

## 25 Incredible Calming Bible Verses

Stress can attack us at any time and from any direction. This brings us heartache, anxiety, turmoil, and confusion to the forefront of our emotional and physical state. Seeking out the Lord and relying upon his strength is key to bring us back into a calming state. Having trust and faith in the Lord is the starting path to peace of mind. These incredible calming bible verses will get you started on a path of healing and restoration today.

### | 1 John 4:18

“There is not fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

### | 1 Peter 3:14

“But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”

### | 1 Peter 5:7

“Cast all your anxiety on him; because he cares for you.”

### | 2 Corinthians 12:10

“When you’ve done everything you can do, that’s when God will step in and do what you can’t do.”

### | 2 Thessalonians 3:16

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.”

### | 2 Timothy 1:7

“For God hath not given us the spirit of fear; but of power, and of love...”

### | Colossians 3:15

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

### | Galatians 5:22

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness.”

### | Hebrews 12:14

“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.”

**| Isaiah 26:3**

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

**| Isaiah 41:10**

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”

**| Isaiah 41:13**

“For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you.”

**| Jeremiah 29:11**

“For I know the plans I have for you,” declares the Lord, “plans for wholeness and not for evil, to give you a future and a hope.”

**| John 14:1**

“Do not let your hearts be troubled. You believe in God; believe also in me.”

**| John 14:27**

“Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.”

**| Joshua 1:9**

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

**| Matthew 11:28-30**

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

**| Philippians 4:13**

“I can do all things through Christ which strengthens me.”

**| Philippians 4:6**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

**| Proverbs 3:5**

“Trust in the Lord with all your heart and do not lean on your own understanding.”

**| Psalm 23:4**

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

**| Psalm 34:4**

“I prayed to the Lord and he answered me; he freed me from all my fears.”

**| Psalm 55:22**

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

**| Psalm 56:3**

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

**| Psalm 94:19**

“When anxiety was great within me your consolation brought me joy.”

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