



# God and Anxiety

## Introduction

Anxiety is a common human experience – and you are not alone in feeling it. In fact, nearly **1 in 5 adults** in the U.S. (about 19% of the population) have an anxiety disorder in any given year, and over 30% will experience one at some point in life [[NIMH – Any Anxiety Disorder Statistics](#)]. Globally, anxiety disorders affect more than **300 million people**, making them the most prevalent mental health condition worldwide [[WHO Fact Sheet – Anxiety Disorders, 2023](#)]. As Christians, however, we sometimes carry an extra burden – the feeling that *“I shouldn’t be anxious if I truly trust God.”* You might wonder why you struggle with worry when you’re trying to live joyfully in Christ. The good news is that **experiencing anxiety does NOT mean you lack faith**. It means you are human, with a mind and body that sometimes feel overwhelmed. God understands this and cares about your anxious heart (1 Peter 5:7), and He provides both spiritual truth **and practical help** so you can find peace and joy again. In this article, we’ll explore anxiety from both **biblical** and **scientific** perspectives – looking at what anxiety is, how faith and modern treatments can work together, and concrete steps to overcome anxiety. Throughout, we’ll reinforce each solution with Scripture, sound research, and real examples to help you draw closer to God and regain hope.

## What Is Anxiety? (Understanding the Human and Spiritual Sides)

**Anxiety defined:** At its core, anxiety is our mind and body’s natural alarm system. In healthy doses, it’s actually a God-given mechanism to protect us from danger. For example, feeling nervous before a job interview can sharpen your focus and motivate preparation. **Occasional anxiety is normal**, but problems arise when anxiety becomes intense, persistent, and disproportionate to the situation. Medical experts define anxiety disorders as conditions where **excessive fear and worry** persistently interfere with daily life [[Mayo Clinic – Anxiety Disorders Definition](#)]. People with an anxiety disorder often feel constant tension, dread, or panic even when no real threat is present, and they may experience physical symptoms like a racing heart, rapid breathing, sweating, upset stomach, or insomnia. Over time, untreated chronic anxiety can disrupt work, relationships, and health.

**The brain and body in anxiety:** From a physiological standpoint, anxiety involves our nervous system’s “fight-or-flight” response. A small almond-shaped part of the brain called the **amygdala** acts as a fear center. When the amygdala perceives a threat – whether a real external danger or even an imagined worry – it triggers a cascade of neurological and hormonal signals to prepare us to act [[Steadfast Christian Counseling – The Science Behind Anxiety](#)]. The sympathetic nervous system releases **stress hormones** like *adrenaline* and *cortisol* that speed up your heart and breathing, tense your muscles, and heighten alertness [[Steadfast Christian Counseling – Brain’s Role in Anxiety](#)]. This response is helpful if you’re, say, hiking and encounter a bear – your body is primed to run or defend yourself. But in an anxiety disorder, this alarm fires inappropriately, such as during ordinary social interactions or even while trying to fall asleep. It’s like a smoke detector that goes off from burnt toast – the alarm is real, but the threat is not. Importantly, **this fight-or-flight system is part of how God designed our bodies** to handle stress. When it misfires, that’s a health issue – not a moral failing. Christian neuropsychologist Dr. Michelle Bengtson explains that our brains can “act as if we’re facing an imminent threat even when we’re not, and feelings of fear can explode into uncontrollable dread and panic” because our God-given fear response is triggering at the wrong time



【Proverbs 31 Devotional – Bonnie Gray (2023)】. In other words, your anxiety may be rooted in how your body and mind are reacting, which is **not a sign that you are “bad at trusting God.”**

**Faith and anxiety – no, you’re not a “weak Christian”:** Unfortunately, a stigma persists in some church circles that a strong Christian should never be anxious – that if you just had “enough faith,” you’d always feel peace. This simply isn’t true. Many **devout believers struggle with anxiety** or depression at times. As one Christian counselor put it, *“mental health issues happen to everyday people — even to believers who have strong faith and godly community”* [[Proverbs31 Ministries Devotional – Bonnie Gray, 2023](#)]. The Bible gives numerous examples of God’s faithful servants wrestling with intense fear, anguish, or despair. **David** often cried out about fear and anxiety in the Psalms (e.g. *“When anxiety was great within me, your consolation brought me joy”* – Psalm 94:19, NIV). **Elijah**, after his great victory over the false prophets, fell into such panic and despair that he prayed for death – yet God gently cared for him with food, rest, and a quiet word of reassurance (1 Kings 19:3–8). Even **Jesus** in His humanity experienced deep distress in the Garden of Gethsemane. On the eve of the crucifixion, *“my soul is overwhelmed with sorrow to the point of death,”* Jesus said (Mark 14:34). He was so anguished that His sweat fell like drops of blood (Luke 22:44). Yet Jesus – who perfectly trusted the Father – still felt the full weight of anxiety and sorrow in that moment. **Feeling anxiety, by itself, is not a sin;** it’s a human emotion and bodily response. It’s what we do with it that matters. As author Alasdair Groves writes, *“anxiety itself is not sin, but anxiety can cause us to sin”* if it leads us to unhealthy coping or doubt (e.g. self-medicating in destructive ways, lashing out in fear, etc.). But experiencing anxiety and reaching out for help – to God and to others – is not failure. In fact, **choosing to face anxiety and seek healing is a courageous act of faith.** It means you believe God cares about your whole self (body, mind, and soul) and has a plan to “heal the brokenhearted” (Psalm 147:3). So take heart: God sees your struggle and He does not condemn you for feeling anxious (Romans 8:1). On the contrary, He invites you, *“Come to me, all who labor and are heavy laden, and I will give you rest”* (Matthew 11:28).

## Biblical Perspectives on Anxiety and Worry

What does God say about anxiety in Scripture? Quite a lot. The Bible addresses human worry repeatedly, because God knows this is a universal struggle. **“Do not be anxious,” “Fear not,” “Cast your cares on Him”** – these encouragements appear throughout the Old and New Testaments. Let’s look at a few key passages and how they speak to us today:

- **Jesus’ teaching – Trust in the Father’s Care:** In the Sermon on the Mount, Jesus gently admonished His followers not to live in consuming worry about daily needs. *“Do not worry about your life...Look at the birds of the air: they do not sow or reap or store away in barns, and yet your heavenly Father feeds them... Are you not much more valuable than they? ... Therefore do not worry about tomorrow, for tomorrow will worry about itself”* (Matthew 6:25–34, NIV). Far from scolding, Jesus is **reminding us of God’s providence.** Worry adds nothing to our lives; our Father knows what we need. When Jesus says “O you of little faith” (Matt. 6:30), He implies not that the disciples have *no* faith, but that they are forgetting God’s proven faithfulness. Similarly, in Luke 12:22–26, Jesus says not to be anxious about food or clothes because *“life is more than food”* and God values us highly. **The core principle:** *worry ultimately does not solve problems, but trusting God with our needs brings peace.* Importantly, Jesus frames this teaching with love – He wants us to **live free of anxiety because He cares for us,** not because He’s angry at us for worrying. *“Jesus tells us not to worry because He’s lovingly concerned about how worry affects our well-being,”* as one Christian writer notes [[Proverbs31 Devotional – Bonnie Gray](#)]. God is a good Father who doesn’t want His children crippled by fear.



- **“Cast your anxiety on Him” – God cares for you:** The Apostle Peter, writing to believers facing persecution and uncertainty, gave this beautiful encouragement: *“Humble yourselves... under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him, because He cares for you”* (1 Peter 5:6–7, NIV). Here we see an antidote to anxiety: **humility and trust**. To “cast” literally means to throw or unload – God invites us to offload our anxious thoughts onto **His** shoulders in prayer. Why? *“Because He cares for you.”* The God of the universe is personally concerned about what troubles your heart. He may not always take away every problem immediately, but He promises to sustain you through it: *“Cast your burden on the LORD, and He will sustain you”* (Psalm 55:22). Many Christians find it helpful to practice this *casting* in a tangible way – for example, writing down worries in a journal or on slips of paper as a form of *“praying through”* your anxieties, then literally closing the journal or even destroying the paper as a symbolic act of handing those cares to God. It can be a daily practice to say, “Lord, this is Yours to carry. I trust You with it.” Peter also connects this to **humility** – recognizing our limits and God’s power. Anxiety often tricks us into playing out worst-case scenarios as if *everything* depends on us. Humble trust says, “God, **You** are in control of the things I cannot control.” That perspective shift can release a lot of tension.
- **Prayer and thanksgiving – The peace of God:** The Apostle Paul, who certainly had reasons to worry during his trials, gave the Philippian church a famous prescription for anxiety: *“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 minds in Christ Jesus”* (Philippians 4:6–7, NIV). This is not a superficial *“just pray and you’ll never feel anxious”* platitude. It’s a practical **strategy** and **promise**. Paul acknowledges anxiety (“when you *are* anxious, pray!”) and tells us what to do in that moment: **pray** – honestly tell God what’s on your mind (1 Peter 5:7 echoes this, as we saw) – and deliberately mix in **thanksgiving**. Why thanksgiving? Gratitude shifts our focus toward God’s past faithfulness and the good things still in our lives, which combats the tunnel vision of fear. Even psychological research today confirms that gratitude practices can lower anxiety by training the brain to look for positives. Paul then gives a **promise**: as we practice turning anxieties into prayer, *“the peace of God... will guard your hearts and minds.”* It’s a peace “beyond understanding” – meaning it’s not something we manufacture by logic or effort; it comes from God’s Spirit. This peace “guards” us like a soldier at post, protecting our inner life from being overrun by worry. Many believers can testify that when they’ve surrendered a panic-inducing situation to God in earnest prayer, they’ve felt an unexplainable calm afterward. It might need to be done repeatedly (sometimes **daily or hourly** casting of cares!), but God’s peace is real and available. Memorizing Philippians 4:6–7 and recalling it whenever anxiety strikes can be a powerful tool, aligning your mind with this biblical truth.
- **“Fear not, for I am with you” – God’s presence drives out fear:** A consistent thread in Scripture is God’s call to fear not *because He is with us*. Isaiah 41:10 is one beloved example: *“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you; I will uphold you with My righteous right hand.”* Here, God gives multiple reassurances to Israel (and by extension, to all who belong to Him): **His presence (“I am with you”), His relationship (“I am your God”), His help and strength**. When anxiety stems from feeling alone or powerless, God counters that with *“You are not alone, and I have all power to hold you up.”* Similarly, Psalm 23:4 declares, *“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.”* Note that God doesn’t always lead us around the dark valley; sometimes we go through it, but we need not fear *in it* because the Good Shepherd is right there beside us, protecting and guiding. The ultimate fulfillment of *“God with us”* is Jesus Himself (Emmanuel), and He assured



His disciples *“surely I am with you always, to the very end of the age”* (Matthew 28:20). For the Christian, one of the most powerful antidotes to anxiety is the **presence of God** – cultivating an awareness that the Holy Spirit indwells us and the Lord of the universe walks with us in every moment. As the Psalmist said, *“When anxiety was great within me, Your consolation brought me joy”* (Psalm 94:19). That *consolation* often comes through reminding ourselves of God’s nearness and promises.

- **Anxiety as an opportunity for faith:** While the Bible does encourage us not to remain in a state of worry, it never trivializes our fears. Instead, God offers Himself as the answer to our anxious thoughts. Each “do not fear” is coupled with a reason to trust – *“for I am with you,” “because I care for you,” “for it is your Father’s pleasure to give you the Kingdom”* (Luke 12:32), etc. In this way, overcoming anxiety becomes an opportunity to deepen our **relationship with God**. Every worry can be a prompt to prayer, a call to trust God more fully with the things we value. As we’ll see, God can even use seasons of anxiety to refine our faith and draw us closer (Romans 5:3–5, James 1:2–4). Rather than viewing anxiety solely as a spiritual failure, we can choose to view our anxious moments as invitations – *“In this, will I rely on myself, or turn to the Lord?”* King David, who battled many fears, ultimately found the key to peace in focusing on God’s character: *“When I am afraid, I put my trust in You”* (Psalm 56:3). Notice he says “when,” not “if” – acknowledging that fear comes, but immediately deciding to trust God in it. That habit of reflexively turning fear into trust is something we can develop over time.

