

## **Twelve good reasons not to worry**

“I tell you, do not worry about your life, what you will eat or drink, or about your body ... Who of you can add a single hour to his life by worrying.”

Matthew 6 v 25 and 26

“Trust in the Lord with all your heart and do not rely on your own understanding – Look for God’s purpose in all that you do and he will make your paths straight.” Proverbs 3 v 5 and 6

“Cast all your anxiety on God because he cares for you.” I Peter 5 v 7

“Come to me, all you who are weary and burdened, and I will give your rest.”

Matthew 11 v 28

“My peace I give you... Do not let your hearts be troubled and do not be afraid.” John 14 v 27

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace” Colossians 3 v 15

“Keep your lives free from the love of money and be content with what you have, because God has said ‘Never will I leave you, never will I forsake you’.”

Hebrews 13 v 5

“Cast your cares on the Lord, and he will sustain you; he will never let you fall.”

Psalm 55 v 22

“The Lord is my shepherd, I shall not be in want.” Psalm 23 v 1

“When I am afraid, I will trust you... In God I trust, I will not be afraid.” Psalm 56 v 3 and 4

“Do not be anxious about anything, but in everything present your requests to God with thanksgiving. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” Philippians 4 v 6 and 7

“For I am convinced that neither death nor life, neither angels nor demons, neither height nor depth, not anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8 v 38 and 39