



## God and Anxiety: Testimonies of Healing and Hope

Anxiety is a reality of modern life that even devout Christians are not immune to. In fact, anxiety disorders are among the most common health conditions in society, affecting roughly 1 in 5 adults each year ([NIMH](#)), and about one in three over the course of a lifetime. Many faithful believers find themselves battling racing thoughts, panic attacks, or chronic worry that can sap their joy and dampen their relationship with God. The Bible tells us, *“Cast all your anxiety on Him because He cares for you”* (1 Peter 5:7), yet in the midst of anxious feelings, that instruction can be challenging to live out. The good news is that God offers hope and healing for anxious hearts – often through a combination of spiritual truth, supportive community, and even the wise use of medical help. In this article, we will explore what anxiety is, how faith and Scripture speak to it, real testimonies of healing, and practical ways to find peace through God while also embracing the benefits of therapy or medicine when needed.

### Understanding Anxiety – A Human and Physical Struggle

Anxiety, in simple terms, is an inner alarm system – our mind and body’s reaction to stress, uncertainty, or perceived danger. It’s related to *fear*, but while fear is usually a response to an immediate external threat, anxiety is often a lingering sense of dread or worry that can arise even without a clear immediate danger. As one Christian philosopher, Søren Kierkegaard, observed, **“anxiety is the dizziness of freedom,”** pointing to the way our human imagination can run wild with endless possibilities and potential problems. Experts note that **stress** is typically a short-term response to an external pressure or threat, whereas **anxiety** is often a longer-term internal reaction (essentially, worry about potential threats) – even after the immediate stressor is gone ([ADAA](#)). In practice, they overlap – chronic stress can morph into persistent anxiety – but the key point is that feeling anxious at times doesn’t make someone a “bad Christian” or a weak person; it makes them human.

From a physiological perspective, anxiety involves real, measurable processes in our nervous system. When we encounter a stressful situation, our brain’s amygdala sounds the alarm and triggers a cascade of **stress hormones**. The adrenal glands release adrenaline (epinephrine), causing immediate physical changes: the heart pounds faster, breathing quickens, muscles tense, and beads of sweat may appear as the body prepares to face a threat ([Harvard Health](#)). This carefully orchestrated “fight-or-flight” response is a God-given mechanism to protect us in emergencies. However, problems arise when this response is constantly activated by everyday pressures or persistent worry. Our bodies weren’t meant to stay in high gear indefinitely. Over time, repeatedly activating the stress response takes a toll on the body. Research suggests that chronic stress contributes to high blood pressure and even **brain changes** that may increase one’s risk of anxiety disorders or depression ([Harvard Health](#)). In short, anxiety is not “just in your head” or a personal failing; it often has a biological component and real health impacts.

It’s also important to distinguish normal anxiety from clinical anxiety. Everyone experiences some anxiety in life – for example, feeling nervous before a public speech or during a major life change is completely normal. But if worry and physical symptoms (like constant tension, sleep problems, or panic attacks) persist to the point of interfering with daily activities, an **anxiety disorder** may be present. Anxiety disorders are in fact the most common category of mental health disorders in the U.S., with multiple subtypes (generalized



anxiety, panic disorder, phobias, social anxiety, PTSD, OCD, etc.). These conditions are not rare; they're a widespread struggle. Recognizing this can help remove any stigma: suffering anxiety does not mean one lacks faith. In fact, as we'll see, many biblical figures and modern believers have walked through anxiety and found grace and healing along the way.

## What the Bible Says About Anxiety

Scripture directly addresses anxiety, worry, and fear many times, offering both comfort and practical guidance. Far from dismissing our anxious feelings, the Bible acknowledges them and points us toward a path of peace. One of the most oft-quoted passages on anxiety is **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."* This is not a harsh command to "just stop worrying"; rather, it's an invitation to **prayer** – to turn our worries into conversations with God – and to practice gratitude even in difficulty. The promise attached is that God's supernatural peace will stand guard over our hearts and minds, something countless Christians can testify to.

Jesus Himself spoke tenderly to anxious hearts. In the Sermon on the Mount, He said, *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"* (Matthew 6:34). He pointed to the birds of the air and flowers of the field, which are cared for by God's hand, reminding us that we are even more precious to our Heavenly Father (Matthew 6:25-33). The message is clear: **God knows our needs and cares for us**, so we can live one day at a time, trusting Him for the future. Similarly, **1 Peter 5:7** urges, *"Cast all your anxiety on Him because He cares for you."* The use of the word "cast" implies actively **throwing** our worries onto God – not because He'll be upset if we don't, but because He genuinely cares and can handle what we cannot.

The Bible is full of examples of faithful people wrestling with anxiety and finding solace in God. Many of the Psalms read like the journal of someone dealing with anxious thoughts. *"When anxiety was great within me, your consolation brought me joy,"* writes the psalmist (Psalm 94:19, NIV). In Psalm 55:22 we're encouraged to *"Cast your burden on the LORD, and He will sustain you; He will never permit the righteous to be moved."* The writer of that psalm, King David, often cried out to God about his fears and then found that God's presence calmed him: *"I sought the LORD, and He answered me; He delivered me from all my fears"* (Psalm 34:4). These ancient songs validate that even a "man after God's own heart" felt afraid at times, yet he learned to bring those fears to the Lord and trust in His comfort.

Even Jesus, in His humanity, experienced deep anxiety during His agony in the Garden of Gethsemane. The Gospel of Luke describes Jesus as *"being in anguish, He prayed more earnestly, and His sweat was like drops of blood falling to the ground"* (Luke 22:44). This phenomenon of sweating blood (hematidrosis) is a rare but real physical response to extreme stress. Jesus understands intense anxiety. How did He respond? Through honest, vulnerable prayer – *"Father, if You are willing, take this cup from Me; yet not My will, but Yours be done"* (Luke 22:42). He surrendered His fear to God's will, and afterward went forward with calm resolve to face the cross. The book of Hebrews reminds us that because Jesus endured such turmoil, *"we do not have a high priest who is unable to empathize with our weaknesses"* (Hebrews 4:15). He invites us to approach God's throne of grace boldly to find mercy and help in our time of need (Hebrews 4:16).

Throughout Scripture, the consistent refrain to the anxious soul is: *"Fear not, for I am with you"* (Isaiah 41:10). God's presence is the antidote to panic. He gives us not a spirit of fear, *"but of power and of love and of a*

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*sound mind*" (2 Timothy 1:7). Knowing this, we can start to replace the lies that fuel anxiety ("I'm all alone in this," "It's all on me to solve this") with the truths of God's Word ("God is with me; I'm never alone," "He will help and sustain me"). Replacing anxious thoughts with scriptural truth is essentially what the Apostle Paul meant by *"be transformed by the renewing of your mind"* (Romans 12:2). It's a process – learning day by day to see our circumstances through the lens of God's promises instead of our fears – but it truly can change how we experience anxiety.

## Testimonies of Healing – Finding Peace in Christ

Does faith in God really make a difference for anxiety? **Yes – profoundly so**, according to both personal testimonies and research. For example, a recent nationwide study found that young adults who engage with the Bible regularly experience about **half the anxiety** of those who do not – a *"stunning" difference*, according to the researchers ([Baptist Press](#)). The American Bible Society's 2024 survey showed that spiritually engaged young people had dramatically lower clinical anxiety scores than their peers, highlighting the impact of grounding one's mind in Scripture and prayer. This doesn't mean reading the Bible is a magic cure-all, but it strongly suggests that internalizing God's truth and staying connected to Him has a real, measurable effect on our emotional well-being.

Beyond studies and statistics, countless believers have shared stories of God helping them overcome or manage anxiety. Some have experienced miraculous, immediate deliverance from panic and fear through prayer. For many others, healing has been a gradual journey – a combination of spiritual growth and practical help. Consider the testimony of **Roxane**, a Christian woman who battled severe anxiety and depression for years, including postpartum anxiety and intrusive OCD thoughts after the birth of her children. **"My struggles with anxiety and depression are not easy to talk about. But knowing God is right here with me is why I can tell my story,"** she admits – Roxane shared in a [WMU blog testimony](#) – *"By sharing what I went through and where I am now, I hope to point others to Jesus Christ."* Roxane eventually sought counseling and was prescribed medication for a time – steps that she says God used to start her on the road to healing. *"God used my husband's love when he insisted that I seek professional help,"* she writes, acknowledging that she needed both spiritual and medical support. As she continued walking with Christ, she learned to identify the lies in her thought life and *"renew [her] mind"* with Scripture, applying verses like Romans 12:2 and 2 Corinthians 10:5 (which talks about taking every thought captive). She would consciously **replace toxic, fearful thoughts with the promises of God's Word** – for example, when plagued by a mental image of harm coming to a loved one, she countered it with truths of God's protection and goodness. Over time, this practice greatly diminished the power of her intrusive thoughts.

