



Rooted in Scripture - Pointing to Jesus

CHRISTIAN LIVING

Worry and Anxiety

Bringing Anxious Thoughts to God With Truth and Wise Care

The Short Answer

God does not tell His people not to worry because what they face is unimportant. Scripture directs anxious hearts to the Father's care, prayer, wise action, truthful thinking, and support from others. Anxiety is not automatic proof of weak faith or personal sin.

Matthew 6:25-34 · Psalm 55:22 · Philippians 4:4-9 · 1 Peter 5:6-7 · Psalm 94:19

Opening Memory Anchor

God invites anxious people to bring real concerns to Him, receive wise care, and take the next faithful step.



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1. Worry Is Not the Same as Wisdom

Planning and responsible concern can be good. Worry tries to carry tomorrow's possibilities with today's strength. Jesus redirects attention from imagined control to the Father who knows what His children need.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.



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2. Bring the Whole Burden

Prayer is honest conversation with God. Name fears, unanswered questions, physical symptoms, decisions, and needs. Casting anxiety on God is not pretending the concern vanished; it is entrusting it to the One who cares.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.



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3. Think Truthfully

Philippians 4 calls believers to consider what is true, honorable, just, pure, lovely, and worthy of praise. This is not forced positivity. It is a patient refusal to let fear's loudest story become the only story.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.



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4. Take One Wise Step

God often helps through ordinary means: sleep, food, movement, medical care, counseling, trusted friends, planning, and practical action. A small faithful step is often better than waiting to feel completely unafraid.

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5. Do Not Carry It Alone

The church is called to bear burdens. Tell a trusted believer, pastor, counselor, or medical professional what is happening. If anxiety is intense, persistent, or affecting safety or daily functioning, seek professional support.

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6. Peace Is God's Gift

Biblical peace is deeper than a calm feeling. It is security in God's care through Christ. Some days that peace is felt strongly; on other days it is held by faith while the struggle continues.

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Want to Go Deeper? Matthew 6

Jesus does not shame anxious people. He points to the Father's care, the limits of worry, and the daily scope of grace: "Do not worry about tomorrow," because today has enough trouble of its own.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.



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8. A Faithful Practice

Write down one anxious thought. Beside it, write one true promise from Scripture and one practical next step. Share the concern with a trusted person.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.



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9. Prayer

Father, You know what I carry. Help me bring it to You honestly, receive help without shame, think truthfully, and walk one faithful step at a time. Amen.

Read the related passages in context, and ask what they reveal about God, people, Jesus, and faithful response.