BIBLE TOPICS · THE CHRISTIAN LIFE

Worry and Anxiety

Casting All Your Care upon Him; for He Careth for You · 1 Peter 5:7

Jesus said	Paul said	Peter said	God gives
Take no thought	Pray about every thing	Cast all your care	Perfect peace

WORDS IN THE KJV

Worry in the King James Bible

The King James Version rarely uses the word “worry.” These are the words it uses instead, and what they meant in 1611.

TAKE NO THOUGHT

Do Not Be Anxious

Jesus’ word in the Sermon on the Mount.

“Take no thought for your life”

MATTHEW 6:25

CAREFUL

Full of Care

Not cautious, but anxious.

“Be careful for nothing”

PHILIPPIANS 4:6

CARE

A Burden on the Mind

The thing we worry about.

“Casting all your care upon Him”

1 PETER 5:7

CUMBERED

Pulled About

Distracted and overloaded.

“But Martha was cumbered about much serving”

LUKE 10:40

TROUBLED

Stirred Up Inside

A shaken, restless heart.

“Let not your heart be troubled”

JOHN 14:1

HEAVINESS

A Weight on the Heart

Anxiety bends a person down.

“Heaviness in the heart of man maketh it stoop”

PROVERBS 12:25

WORRY	GODLY CARE
Frets about tomorrow as if God were absent	**Plans wisely and trusts God with the outcome**
Matthew 6:34	Proverbs 16:9
Carries the burden alone	**Brings every need to God in prayer**
Psalm 55:22	Philippians 4:6
Crowds out God’s Word	**Cares for others with love**
Mark 4:19	Philippians 2:20

KEY VERSE

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Philippians 4:6–7 (KJV)

Jesus on Worry

WHAT THE BIBLE SAYS ABOUT WORRY

Jesus on Worry

Take no thought for your life

Matthew 6:25–34 · Philippians 4:6–8 · King James Version

Eight Reasons Not to Worry

Jesus in the Sermon on the Mount, Matthew 6:25–34

1 Life Is More Than Food

Is not the life more than meat, and the body than raiment?

MATTHEW 6:25

2 Behold the Birds

Your heavenly Father feedeth them. Are ye not much better than they?

MATTHEW 6:26

3 Worry Adds Nothing

Which of you by taking thought can add one cubit unto his stature?

MATTHEW 6:27

4 Consider the Lilies

Even Solomon in all his glory was not arrayed like one of these.

MATTHEW 6:28–30

5 It Is the World's Way

For after all these things do the Gentiles seek.

MATTHEW 6:32

6 Your Father Knoweth

Your heavenly Father knoweth that ye have need of all these things.

MATTHEW 6:32

7 Seek Ye First the Kingdom

And all these things shall be added unto you.

MATTHEW 6:33

8 One Day at a Time

Take therefore no thought for the morrow. Sufficient unto the day is the evil thereof.

MATTHEW 6:34

From Worry to Peace

Philippians 4:6–8 and 1 Peter 5:7

A Be Careful for Nothing

Stop carrying the anxious load.

PHILIPPIANS 4:6

B Pray About Every Thing

By prayer and supplication.

PHILIPPIANS 4:6

C Give Thanks

Requests made with thanksgiving.

PHILIPPIANS 4:6

D Cast Your Care

Upon Him; for He careth for you.

1 PETER 5:7

E Receive His Peace

Peace which passeth all understanding.

PHILIPPIANS 4:7

F Think on These Things

Whatsoever things are true and pure.

PHILIPPIANS 4:8

KEY VERSE

"Casting all your care upon Him; for He careth for you."

1 PETER 5:7 (KJV)

BibleStudyForAll.com · Scripture quotations from the King James Version

Jesus and Anxious People

THE GOSPELS

Jesus and Anxious People

Jesus did not only teach about worry. He met anxious, frightened people and gave them peace.

