

Scriptures addressing Anxiety - And Two Prayers

GPPC Presbyterian Women Lunch n' Learn "Conversation on Anxiety"

Led by Judith G. Herring, M. Ed. on March 5, 2023

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea. Psalms 46:1-2

So you have sorrow now but I will see you again and your hearts will rejoice, and no one will take your joy from you. John 16: 22

I am with you always.....

Matthew 28:20

Be still and know that I am God.

Psalms 46:10

I can do all things in Him who strengthens me. Philippians 4:13

Be strong and of good courage; be not frightened, neither dismayed; for the Lord your God is with you wherever you go. Joshua 1:9

Fear not, for I am with you, be not dismayed, for I am your God: I will strengthen you, I will help you. Isaiah 41:10

**I go forth today
In the might of heaven,
In the brightness of the sun,
In the whiteness of snow,
In the splendor of fire,
In the speed of lightning,
In the swiftness of wind,
In the firmness of rock.**

**I go forth today
In the hand of God.**

("Breastplate Prayer" of St. Patrick)

**Oh Thou Who Art.
Thank you for green.
Wake me up to blue.
Receive the fine ash of my sadness.
Blow a seed my way.**

("Approaching the Mountain" prayer
of Barbara Brown Taylor)

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