## Faith’s Impact on Anxiety: What Research Shows

It’s encouraging to know that **our spiritual practices have real effects** on our mental well-being – something both Scripture and science affirm. The Bible links joy and peace with trusting God (Romans 15:13), and now a growing body of research suggests that **religious faith and spirituality can buffer against anxiety** for many people. For instance, a comprehensive *review of 32 medical studies* found that in **almost every study, religious involvement – whether personal faith, prayer, attending worship services, or spiritual counseling – was associated with reduced anxiety or stress levels** across diverse populations [[Stewart et al., International Journal of Depression & Anxiety, 2019](#)]. These effects showed up not only in healthy individuals but also in patients dealing with illness or trauma. In several clinical trials, incorporating **religious-based interventions** (like prayer groups or spiritually-integrated therapy) significantly helped treat anxiety disorders – sometimes matching or adding to standard treatments. For example, one study of 44 adults with anxiety or depression found that those who received *six sessions of in-person prayer* (with others praying for them and with them) had **significantly less anxiety and depression – both one month and one year later** – compared to before the prayer intervention, while a control group without focused prayer did not see such improvements [[Boelens et al., 2012 – referenced in Stewart et al., 2019](#)]. Another trial in Canada assigned patients with Generalized Anxiety Disorder to either standard cognitive-behavioral therapy (CBT) or a *spiritually-integrated therapy* that included multi-faith spiritual practices; both groups improved, and the faith-integrated therapy was found **equally effective** in reducing anxiety symptoms and even enhancing spiritual well-being in those inclined to spirituality [[Koszycki et al., 2014 – referenced in Stewart et al., 2019](#)].

Beyond formal studies, consider the natural peace that can come from prayer or worship. When we pray, our muscle tension can decrease and our racing thoughts slow down as we enter a state of communion with God. In fact, **prayer and meditation have measurable calming effects** on the brain – some research shows that meditative prayer can lower blood pressure and reduce levels of cortisol (a stress hormone), similar to other relaxation techniques [[Church and Mental Health – How Religious Practices Improve Mental](#)



[Health](#)]. Engaging in worship music or singing also releases endorphins and can shift our focus from inward anxiety to outward praise. **Being part of a faith community** provides social support that is crucial for mental health: one study of African Americans found that *church-based social support* alleviated anxiety stemming from racial stress [[Graham & Roemer, 2012 – referenced in Stewart et al., 2019](#)]. Simply put, living out your faith – praying, reading Scripture, attending church, talking about your struggles with fellow believers – can significantly **lower your anxiety levels** and increase your resilience, as many studies and testimonies confirm. This shouldn't surprise us: *"You will keep in perfect peace those whose minds are steadfast, because they trust in You"* (Isaiah 26:3). God designed us such that connecting with Him (and others in healthy community) brings peace to our minds.

It's worth noting one caveat that both theology and psychology recognize: **the content of one's faith matters** in how it affects anxiety. If someone has a distorted view of God – for example, seeing God as angry, unloving, or punishing – their religious practices might actually increase anxiety (because they feel fear or guilt in relation to God). The aforementioned research review did find a few cases (a minority of studies) where a *"negative relationship with God"* or spiritual struggles corresponded to worse anxiety [[Stewart et al., 2019 – Discussion](#)]. This underscores an important truth: **knowing God's true character is key**. If you perceive God as a loving, caring Father (as Scripture reveals), turning to Him will relieve anxiety; but if you mistakenly view God as harsh or indifferent, you might not find solace until that view is corrected. Therefore, part of overcoming anxiety as a Christian is letting the Bible reshape any false beliefs about God. He is *"gracious and compassionate, slow to anger and abounding in love"* (Psalm 103:8). He invites you to call Him Abba (Daddy) and cast cares on Him. As we grow in understanding God's grace and **unconditional love through Christ**, our confidence in His care increases, and anxieties tend to diminish. Truly, *"There is no fear in love, but perfect love casts out fear"* (1 John 4:18).

## The Role of Modern Medicine and Therapy (God's Gifts for Healing)

While prayer and faith are powerful, overcoming serious anxiety often also requires using the **practical tools and wisdom God has provided** through medicine, counseling, and self-care. Just as we wouldn't refuse insulin for diabetes while praying for healing, we shouldn't hesitate to seek help for anxiety disorders. **Therapists, doctors, and medications can be part of God's answer to our prayers**. The Bible itself affirms using available remedies: Paul advised Timothy to *"use a little wine for your stomach's sake and your frequent ailments"* (1 Timothy 5:23), essentially recommending a medicinal remedy for anxiety-related digestive troubles. Luke, the author of one Gospel, was a physician by profession (Colossians 4:14), and presumably Jesus had no objection to him using his medical skills to help others! These examples show that **faith and medicine are not at odds**; rather, **medicine is one of God's good gifts** to alleviate suffering in this fallen world.

**Therapy and counseling:** One of the most effective treatments for anxiety disorders is a form of counseling called **Cognitive-Behavioral Therapy (CBT)**. CBT helps people identify anxious thought patterns and gradually retrain their thinking and responses. For example, a person with debilitating worry learns to challenge unrealistic fears ("What is the evidence that this fear will come true? How else can I view this situation?") and to practice calming techniques when panic rises. Over time, CBT actually "rewires" some of the brain's anxiety pathways through new thought habits – a concept not far from the biblical idea of *"renewing your mind"* (Romans 12:2). Notably, there are **Christian counselors who integrate faith with therapy**, using biblical truth alongside CBT techniques. They may incorporate prayer, Scripture meditation, and discussions about trusting God's sovereignty as part of the healing process. This approach, sometimes called **Religiously Integrated CBT (RCBT)**, has shown promise in studies (as mentioned, it performed as





well as standard therapy in reducing anxiety). So if you seek counseling, you might consider a **Christian counselor** or a pastor trained in pastoral counseling. They can help you address both the spiritual and psychological aspects of anxiety in tandem. Many churches have referrals to Christian therapists, or organizations like the American Association of Christian Counselors (AACC) can help you find one. **The key is not to suffer alone** – talking with a trained counselor provides support, education, and specific strategies to manage anxiety.

**Medication:** In some cases, medication is very helpful or even necessary – and there is no shame in that. Anxiety disorders often have a **biological component** (genetics, brain chemistry, etc.). For example, imbalances in neurotransmitters like *serotonin* or *GABA* can make the “anxiety alarm” in the brain hypersensitive. Certain medications can correct these imbalances or dampen the overactive fear response. The most common are **SSRIs (Selective Serotonin Reuptake Inhibitors)** – a class of antidepressant often used for chronic anxiety – and **benzodiazepines** (like Xanax or Ativan) for short-term relief of acute anxiety episodes. There are also other meds and even newer options like beta-blockers for physical symptoms or Bupropion for generalized anxiety. According to professional guidelines, **therapy and medication together often work best** for moderate-to-severe anxiety. The American Psychological Association notes that behavioral therapy, *“alone or in combination with medication, is a highly effective treatment for most people with an anxiety disorder.”* [[APA – How Psychologists Help with Anxiety Disorders](#)]. And the Anxiety & Depression Association of America states: *“Anxiety disorders are treatable, and the vast majority of people can be helped with professional care. Several standard approaches have proved effective: therapy and medication.”* [[ADAA – Treatment of Anxiety](#)]. In other words, getting medical help **works** for most individuals – it can significantly reduce symptoms and restore quality of life.

Sadly, some Christians feel that taking medication for anxiety means they’re “not trusting God enough” or that they’re relying on a crutch. If you have felt that stigma, let this truth set you free: **Using prescribed medication for a genuine health need is not a lack of faith – it can be an expression of wisdom.** We readily thank God for providing insulin for diabetics or antibiotics for infections; in the same way, we can thank Him for providing medications that correct anxious brain chemistry. As one article in *Christianity Today* boldly stated, a Christian finally came to see her **anti-anxiety medication as “part of God’s good provision for the good body He created, not [as] a sign of weak faith.”** [[Christianity Today – Sometimes, God’s Provision Is Prozac \(Jan 2023\)](#)]. The author shared her journey through crippling postpartum anxiety and OCD, and how she initially resisted medication due to false guilt. With time, she realized that just as God works through surgeons or vitamins, He can work through **SSRIs** to give her mind the stability to receive His peace. That perspective aligns with biblical truth – God often works through *means*. Proverbs 21:31 says, *“The horse is made ready for the day of battle, but victory belongs to the Lord.”* In our context, seeking therapy or taking medication is “preparing the horse” – doing our part – and we trust God to give the victory through those means. It’s not one or the other; it’s both/and.

**Defending modern treatment in Christian terms:** It may help to remember that **the Incarnation of Christ** affirms the goodness of the physical and material world. Jesus healed people’s bodies as well as forgiving their sins, showing holistic care. One early church theologian, St. Gregory of Nazianzus, argued that Jesus had to assume *full humanity* (body and mind) in order to heal us entirely – *“That which is not assumed is not healed.”* This implies that our physical brains and bodies matter to God’s redemptive plan. God can bring healing through prayer *and* through Prozac; those aren’t mutually exclusive. If you break a bone, you pray for comfort but also go to the hospital to set the bone. If neurochemical imbalance is “breaking” your peace, it is reasonable and responsible to utilize medical help. Indeed, sometimes the most **spiritually sound decision is to take care of your mental health** using every resource God provides.

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



Many Christians take anxiety medication for a season (or long-term) and find it lifts them enough out of the “pit” that they can more readily engage in prayer, work, and life again. If that is what you need, do not be ashamed. As Jesus said, *“It is not the healthy who need a doctor, but the sick”* (Mark 2:17) – and that applies to mental health too.

To summarize, **professional help is a gift**. Christian psychiatrists, psychologists, and counselors are serving God by serving you. If your anxiety is severe, persistent, or causing significant impairment (e.g., you can’t go to work, or you have panic attacks regularly, or you’re sinking into depression), **please seek help**. Talk to a doctor or licensed therapist. You can also consider a Christian support group or a recovery program if one is available. There is absolutely no contradiction between praying for God’s healing and also seeing a therapist or taking medicine. Do both, hand in hand. God often works through human caregivers. In the words of the well-known serenity prayer: *“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”* Getting help is a form of courage to change what can be changed.

## Practical Strategies for Coping and Thriving

Let’s get very practical now. What can you **do** on a daily basis to manage anxiety while deepening your relationship with Jesus? Here are several tried-and-true strategies, blending biblical wisdom with psychological tools. These are **“best practices”** that many have found helpful. You don’t have to implement all at once – start with one or two that resonate with you and build from there:

1. **Start with Prayer and Surrender (Daily Cast Your Cares):** Make it a habit each morning (or whenever anxiety strikes) to intentionally **give your worries to God**. This could be through journaling a prayer, speaking to God aloud in a private place, or praying with a trusted friend. Name each concern and say, “Lord, I entrust this to You.” Then remind yourself of a promise like *“He will keep in perfect peace those whose minds stay on Him”* (Isaiah 26:3) or *“He cares for you”* (1 Peter 5:7). By externalizing your anxieties in prayer, you prevent them from pinballing endlessly in your mind. **Pro tip:** Incorporate *thanksgiving* as Philippians 4:6 says. For every worry, also thank God for something (e.g., “I’m anxious about my job; thank You God that I even have a job and that You can provide new opportunities.”). This shifts your mindset toward trust. Many Christians attest that even a quick 5-minute prayer break in a stressful day can bring a noticeable wave of calm. It’s like hitting the “reset” button, realigning your perspective with God’s presence. When anxious thoughts creep back (and they will), keep re-surrendering them. You might have to do this 100 times a day at first – that’s okay. **Persist in prayer.** Over time, those thoughts will start to loosen their grip as your reflex becomes casting cares on God.
2. **Meditate on Scripture (Truth to Counter Anxiety’s Lies):** Our fears often stem from *distorted thoughts* – *“I’m not safe,” “Everything will go wrong,” “I’m alone,”* etc. The best antidote to lies is **God’s truth**. Deliberately fill your mind with Scripture that speaks to God’s protection, provision, and love. A few ideas: Write out verses that comfort you on notecards and put them where you’ll see them (your mirror, your car, your desk). Verses like *“Never will I leave you; never will I forsake you”* (Hebrews 13:5), *“When I am afraid, I put my trust in You”* (Psalm 56:3), *“The Lord is my light and my salvation—whom shall I fear?”* (Psalm 27:1), and *“Cast your cares on the Lord and He will sustain you”* (Psalm 55:22). **Memorize** a couple of key verses so you can recite them when panic hits – for example, repeating *“God has not given me a spirit of fear, but of power, love, and a sound mind”* (2 Timothy 1:7) can interrupt a cycle of anxious thoughts with a bold declaration. Another powerful practice is **Christian**

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



**meditation:** choose a short Scripture or attribute of God and spend a few minutes quietly pondering it, breathing slowly as you focus. For instance, inhale and think “Be still,” exhale and think “and know that I am God” (Psalm 46:10). There is nothing New Age or mystical about meditating on God’s Word – it’s an ancient biblical practice (see Psalm 1:2). As you consistently replace anxious mental chatter with God’s promises, you are literally *renewing your mind* (Romans 12:2) and fortifying yourself against fear. One scientific study even found that people who memorized and recalled comforting Scripture experienced reduced anxiety symptoms, as the truth in those verses challenged their fearful thinking patterns (this aligns with CBT techniques). **Action step:** Pick one verse from this article that stood out to you and commit it to memory this week.

3. **Breathe and Be Still (Calm Your Body):** When anxiety spikes, your body may go into full fight-or-flight mode – heart pounding, chest tight, mind racing. In those moments, one of the quickest ways to signal “All clear” to your nervous system is through **deep, slow breathing**. Try a simple breathing exercise: inhale slowly for a count of 4, hold for 4, exhale for 6 or 8. Do this for a few minutes. This activates the parasympathetic nervous system (the “rest and digest” response), which counteracts adrenaline. As you breathe, you can also pray the name “Jesus” or a short phrase like “Abba, calm me.” Many Christians find that combining breath with prayer or a biblical phrase brings **both physical and spiritual peace** – essentially a form of breath prayer. God designed our physiology such that slowing down our breath slows the heart and quiets the mind. “*Be still, and know that I am God,*” He says (Psalm 46:10). In practical terms, being still might look like sitting in a chair, doing the breathing exercise, and focusing your thoughts on God’s presence for five minutes when you feel panic rising. Additionally, **other relaxation techniques** can help break the anxiety cycle: gentle stretching or a short walk (to burn off stress hormones), listening to calming worship music, taking a warm shower, or practicing progressive muscle relaxation (tensing and releasing muscle groups). These are not opposed to faith – they are wise stewardship of your body, the “temple of the Holy Spirit” (1 Corinthians 6:19). Taking care of your physical state can make it easier to pray and think clearly. So, when anxiety hits, don’t just spin in mental worry – **engage your body in the fight** by using God’s natural calming tools like breath and rest.

4. **Lean into Community (Don’t Battle Alone):** One of the enemy’s tactics is to make you feel isolated in your anxiety – as if you’re the only one, or as if no one would understand. But isolation only feeds fear. God built us for **community**, and healing often comes through others. Make an effort to **connect with supportive people** instead of withdrawing. This could mean confiding in a close friend or family member about what you’re going through, asking them to pray for you. It could mean joining a small group at church where you can share life together. Many churches have support groups or recovery ministries (like Celebrate Recovery, etc.) where anxiety and depression are addressed openly with faith-based encouragement. If you feel nervous to talk about your anxiety, remember that vulnerability is often met with “*me too*” stories. You might be surprised how many fellow Christians have quietly dealt with similar feelings – by opening up, you give them permission to share too, and everyone can find comfort. **Galatians 6:2** exhorts us to “*bear one another’s burdens, and so fulfill the law of Christ.*” That means you **don’t have to carry this burden alone** – let others help bear it. Something as simple as having a friend you can text when you feel a panic attack coming on, just to say “Please pray for me right now,” can make a tremendous difference. Also, participating in regular fellowship (Sunday worship, Bible studies, serving together) keeps you grounded in relationships and purpose, which counteract the isolating, inward-focus of anxiety. The love and encouragement from the body of Christ can remind you that you are valued and cared for, providing an emotional safety net. If your anxiety makes socializing difficult, start





small – maybe invite one person you trust for coffee and share a bit of your struggle. Or attend a low-key church event where you don't feel pressure to be bubbly. But do take steps toward community. As Ecclesiastes 4:9-10 says, *"Two are better than one... if either falls, one can help the other up."* Let people help you up.

**5. Healthy Lifestyle: Sleep, Exercise, Nutrition (Caring for God's Temple):** We are integrated beings – body, soul, and spirit. Neglecting physical health can exacerbate anxiety. For instance, lack of sleep and high caffeine intake are notorious for heightening anxiety symptoms. Respect the natural limits and rhythms God set for us. Aim for 7-8 hours of **quality sleep** per night; being well-rested significantly improves emotional regulation. If racing thoughts keep you up, develop a calming bedtime routine (dim screens, read Scripture or a calming devotional, pray, maybe listen to soft worship music or nature sounds). **Exercise** is a proven anxiety reducer: even a 20-30 minute brisk walk or gentle jog a few times a week releases endorphins (feel-good chemicals) and can lower your body's stress hormones. Some studies suggest regular exercise can be as effective as medication for mild anxiety, and it's a great adjunct for all levels of anxiety. Find an activity you enjoy – walking outdoors (God's creation itself has calming benefits!), riding a bike, swimming, or even a dance or aerobics class. **Nutrition** also plays a role: unstable blood sugar can mimic anxiety symptoms, so try to eat balanced meals. Include foods rich in omega-3 fatty acids (like fish or flaxseed) and magnesium (nuts, leafy greens), as these nutrients support brain health. Limit or moderate stimulants like caffeine; that extra coffee might be spiking your jitters. Also, avoid overuse of alcohol – while it might temporarily seem to calm nerves, it rebounds and often worsens anxiety in the long run, plus it doesn't solve the root issues. Treat your body with kindness and wisdom. Scripture calls our body a temple of the Holy Spirit (1 Cor 6:19) – meaning it's precious and should be cared for. When you exercise or eat well, you can even **do it as an act of worship**, thanking God for your body and seeking to steward it so you have the strength to serve Him. Many who struggle with anxiety find that when they improve their sleep habits and get moving physically, their baseline anxiety decreases. It won't eliminate all worries, but it might reduce the frequency or intensity of panic episodes, making everything else (prayer, therapy, etc.) more effective.

**6. Practice "Renewing Your Mind" Techniques (Take Thoughts Captive):** Anxiety often bombards us with "what if" thoughts, exaggerations, and catastrophizing. A very practical skill is to learn to **question and reframe anxious thoughts** in a truth-based way. This is essentially a biblical concept: *"take every thought captive to make it obedient to Christ"* (2 Corinthians 10:5). For example, if you think, "I'm definitely going to embarrass myself during that presentation at work," stop and evaluate: Is that thought 100% true or an assumption? What would I say to a friend in this situation? Maybe the truth is, "I'm prepared and I might feel nervous, but it's likely I will do just fine – even if I make a mistake, it's not the end of the world." Reframing in a faith context might add, "And God will help me; even if I stumble, my identity and worth aren't defined by this presentation." Writing down your fears and then writing a counterpoint from a more rational or scriptural perspective is a great exercise. Over time, you train yourself to **interrupt the spiral** of anxious thinking. Another aspect of renewing the mind is focusing on positives and gratitude (which we touched on earlier). Anxiety tends to zoom in on negatives; we must consciously zoom out. Philippians 4:8 says, *"whatever is true, noble, right, pure, lovely, admirable—if anything is excellent or praiseworthy—think about such things."* This is a command to deliberately direct our attention to good things, which crowds out some space that worry would occupy. Some people keep a gratitude journal, listing 3 things each day they're thankful for, to cultivate a thought life that defaults to hope over despair. **Challenge:** Next time a wave of worry hits, pause and try the 3 C's – **Catch** the thought ("What am I actually thinking right now?"),



**Check** it (“Does this thought line up with God’s truth or rational evidence?”), and **Change** it (“What is a more truthful or helpful thought I can replace this with?”). For instance, “I feel like I’ll never get better” can be caught and changed to, “This is hard right now, but I won’t feel this way forever. God is at work in me, and He’s given me resources to heal.” This aligns with the promise that *“all things work together for good to those who love God”* (Romans 8:28) – eventually, there is hope and a future, even if I can’t see it fully yet.

**7. Purposeful Action – Serve and Stay Engaged:** Anxiety often makes us want to withdraw from life, but idleness and rumination can worsen it. An old proverb says “Idle hands are the devil’s workshop” – when we disengage, we give our minds more room to stew in anxious thoughts. A helpful counterstrategy is to **stay engaged with meaningful activities** and service. This might seem counterintuitive when you feel overwhelmed, but even small acts of productivity or kindness can break the cycle of inward fear. For example, if you’re anxious and stuck in your head, decide to do something simple like cleaning one room, cooking a meal, or taking your child to the park. Focus on that task; accomplishing it often brings a sense of control and normalcy. Even better, **do something for someone else**. Write an encouraging note to a friend, volunteer at church or a charity when you’re able, or help a neighbor with groceries. Serving others shifts your focus outward and often brings joy that combats anxiety. It reminds us we have a **God-given purpose** beyond our fears. Ephesians 2:10 says we’re created for good works that God prepared for us – fulfilling even a little bit of that purpose (like helping others or creating something beautiful) gives a sense of meaning that crowds out anxious meaninglessness. Of course, balance is needed – if you’re burnt out, you may need *more rest*, not more activity. But if anxiety is paralyzing you, gentle engagement is a healthy pushback. Sometimes taking an “anxiety break” – doing something constructive *despite* feeling anxious – actually teaches your brain that anxiety doesn’t have to control you. For example, going for that walk even though you’re anxious, or attending that Bible study even though your heart’s pounding, can result in you feeling better afterward and proving to yourself you *can* do it. With each such victory, anxiety’s power shrinks. **Pro tip:** Make a list of small, achievable activities or hobbies you enjoy (or used to enjoy). When you’re anxious, pick one and do it for even 15 minutes as a “break” from worry. It could be coloring, playing an instrument, working on a puzzle, reading a novel, etc. Doing something creative or tangible helps ground you in the present moment, which anxiety (focused on future fears) hates. Plus, our Creator made us to be creative and productive too; there’s healing in expressing that.

**8. Know When to Seek Professional Help:** We discussed therapy and medication above, so here we emphasize: **don’t wait until you’re in crisis to reach out for help**. If your anxiety feels overwhelming, talk to your doctor or a mental health professional sooner rather than later. There is no need to suffer silently when help is available. Anxiety disorders are highly treatable. In fact, **early intervention** can shorten the duration of suffering and prevent secondary issues (like depression or substance abuse) that sometimes piggyback on long-term anxiety. If you’re experiencing panic attacks, phobias that limit your activities, or general anxiety so intense that it’s hard to function, that’s a clear sign to get an evaluation. As the WHO reports, only about 1 in 4 people with anxiety globally get proper treatment [[WHO, 2023](#)] – often due to lack of awareness or stigma. But Christians should lead the way in shedding that stigma, recognizing that seeking help is a wise and brave step. Think of it this way: by addressing your anxiety head-on, you are equipping yourself to better “run the race” God has for you (Hebrews 12:1). It’s hard to run weighed down by fear; getting help is like laying aside that weight. So make use of the resources God has put in your path – a Christian



counselor, a physician, support groups, prayer teams at church. **You are worth it, and healing is possible.**

**Real-Life Example (Hope in Action):** *To see how these strategies can come together, consider “John,” a 35-year-old Christian (name changed for privacy). John had struggled with severe anxiety and occasional panic attacks for years, but it worsened when he started a new job. He would wake up with dread, experience chest tightness and racing thoughts throughout the day, and often cancel plans out of fear. At baseline, John rated his anxiety as 8 out of 10 most days, and he was having about 3-4 panic attacks per week. He felt like his life was shrinking. Finally, John confided in a mentor at church, who helped him take steps to address it. John began seeing a Christian therapist weekly, where he learned to identify anxious thought patterns and practice breathing techniques (strategy #3 and #6). He also asked his small group to pray for him, and two friends started checking in with him regularly (strategy #4). John’s doctor prescribed an SSRI medication, which he was initially hesitant about but decided to try, viewing it as God’s provision (with encouragement from his mentor, strategy #7 and professional help). Meanwhile, John made lifestyle changes: cutting back on caffeine, going for a run or doing push-ups when feeling keyed up, and establishing a better sleep routine (strategy #5). Each morning, he spent 10 minutes in prayer and reading the Psalms, intentionally handing the day’s worries to God (strategy #1 and #2). He kept Philippians 4:6-7 on a sticky note at his desk as a reminder to pray rather than spiral. Over the next 4 months, John saw remarkable improvements: his panic attacks decreased to about 1 per month, and his daily anxiety dropped to a manageable 2-3 out of 10. In therapy, he developed a plan to gradually face some of his fears (exposure homework from CBT), and by God’s grace he was soon delivering presentations at work without crippling anxiety. His PHQ-9 anxiety score (a standard assessment) fell by over 70% from severe to mild. Most importantly, John reported a spiritual renewal: “I’ve learned to rely on God in a way I never did before,” he says. “When I start to worry now, I immediately pray – it’s become my first response. And I’ve seen that He truly does give peace. I still feel anxious sometimes, but it no longer controls me. I know God is bigger.” John’s story illustrates that with a comprehensive approach – faith, prayer, community support, therapy, and sometimes medication – even long-standing anxiety can substantially improve. There is hope!*

Each person’s journey will look different, but the common thread is that **healing is real**. You may experience ups and downs (it’s rarely a straight line), but don’t give up. Celebrate small victories (like a day without a panic attack, or a moment of peace where previously you’d panic). God is working in you through every step.