1

Martha in the Kitchen

Busy and troubled, called to sit at His feet.

"thou art careful and troubled about many things"

LUKE 10:41

2

Disciples in the Storm

He calmed the sea and their hearts.

"Peace, be still."

MARK 4:39

3

Peter on the Water

He sank when he looked at the wind.

"O thou of little faith, wherefore didst thou doubt?"

MATTHEW 14:31

4

The Weary and Heavy Laden

He invites all who are burdened.

"Come unto Me, all ye that labour and are heavy laden, and I will give you rest."

MATTHEW 11:28

5

The Disciples Before the Cross

He gave them His own peace.

"Let not your heart be troubled, neither let it be afraid."

JOHN 14:27

6

Jesus in Gethsemane

Heavy of soul, He took it to the Father.

"nevertheless not as I will, but as Thou wilt."

MATTHEW 26:39

From Worry to Peace

PHILIPPIANS 4:6–9

From Worry to Peace

The Bible gives a clear path out of worry. It begins with prayer and ends with the peace of God.

1

Name the Worry

Bring it into the open before God.

"let your requests be made known unto God."

PHILIPPIANS 4:6

2

Pray About It

Every thing, not just the big things.

"but in every thing by prayer and supplication"

PHILIPPIANS 4:6

3

Give Thanks

Remember what He has already done.

"with thanksgiving let your requests be made known"

PHILIPPIANS 4:6

4

Leave It with Him

Cast it, and do not pick it back up.

"Cast thy burden upon the LORD, and He shall sustain thee"

PSALM 55:22

5

Fill Your Mind

Think on what is true and good.

"whatsoever things are true, whatsoever things are honest"

PHILIPPIANS 4:8

6

Rest in His Peace

A guard over heart and mind.

"shall keep your hearts and minds through Christ Jesus."

PHILIPPIANS 4:7

> *"Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee."*
>
> Isaiah 26:3 (KJV)

Promises for Anxious Hearts and Key Themes

PSALMS AND PROPHETS

God's Promises for Anxious Hearts

These promises are worth memorizing. Say them back to God when worry comes.

WHEN AFRAID

I Will Trust

Fear turned into faith.

"What time I am afraid, I will trust in Thee."

PSALM 56:3

WHEN ALONE

I Am with Thee

God holds you up.

"Fear thou not; for I am with thee: be not dismayed; for I am thy God"

ISAIAH 41:10

WHEN THOUGHTS RACE

His Comforts

Comfort in a crowded mind.

"In the multitude of my thoughts within me Thy comforts delight my soul."

PSALM 94:19

AT NIGHT

Peace and Sleep

Safe in His keeping.

"I will both lay me down in peace, and sleep"

PSALM 4:8

IN TROUBLE

A Present Help

Near when you need Him.

"God is our refuge and strength, a very present help in trouble."

PSALM 46:1

FOR TOMORROW

Never Forsaken

He will still be there.

"I will never leave thee, nor forsake thee."

HEBREWS 13:5

KEY THEMES

Six Truths About Worry

What the Bible teaches about worry and anxiety can be gathered in six plain truths.

1

God Knows Your Needs

Nothing is hidden from Him.

"for your heavenly Father knoweth that ye have need of all these things."

MATTHEW 6:32

2

Worry Adds Nothing

It cannot change tomorrow.

"Which of you by taking thought can add one cubit unto his stature?"

MATTHEW 6:27

3

Seek God First

Put His kingdom ahead of things.

"But seek ye first the kingdom of God, and His righteousness"

MATTHEW 6:33

4

Pray About Everything

Big and small alike.

"in every thing by prayer and supplication with thanksgiving"

PHILIPPIANS 4:6

5

He Cares for You

Your cares are safe with Him.

"Casting all your care upon Him; for He careth for you."

1 PETER 5:7

6

Peace Is His Gift

A peace the world cannot give.

"Peace I leave with you, My peace I give unto you"

JOHN 14:27