Roxane describes eventually experiencing a supernatural peace: *"The peace is so evident at times it feels as though the hand of God is on my head and keeping it calm,"* she says. After much prayer and with her doctor's blessing, she was able to wean off her anxiety medication – and found that her obsessive fears did **not** return. *"It's not that I never have scary thoughts anymore, but many things that went on in my head are truly gone, and that is a miracle!"* she testifies ([WMU Testimony](#)). She gives full credit to Jesus as the ultimate healer: *"You want to know who did it? His name is Jesus! ... People need to know the peace and healing I have found in Jesus Christ,"* Roxane proclaims. Yet in the same breath, she emphasizes that seeking treatment was critical and that it's **"OK" if others still need medication and therapy to manage their mental health**. In her words, *"Many people still need medication and therapy to manage their mental health, and that's OK. God is completely able to heal, but just as physical illnesses still occur, He has provided ways for professionals to help us."* ([WMU Testimony](#)). This holistic outlook – combining faith and professional help – is key, and it echoes the experience of many Christians.

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Another believer shared how God's provision lightened her anxiety in indirect ways. She hadn't received an instantaneous miracle that made all her worries vanish; instead, she found that **God "lifted the burden" gradually by providing resources**. He led her to a compassionate Christian therapist and the right medication to stabilize her symptoms, and even blessed her with a supportive, patient husband who helps calm her during anxiety flares. Through these means, and by anchoring herself in the hope of Christ, she now has peace in knowing that *"no matter what happens or how I feel, all is well because of my relationship with Him."* Her anxiety no longer rules her life, because she has seen that God is truly with her and for her. As another individual described, once she grasped that **Jesus is always by her side**, her panic began to melt away: *"I realized I was never alone and never will be... Jesus is with you right now as you read this,"* she reminds others. These testimonies illustrate an important truth: **faith in God makes a real difference in anxiety, but it often works hand-in-hand with practical help**. Sometimes the Holy Spirit's work in healing anxiety is direct and inward – flooding a person with unexplainable peace during prayer. Other times, God's answer comes through external help: a timely counseling session, a medical intervention, an encouraging word from a friend, or the gradual growth of new thought patterns as one meditates on Scripture. In all cases, God is the source of the healing, and the glory goes to Him, even as He may employ various tools in the process.

## Finding Peace Through Faith – Prayer, Scripture, and Surrender

For a Christian struggling with anxiety, engaging in certain spiritual practices can be profoundly therapeutic – not only for the soul, but even for the mind and body. One of the most powerful of these is **prayer**. For example, a recent article in *Psychology Today* noted that *"prayer can reduce stress, anxiety, and negative emotions,"* often by providing a sense of connection to a higher power and fostering feelings of support and control ([Psychology Today](#)). In other words, prayer isn't just a religious duty; it is a proven stress-reliever. When we pray, we consciously shift our focus from the whirl of anxious thoughts to the presence of God, who is bigger than our problems. Prayer acts as a **protective factor** by offering comfort and a coping mechanism to manage stress during difficult moments. It's essentially an act of release – we talk to God about what worries us and, in doing so, we symbolically hand those worries over to Him. This aligns perfectly with the scriptural command to *"cast your cares on the Lord"* (Psalm 55:22) and with Christ's invitation, *"Come to Me, all who are weary and burdened, and I will give you rest"* (Matthew 11:28).

A practical tip is to turn every anxious thought into a prayer as soon as you recognize it. For example, if you find yourself worrying, *"What if I lose my job?"*, take that thought and redirect it upward: "Lord, I'm really concerned about my job security. Please provide for me, give me favor with my employers, and fill me with peace about the future." Then deliberately **recall a promise** of God's faithfulness, such as *"My God will supply every need of yours according to His riches in glory in Christ Jesus"* (Philippians 4:19). Doing this follows the Philippians 4:6 prescription of prayer + petition + thanksgiving. In fact, practicing *gratitude* is a powerful anxiety antidote. Giving thanks – even for small blessings in your day or simply for God's character and salvation – shifts your mind toward the positive and reminds you of God's past faithfulness. Many Christians testify that when they begin thanking God in the midst of anxiety, the grip of fear loosens. Gratitude, like prayer, has been shown even in secular studies to increase resilience and improve mood.

Meditating on **Scripture** is another faith-based strategy that directly combats anxiety. When Jesus was tempted and anxious in the wilderness, He responded by quoting Scripture to counter lies and fears (Matthew 4:1–11). We can do the same in the face of anxious thoughts. If, for instance, you are plagued by a persistent worry about finances, you might repeat Philippians 4:19 (God's promise to provide) or Psalm 23:1 (*"The LORD is my shepherd; I lack nothing"*) whenever the worry arises. If you're dealing with social anxiety or



feeling inadequate, you can cling to a promise like *“God has said, ‘Never will I leave you; never will I forsake you’”* (Hebrews 13:5) or *“I can do all things through Christ who strengthens me”* (Philippians 4:13). There are many “fear not” verses in the Bible – in fact, it’s often noted that some form of *“Do not be afraid”* appears 365 times in Scripture, a daily reminder for us. The point is, **God’s Word has power**. When anxious thoughts swirl, speaking or writing down a relevant verse is like shining a light in a dark room. It breaks the cycle of rumination and injects truth into the situation.

One particularly effective approach is **challenging anxious thoughts with biblical truth**, akin to a spiritual version of cognitive-behavioral therapy. Cognitive-behavioral therapy (CBT) is a widely used psychological method that helps people identify distorted thinking and replace it with more realistic thoughts. Interestingly, the Bible has encouraged a similar idea for millennia: *“take captive every thought to make it obedient to Christ”* (2 Corinthians 10:5) and *“think about things that are true, honorable, just, pure, lovely, and commendable”* (Philippians 4:8). In practice, this means when your mind is stuck on a worst-case scenario or an irrational fear, pause and examine that thought in light of God’s truth. Ask: *“Is this thought really true? Does it align with what God has promised?”* If not, actively swap it out for a thought that is true. For example, instead of *“I’m in this alone and everything depends on me,”* tell yourself, *“God is with me (Isaiah 41:10), and He will help me do what I need to do.”* Instead of *“I’m going to fail; I just know it,”* remind yourself, *“God has plans to give me hope and a future, not to harm me (Jeremiah 29:11).”* By continuously doing this, you are essentially **rewiring your mental habits**. Our brains have a quality called neuroplasticity – they form new neural pathways in response to repeated thoughts and behaviors. When you consistently choose to trust God’s promises over the anxious narratives your mind invents, you are training your brain to respond to stress in healthier, faith-filled ways. As Roxane discovered in her journey, *“continual toxic thoughts rewired [her] brain”* negatively, but **replacing those lies with the truth of Scripture** allowed God to restore her mind’s peace and balance.

Other faith-based practices can help cultivate peace as well. **Worship and praise** – for instance, playing a favorite worship song and singing to God – can lift your focus upward and break through anxiety. Music has a direct soothing effect on the brain, and when that music is filled with truth about God’s love and power, it’s doubly encouraging. Some believers find that **journaling** their fears as prayers to God brings relief, as it helps release burdens onto paper and into God’s hands. **Fellowship** is important too: sharing your struggles with trusted friends, a pastor, or a support group means you don’t carry the burden alone. The Apostle Paul encouraged believers to *“bear one another’s burdens”* (Galatians 6:2), and that includes emotional burdens like anxiety. Sometimes just talking with a fellow Christian who listens with empathy and reminds you of God’s faithfulness can lighten an anxiety load. Don’t underestimate the comfort of the **church community** – even the simple act of attending church, praying and singing together with others, can reassure your heart that God is in control and you have support.

Above all, **remember that God’s presence is with you**. Cultivate an awareness of *Emmanuel* – “God with us.” One practical exercise is to imagine Jesus physically sitting next to you when you feel afraid, and even speak to Him out loud if you need to, saying, *“Lord, I know You’re here. Please steady me.”* The Holy Spirit is called the **Comforter** (John 14:26), and He truly can impart a calm that transcends understanding. Take slow, deep breaths and pray, *“Holy Spirit, fill me with Your peace,”* when anxiety wells up. These spiritual tools, while simple, are powerful because they invite the very real presence of God into the moment of panic.

To illustrate the difference this can make, consider a piece of wisdom from Corrie ten Boom – a Christian who survived the horrors of a World War II concentration camp by clinging to faith. Corrie famously said, *“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”* ([Corrie ten Boom quote](#)) In





other words, when we anxiously live in tomorrow's potential troubles, we miss the grace God is giving us today. By refusing to dwell on "what ifs" and instead focusing on God's strength for **this** day, we preserve our energy and joy in the present. Jesus echoed a similar wisdom, teaching that each day has enough trouble of its own (Matthew 6:34) – essentially, *"Don't borrow trouble from the future."* Staying present with God today is the best way to be prepared for whatever comes tomorrow. And indeed, when tomorrow comes, if we have cultivated that habit of trust, we find that God's new mercies are waiting for us there (Lamentations 3:22-23) to handle its challenges.

## The Role of Medicine and Counseling – God's Help Through Professionals

While faith practices are essential, Christians should also know that **seeking professional help for anxiety is perfectly compatible with trusting God**. There is a misconception in some circles that taking medication for anxiety or seeing a therapist indicates a lack of faith or a failure to "pray enough." In truth, the opposite can be the case – utilizing the tools of modern medicine and psychology can be a form of wise stewardship of the body and mind God gave you, and it often works in tandem with your spiritual growth.

Think of it this way: if you were diagnosed with diabetes, you would likely pray for healing *and* take insulin as the doctor prescribes, without feeling that those actions contradict each other. Similarly, treating an anxiety disorder with therapy or medication can be viewed as accepting a provision of God's grace. It's not an either/or scenario – you can take anti-anxiety medication **and** continue to pray fervently and work on spiritual growth. In fact, removing the crippling physical symptoms of anxiety may free you up to seek God and serve others more effectively. As one Christian counselor wisely noted, taking medication for anxiety or depression is no more a lack of faith than taking an antibiotic for an infection; rather, it's a tool that can help you function and even enable you to draw closer to God as you heal.

From a biblical perspective, using medical interventions for mental health is certainly not condemned. As the Biblical Counseling Center observes, using psychiatric medication for anxiety can be considered a matter of **Christian liberty** – not a sin issue – to be approached with wisdom and prayerful decision-making ([Biblical Counseling Center](#)). They point out that *"while it is not wrong to take medicine to feel better, it is naïve to think that medicine alone is the answer"* for long-term life change. In other words, medication can alleviate symptoms, but usually it works best in combination with addressing the underlying thoughts, behaviors, and spiritual needs. To use an analogy: a medication might calm your racing heart and clear the fog of panic enough that you're able to absorb a sermon, pray, or participate in therapy – thus contributing to deeper healing. Many Christian health professionals encourage a **both-and** approach: pray for God's help and wisdom *and* if needed consult a doctor or psychiatrist who can prescribe something to help your brain chemistry balance out. Far from showing lack of faith, it can be an act of humility – acknowledging that God can work through doctors and medicine just as He works through pastors and prayer.

**Therapy** itself can be a Godsend (literally!). Christian therapists who integrate psychological techniques with biblical truth can provide a safe space to work through issues of both mind and soul. Even a well-trained secular therapist can offer valuable strategies for managing anxiety – techniques for relaxation, healthy thinking patterns, facing feared situations gradually, and so on – which in no way diminish one's faith. There is no reason a Christian should feel shame in benefiting from these tools. In fact, many believers have found that counseling helped them better understand how to apply their faith. For example, learning about how breathing exercises can physiologically calm the nervous system might deepen one's appreciation for



the biblical concept of meditation and stillness before God. Or uncovering a buried childhood wound with a counselor's help might enable a person to finally invite Jesus' healing into that specific hurt. Professional counselors are equipped to discern when anxiety might be linked to trauma or other conditions that need specialized treatment (for instance, distinguishing PTSD flashbacks from generalized anxiety, or OCD from ordinary worry) and to employ the appropriate therapeutic methods. They can also teach practical skills – from time management to conflict resolution – that reduce certain life stressors that feed anxiety.

Sometimes people discover that their anxiety has a partial **physical cause**. It's worth getting a check-up to see if things like thyroid levels, vitamin deficiencies, or other medical issues could be contributing. Treating those can alleviate anxiety symptoms significantly. Our bodies and minds are interconnected, and God cares about both. Jesus healed people both spiritually and physically, and we can approach our own healing in the same integrated way. It's notable that one of the gospel writers, Luke, was a physician – the early church did not see medicine as opposed to God's work, but rather as another avenue of His grace.

Churches today are increasingly recognizing the importance of mental health. Many churches offer referrals to Christian counselors, support groups for issues like anxiety and depression, or recovery programs where people can share and pray for each other. If you are struggling with severe anxiety, **do not hesitate to reach out** – to a healthcare provider, a licensed counselor, or a wise mentor in your church. As Roxane's story highlighted, God often *"provides ways for professionals to help us."* Seeking help is not a lack of faith; it can be an *extension* of faith – believing that God will work through the means He has provided in our world. On the flip side, refusing needed help out of pride or fear of judgment can actually be dangerous. There's nothing virtuous about suffering needlessly when God has opened doors for your relief.

Finding the right balance is important. We continue to rely on God as our ultimate healer even as we utilize medicine or therapy. It's not an either/or. You might take an anti-anxiety medication to steady your nerves, and at the same time pray for God's peace to fill your heart. You can have a therapist teach you coping techniques while also leaning on your Christian friends for prayer support. All these pieces can work together. A great biblical example of holistic care is the prophet Elijah (1 Kings 19). After Elijah faced intense stress and fear (to the point of praying that he might die), God's response was to **first** let Elijah sleep and eat – addressing his physical exhaustion – and **then** to speak to him in a gentle whisper with a new spiritual assignment – addressing his soul. Physical restoration and spiritual encouragement went hand in hand. In the same way, a sabbath rest, proper nutrition, exercise, or medication might attend to your body's needs, while prayer, Scripture, and fellowship attend to your spirit. **God is the giver of all good gifts**, whether "spiritual" or "medical." Embracing both sides of healing does not diminish His glory – it magnifies it, as we see His wisdom and love caring for the whole person.

## Conclusion: Hope for the Anxious Heart

If you are a Christian struggling with anxiety, take heart: **you are not alone, and there is hope**. Jesus, who loves you, calls you His friend and promises, *"Peace I leave with you; My peace I give you... Do not let your hearts be troubled and do not be afraid"* (John 14:27). That peace He offers is not a trite cliché – it is something real that can anchor your soul even when your nerves feel out of control. You may find that peace through a deep breath and a whispered prayer in the midst of a panic attack, or gradually over months of immersing yourself in Scripture and counseling. Likely, it will be both sudden **and** gradual in different ways. But as you persist, you will see progress. God can bring you from a place of constant fear to one of increasing freedom and joy.



Remember that each small step is significant. Maybe today you managed to interrupt an anxious thought with a verse from the Psalms – that's a victory. Maybe you had the courage to open up to a pastor or make a counseling appointment – that's faith in action. Celebrate those steps. God is walking with you in this journey. As it says in Isaiah 26:3, *"You will keep in perfect peace those whose minds are steadfast, because they trust in You."* Cultivating a steadfast mind – one that consistently returns to trusting God – is a process, but God honors it by pouring in His perfect peace.

In the end, the goal is not just to *get rid* of anxiety, but to know Christ more deeply through whatever we face. Often, God uses our struggles to draw us nearer to Him. Many who have come out the other side of intense anxiety can testify that their relationship with Jesus grew stronger in the struggle. They experienced God as Comforter, Provider, and Healer in ways they never otherwise would have. That can become your testimony too. The Lord can use what the enemy meant for evil (crippling fear) and turn it for good (a story of His faithfulness).

As you trust Him and also utilize the tools He provides – prayer, Scripture, supportive people, and yes, wise therapy or medicine – you will, step by step, move toward healing. It may be two steps forward, one step back at times, but **God's promise stands: He will never leave you nor forsake you** (Hebrews 13:5). Your anxious thoughts do not define you; your identity as God's beloved child does. And "anxious" is not where He will leave you – He is leading you into peace. Philippians 4:7 assures us that God's peace *"will guard your hearts and your minds in Christ Jesus."* Picture that: His peace standing guard like a vigilant soldier at the door of your mind, keeping worry at bay. This is the inheritance of all who belong to Christ.

In closing, take encouragement from the Apostle Peter's words to believers who had plenty of reasons to fear: *"Cast all your anxiety on Him, because He cares for you"* (1 Peter 5:7). That "all" means every single concern on your mind, big or small. You can hand them over to Jesus because **He truly does care**. You are not bothering Him with your anxiety; you are beloved to Him. As you do this daily – casting your burdens onto Him – you will gradually find, like so many others, that the weight of anxiety is replaced by the lightness of God's peace. That is the testimony of countless Christians through the ages, and by God's grace, it can be yours as well.

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