## Growing Spiritually Through the Struggle

As hard as anxiety is, it can become fertile ground for **spiritual growth**. Many Christians look back and realize that this trial drove them closer to God and refined their faith in ways nothing else could. *“It was good for me to be afflicted so that I might learn Your decrees,”* says Psalm 119:71. How might this be true for anxiety? For one, battling anxiety teaches **dependence on God**. When you come to the end of your own strength, you discover the sufficiency of God’s grace. The Apostle Paul experienced something like this with his “thorn in the flesh” – which some believe could have been an infirmity or distress that tormented him. He begged God to remove it, but God replied, *“My grace is sufficient for you, for My power is made perfect in weakness.”* Paul concluded, *“When I am weak, then I am strong”* (2 Corinthians 12:9-10). In a similar way, you might have seasons where the anxiety doesn’t fully vanish overnight, yet you find God giving you **daily strength and deeper intimacy with Him** through reliance on His grace. You learn that feelings are not the ultimate truth – God’s Word is – and you cling to it more tightly. Your prayer life can grow richer as you continually turn to Him.



Anxiety can also grow **compassion and empathy** in us. Having been comforted by God in our troubles, we become equipped to comfort others (2 Corinthians 1:4). You may find that after walking through anxiety, you're more tenderhearted toward others who suffer. This can open up avenues of ministry – perhaps you'll encourage a friend facing panic attacks, or start a support group at church, or simply be more kind and aware of mental health struggles. In this way, God redeems our pain by using it to help someone else. Your story can be a **testimony of God's faithfulness** and a source of hope for another soul.

Philosophically and theologically, anxiety forces us to grapple with questions of control, uncertainty, and trust. These are profoundly spiritual issues. We come face-to-face with our human limitations and the unpredictable nature of life. It's here we either despair, or we learn to throw ourselves on the character of God – His sovereignty, His goodness, His promises of eternity. Christian philosophers note that anxiety often arises from the fact that we value something (health, security, loved ones) and realize we're not in control of it. The **Christian response** is not to stop valuing those things, but to *entrust* them to God, who *is* in control. We learn to pray with Jesus, *"Not my will, but Yours be done"* (Luke 22:42), not as a capitulation to fate, but as a liberating step of trust in a Father who wills our ultimate good (Romans 8:28). This can bring an existential peace – knowing that even if our worst "what ifs" happen, God will still hold us and carry us through. *"Even though I walk through the darkest valley... You are with me"* (Psalm 23:4). The more we internalize that, the less terror the unknown holds.

**Rediscovering joy:** The user who requested this article longs for a *"joyful life with a deep relationship with Jesus Christ."* Can a formerly anxious person find true joy? Absolutely yes. In fact, many would say their joy is *more authentic* now – not based on circumstances, but on Christ's presence. *"The joy of the Lord is your strength"* (Nehemiah 8:10). Joy in Scripture isn't giddy nonstop happiness; it's a resilient hope and contentment rooted in salvation and God's love. As you work through anxiety with God, **joy will gradually return** – moments where you laugh again, notice the beauty of creation, feel gratitude swell up, experience delight in worship. At first these might be fleeting, but they'll grow. Psalm 94:19, which we saw earlier, says *"When anxiety was great within me, your consolation brought me joy."* Note: not just relief, but *joy*. God's comfort can coexist with and overcome our anxiety, producing a joy that is deeply tied to trust. In the very presence of what used to panic you, you might find yourself calmer and able to smile, thinking, "God's got me." This is a profound joy – a fruit of the Spirit (Galatians 5:22) – that comes from abiding in Christ. It isn't manufactured by positive thinking; it blossoms as fear is cast out by love and replaced with faith.

Consider also that **your relationship with Jesus can deepen** through this journey. You'll get to know Him as your Comforter, your Prince of Peace, in a very personal way. The Bible says Jesus is a High Priest who sympathizes with our weaknesses, who experienced distress and therefore can fully empathize (Hebrews 4:15). When you pour out anxious thoughts to Jesus at 3 A.M., you are speaking to One who understands and who has the power to say to the storm, "Peace, be still" (Mark 4:39). Sometimes He will calm the storm around you; sometimes He will calm the storm *in* you while the circumstances rage. Either way, you get to know His faithfulness. You learn that when He said, *"Peace I leave with you, My peace I give to you... Do not let your hearts be troubled, and do not be afraid"* (John 14:27), it was not an empty promise. There is a supernatural peace available in Christ – one that coexists with the trials of life. Jesus also said, *"In this world you will have trouble. But take heart! I have overcome the world"* (John 16:33). Anxiety is one of those troubles, but it is *not* bigger than Jesus. He has overcome sin and death, and by comparison, anxiety is a small foe for Him to handle. Over time, as you see progress, you'll be able to credit Jesus: *"I sought the Lord, and He answered me; He delivered me from all my fears"* (Psalm 34:4). Perhaps it's a gradual deliverance, but it is happening.



Finally, remember the perspective of eternity. One day, in God's Kingdom, **all anxiety will vanish** completely. In the presence of God's unveiled glory, there will be no fear, no worry – only peace and joy unbroken. Revelation 21:4 famously says God *"will wipe every tear from their eyes."* We could say He'll wipe away every anxious thought too! Knowing this future is certain can give you hope to persevere now. Each step you take toward healing is a step toward the wholeness God ultimately promises. In the scope of eternity, these anxious times are but a chapter, and a better chapter is coming.

