



Peace — In the — Panic



SCRIPTURE CARDS

Bible Verses for Anxiety Attacks

Bible verses for anxiety to help
you hold onto God's peace when
fear feels overwhelming.

How to Use These Scripture Cards



When anxiety feels overwhelming, choose one verse, read it slowly, and let God's Word gently remind you that He is near.

1



Choose One Card

Pick one verse that speaks to what you are feeling right now.

2



Read It Slowly

Read the verse out loud if you can. Let each word settle before moving on.

3



Pray It Back to God

Turn the verse into a simple prayer. Even a short prayer is enough.

4



Keep It Nearby

Place a card in your Bible, journal, bedside table, bag, or phone case for anxious moments.

Psalm 56:3

When I am afraid, I put
my trust in you.

I choose to trust you.

Psalm 34:18

The Lord is close to the
brokenhearted

God is near to me in this moment.

Philippians 4:6-7

Do not be anxious about
anything, but in every
situation, by prayer and
petition, with thanksgiving,
present your requests to God.
And the peace of God, which
transcends all understanding,
will guard your hearts and
your minds in Christ Jesus.

God's peace is greater than my anxiety.

Deuteronomy 31:8

The Lord himself goes
before you and will be
with you; he will never
leave you nor forsake you.
Do not be afraid; do not
be discouraged.

He will never leave me.



Psalm 94:19

When anxiety was great
within me, your
consolation brought me
joy.

I can find joy in God's comfort.



John 14:27



Peace I leave with you; my
peace I give you. I do not
give to you as the world
gives. Do not let your hearts
be troubled and do not be
afraid.

I can hold onto His peace.



Matthew 11:28-30

“Come to me, all who labor
and are heavy laden, and I
will give you rest. Take my
yoke upon you, and learn
from me, for I am gentle
and lowly in heart, and you
will find rest for your souls.
For my yoke is easy, and my
burden is light.”

I can come to Jesus and find rest.



Exodus 14:14

The Lord will fight for you;
you need only to be still.



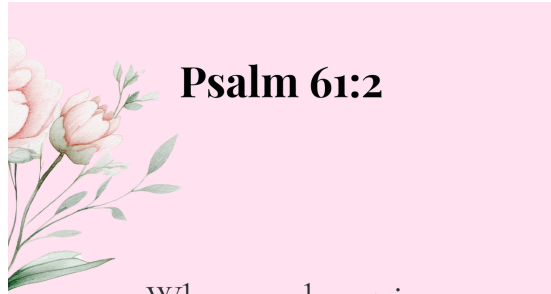
I can rest while God works.



Psalm 42:5

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

God is my Savior and my hope.



Psalm 61:2

When my heart is overwhelmed, lead me to the rock that is higher than I.



God is stronger than this feeling.



Psalm 23:4

Even though I walk through the darkest valley, I will fear no evil, for you are with me.

God is with me in this valley.



Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

God is with me in this valley.

A Prayer for Anxiety Attacks



Father, I feel overwhelmed right now. My thoughts feel loud, my body feels tense, and I need Your peace.

Please help me remember that I am not alone in this moment. You are near to me, even when I feel afraid.

Calm my heart, steady my thoughts, and remind me that this feeling will not last forever.

Lord, help me hold onto Your Word when anxiety feels stronger than my faith. Cover me with Your peace, comfort me with Your presence, and guide me through this moment one breath at a time.

In Jesus' name, Amen.

*A calming truth to repeat:
God is with me. I am not alone. His peace is near.*

My own reminder:
