



21 Powerful Psalms

to Overcome
Anxiety



1. **Psalm 34:4** - I sought the LORD, and he answered me; he delivered me from all my fears.
2. **Psalm 55:22** - Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.
3. **Psalm 56:3-4** - When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?
4. **Psalm 94:19** - When anxiety was great within me, your consolation brought me joy.
5. **Psalm 27:1** - The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?
6. **Psalm 23:4** - Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
7. **Psalm 139:23-24** - Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
8. **Psalm 37:7** - Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.
9. **Psalm 118:6** - The LORD is with me; I will not be afraid. What can mere mortals do to me?
10. **Psalm 46:10** - He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
11. **Psalm 40:1-2** - I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.
12. **Psalm 91:1-2** - Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust.
13. **Psalm 38:9** - All my longings lie open before you, Lord; my sighing is not hidden from you.



14. **Psalm 131:2** - But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.

15. **Psalm 3:3-4** - But you, LORD, are a shield around me, my glory, the One who lifts my head high. I call out to the LORD, and he answers me from his holy mountain.

16. **Psalm 112:7** - They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.

17. **Psalm 103:13-14** - As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.

18. **Psalm 61:2** - From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.

19. **Psalm 42:11** - Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

20. **Psalm 27:3** Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

21. **Psalm 9:9** - The LORD is a refuge for the oppressed, a stronghold in times of trouble.

A Prayer to Overcome Anxiety

Lord,

Thank you for being a shield around me. You are my glory, and the One who lifts my head high. Because You are with me, I will have no fear of bad news; may my heart be steadfast, trusting in You each day. When my heart is filled with anxiety, may Your consolation and hope bring me great joy. Teach me to cast all my cares upon You, and may You sustain me each day. With You I will never be shaken!

Amen.