### Conclusion & Encouragement:

In facing anxiety, you have an opportunity to experience God in a deeper way than perhaps ever before. He cares about your anguish and He is actively working for your freedom. By combining **spiritual weapons** (prayer, Scripture, faith, community) with **practical tools** (therapy techniques, lifestyle changes, medical help when needed), you are waging a wise and effective battle against anxiety. The road may have bumps, but **healing and a joyful life in Christ are attainable**. Take it day by day, step by step, leaning on God's strength. Celebrate the progress, however small. Remember that even the heroes of faith had to battle fear – and God came through for them, as He will for you. Psalm 94:18–19 says, *"When I said, 'My foot is slipping,' Your unfailing love, Lord, supported me. When anxiety was great within me, Your consolation brought me joy."* Make that your testimony too. When you feel yourself slipping, cry out to God; His unfailing love is right there to steady you. He will bring you consolations – through a timely Bible verse, a kind word from a friend, a moment of worship, a breakthrough in therapy – that will spark joy again in your soul.

You are not defined by your anxiety; you are defined by being a beloved child of God. Your identity in Christ is secure (Ephesians 1:4–5), and **nothing** – not even fear itself – can separate you from His love (Romans 8:38–39). So, on the days anxiety knocks at your door, answer it with faith: *"I trust in God, and I will not be afraid"* (paraphrase of Psalm 56:3–4). Utilize the wisdom He's given (prayer and action hand in hand). And don't forget to rejoice in small blessings along the way – a good night's sleep, a verse that spoke to you, a panic-free drive to work, a hearty laugh with a friend. These are signs that joy is returning. As St. Augustine profoundly wrote in his *Confessions*, *"You have made us for Yourself, O Lord, and our heart is restless until it rests in You."* [[Augustine, Confessions I.1](#)]. True rest – the kind that cures our deepest restlessness and anxiety – is found in God alone. Little by little, as you learn to rest in Him, your heart will become more settled, anchored by the peace of Christ.

Be patient and kind to yourself in this journey. The Lord is patient with you, and He sings over you with love (Zephaniah 3:17). **A joyful, peace-filled life is possible** with God's help. Keep taking those brave steps. Surround yourself with supportive people. Stay rooted in Scripture. Embrace the tools of therapy or medicine if needed without shame. Pray continually. And know that Jesus walks with you every moment, even when you feel afraid. He whispers to you as He did to His disciples, *"Take courage! It is I. Don't be afraid"* (Matthew 14:27). May His perfect love cast out all your fear, and may you experience the "peace of God, which transcends understanding," guarding your heart and mind in Christ (Phil. 4:7). There is hope – a hope that does not disappoint, because **God is faithful**.

***"Cast all your anxiety on Him, because He cares for you."* – 1 Peter 5:7.**

<br>





## References:

1. Mayo Clinic Staff. "[Anxiety disorders – Symptoms and Causes](#)," *MayoClinic.org*. Accessed 2025. (Definition of anxiety disorders and symptoms interfering with daily life).
2. World Health Organization. "[Anxiety Disorders – Key Facts](#)," *WHO Fact Sheet*, Sept 27, 2023. (Global prevalence ~301 million, most common mental disorder, only ~27% get treatment).
3. National Institute of Mental Health (NIMH). "[Any Anxiety Disorder – Statistics](#)," Data from National Comorbidity Survey. (19.1% of U.S. adults had an anxiety disorder in past year; 31% lifetime prevalence; higher in females).
4. Stewart, W. C., et al. "Review of the Effect of Religion on Anxiety." *International Journal of Depression and Anxiety*, vol. 2, no. 1, 2019, Article 016. (Literature review of 32 studies: religious faith/practices generally associated with reduced anxiety; faith-based interventions beneficial in treatment).
5. Boelens, P. A., et al. (2012). "The Effect of Prayer on Depression and Anxiety: Maintenance of Positive Influence One Year After Prayer Intervention." *International Journal of Psychiatry in Medicine*, 43(1): 85-98. (Study referenced: 6-week prayer intervention led to less anxiety and depression at 1-month and 12-month follow-ups).
6. Koszycki, D., et al. (2014). "Randomized Trial of a Spirituality-Integrated Intervention for Generalized Anxiety Disorder (SBI-GAD) versus Conventional Cognitive Behavioral Therapy." *Journal of Clinical Psychology*, 70(6): 489-509. (Study referenced: spiritually-integrated therapy effective for GAD, comparable to CBT, with benefits up to 6 months).
7. Church and Mental Health. "[How Religious Practices Improve Mental Health](#)," ChurchAndMentalHealth.com, 2021. (Summary of studies: meditative prayer lowers blood pressure & cortisol; worship and community support reduce anxiety).
8. Gray, Bonnie. "Having Anxiety or Depression Doesn't Mean Your Faith Is Flawed." *Proverbs 31 Ministries Devotion*, March 3, 2023. [[Link](#)]. (Personal story of a Christian mom with panic attacks; debunks myths that anxiety = lack of faith; emphasizes God's care and using therapy).
9. Christianity Today. "[Sometimes, God's Provision Is Prozac](#)," *CT Magazine*, Jan 2023. (Article by a Christian mother on overcoming postpartum anxiety with prayer, therapy, and medication; reframing medication as part of God's provision for healing).
10. American Psychological Association. "[How Psychologists Help With Anxiety Disorders](#)," APA.org. Accessed 2025. (Notes that behavioral therapies, often combined with medication, are highly effective for treating anxiety; standard care recommendations).
11. Anxiety & Depression Association of America (ADAA). "[Facts & Statistics – Anxiety Disorders](#)," ADAA.org, updated Oct 28, 2022. (States anxiety disorders are very treatable; majority can be helped with professional care; lists therapy and medication as proven treatments).
12. Steadfast Christian Counseling. "[The Science Behind Anxiety: What's Happening in Your Brain When You Feel Stress?](#)" Blog post, Aug 20, 2024. (Explains role of amygdala, fight-or-flight response, and neurotransmitters like serotonin, norepinephrine, GABA in anxiety; how chronic anxiety can hypersensitize the brain).
13. BrainyQuote. "Corrie Ten Boom Quotes." [[Link](#)]. (Quote: "Worry does not empty tomorrow of its sorrow. It empties today of its strength." – Corrie ten Boom).
14. Augustine of Hippo. *Confessions*, Book I, Chapter 1. ("You have made us for Yourself, O Lord, and our heart is restless until it rests in You."). Quoted in Crossroads Initiative article: "[Our Heart is Restless Until It Rests in You](#)". (Classic theological perspective on finding peace only in God).