

Ten Secrets to end Anxiety

1. Permit the peace of God to garrison or keep your heart and mind through Jesus Christ.

Philippians 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2. Renounce all worry; then by prayer, supplication, and thanksgiving, make all requests known to God.

Philippians 4:6

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

James 4:7

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

3. Think on right things.

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

4. Keep mind stayed on God.

Isaiah 26:3

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.

5. Use the weapons of spiritual warfare.

2 Corinthians 10:4-6

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.

6. Put on the whole armor of God.

Ephesians 6:10-18

¹⁰ Finally, be strong in the Lord and in his mighty power.

¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes.

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace.

¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

7. Have faith in God.

Matthew 6:25-34

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

³² For the pagans run after all these things, and your heavenly Father knows that you need them.

³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Mark 11:22-24

²² “Have faith in God,” Jesus answered.

²³ “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.

²⁴ Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

8. Live and walk in the Spirit.

Romans 8:1-13

Therefore, there is now no condemnation for those who are in Christ Jesus,

² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

⁸ Those who are in the realm of the flesh cannot please God.

⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.

¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.

¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

9. Do not cast away confidence.

Hebrews 3:12-14

¹² See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God.

¹³ But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

⁴ We have come to share in Christ, if indeed we hold our original conviction firmly to the very end.

Hebrews 6:11-12

¹¹ We want each of you to show this same diligence to the very end, so that what you hope for may be fully realized.

¹² We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

Hebrews 10:19-23

¹⁹ Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus,

²⁰ by a new and living way opened for us through the curtain, that is, his body,

²¹ and since we have a great priest over the house of God,

²² let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

²³ Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Hebrews 10:35-39

³⁵ So do not throw away your confidence; it will be richly rewarded.

³⁶ You need to persevere so that when you have done the will of God, you will receive what he has promised.

³⁷ For,

“In just a little while,
he who is coming will come
and will not delay.”

³⁸ And,

“But my righteous one will live by faith.
And I take no pleasure
in the one who shrinks back.”

³⁹ But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

10. Cast all your cares upon God.

1 Peter 5:7

⁷ Cast all your anxiety on him because he cares for you.