***

🌸 *For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. **2 Timothy 1:7***