

Say It Out Loud

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, *bringing every thought into captivity* to the obedience of Christ.

II Corinthians 10:4-5

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — *meditate on these things*.

Philippians 4:8

Verses to Replace Negative Thoughts

Many sorrows shall be to the wicked; But he who trusts in the LORD, mercy shall surround him.

Be glad in the LORD and rejoice, you righteous; And shout for joy, all you upright in heart! [Psalm 32:10-11](#)

God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. [Psalm 46:5](#)

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. [Psalm 91:1](#)

I will praise You, for I am fearfully and wonderfully made;
Marvelous are Your works, and that my soul knows very well. [Psalm 139:14](#)

Your eyes saw my substance, being yet unformed. And in Your book they all were written,
the days fashioned for me, when as yet there were none of them.
How precious also are Your thoughts to me, O God! How great is the sum of them! [Psalm 139:16-17](#)

Blessed be the LORD my Rock, who trains my hands for war, and my fingers for battle —
my lovingkindness and my fortress, my high tower and my deliverer,
my shield and the One in whom I take refuge, who subdues my people under me. [Psalm 144:1-2](#)

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. [Isaiah 26:3](#)

For I am persuaded that neither death nor life, nor angels nor principalities nor powers,
nor things present nor things to come, nor height nor depth, nor any other created thing,
shall be able to separate us from the love of God which is in Christ Jesus our Lord. [Romans 8:38-39](#)

I have been crucified with Christ; it is no longer I who live, but Christ lives in me;
and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.
[Galatians 2:20](#)

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.
[Ephesians 1:7](#)

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand
that we should walk in them. [Ephesians 2:10](#)

...being confident of this very thing, that He who has begun a good work in you
will complete it until the day of Jesus Christ. [Philippians 1:6](#)

I can do all things through Christ who strengthens me. [Philippians 4:13](#)

He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,
in whom we have redemption through His blood, the forgiveness of sins. [Colossians 1:13-14](#)

Verses to Overcome Fear & Anxiety

You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. *Selah.* [Psalm 32:7](#)

Create in me a clean heart, O God, and renew a steadfast spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. [Psalm 51:10-12](#)

He shall cover you with His feathers, and under His wings you shall take refuge;

His truth shall be your shield and buckler. [Psalm 91:4](#)

In the multitude of my anxieties within me, Your comforts delight my soul. [Psalm 94:19](#)

“Fear not, for I have redeemed you; I have called you by your name; You are Mine.

When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you.

When you walk through the fire, you shall not be burned, nor shall the flame scorch you.

For I am the LORD your God.” [Isaiah 43:1-3](#)

And immediately Jesus stretched out His hand and caught him,

and said to him, “O you of little faith, why did you doubt?” [Matthew 14:31](#)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. [Philippians 4:6-7](#)

For God has not given us a spirit of fear, but of power and of love and of a sound mind. [II Timothy 1:7](#)

For He Himself has said, “I will never leave you nor forsake you.” [Hebrews 13:5](#)

...casting all your care upon Him, for He cares for you. [I Peter 5:7](#)

But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. [I Peter 5:10](#)

Verses to Return Our Focus to God

The LORD is my shepherd; I shall not want. [Psalm 23:1](#)

The LORD on high is mightier than the noise of many waters, than the mighty waves of the sea. [Psalm 93:4](#)

Cause me to hear Your lovingkindness in the morning, for in You do I trust;

Cause me to know the way in which I should walk, for I lift up my soul to You. [Psalm 143:8](#)

Let everything that has breath praise the LORD. Praise the LORD! [Psalm 150:6](#)

“For My thoughts are not your thoughts, nor are your ways My ways,” says the LORD.

“For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.” [Isaiah 55:8-9](#)

For God so loved the world that He gave His only begotten Son,

that whoever believes in Him should not perish but have everlasting life. [John 3:16](#)

...looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ. [Titus 2:13](#)

Verses of Direction & Instruction

Trust in the LORD with all your heart, and lean not on your own understanding. [Proverbs 3:5](#)

He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction. [Proverbs 13:3](#)

A soft answer turns away wrath, but a harsh word stirs up anger. [Proverbs 15:1](#)

He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God. [Romans 4:20](#)

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. [Ephesians 4:32](#)

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

[I Thessalonians 5:16-18](#)

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath. [James 1:19](#)

