



FaithWorks Counseling

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

www.FaithWorksCounseling17.com

Scriptures for Battling Health Anxiety and Excessive Worry

When Fear Says, Something Is Wrong With Me.

When I am afraid, I put my trust in You. --- *Psalm 56:3*

Truth-Based Self-Talk: *Fear is present, but I can choose trust over fear.*

When Worry Takes Over

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

Truth-Based Self-Talk: *I do not have to carry this burden alone. God cares about what concerns me.*

When You Need Peace Instead of Constant Reassurance

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... will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

Truth-Based Self-Talk: *My goal is not certainty. My goal is God's peace.*

When Anxiety Creates Worst-Case Scenarios

For God has not given us a spirit of fear, but of power and of love and of a sound mind. --- *2 Timothy 1:7*

Truth-Based Self-Talk: *I can think clearly and wisely instead of assuming the worst.*

When You Feel Out of Control

Trust in the Lord with all your heart and lean not on your own understanding. --- *Proverbs 3:5*

Truth-Based Self-Talk: *I do not have to understand everything to trust God.*

When You Need Strength to Tolerate Uncertainty

You will keep in perfect peace those whose minds are steadfast, because they trust in You. --- *Isaiah 26:3*

Truth-Based Self-Talk: *I can focus on God's faithfulness instead of endless 'what ifs.'*

When Anxiety Feels Overwhelming

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

Truth-Based Self-Talk: *I am not facing this fear alone.*

When You Are Tempted to Catastrophize

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable... think about such things. --- *Philippians 4:8*

Truth-Based Self-Talk: *I will focus on what is true, not what anxiety imagines.*

When You Need a Reminder of God's Daily Care

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. --- *Matthew 6:34*

Truth-Based Self-Talk: *I will focus on today instead of worrying about future possibilities."*

A Scripture-Based Replacement for the Anxiety Cycle

Trigger: Physical symptom appears.

Anxious Thought: *This could be something serious.*

Truth-Based Thought: *When I am afraid, I put my trust in You. --- Psalm 56:3*

Behavior: Pause, pray, breathe, and examine the evidence rather than immediately seeking reassurance.

Result: Greater peace, increased trust, and less dependence on fear-driven behaviors.

Prayer for Health Anxiety

Lord, when fear tells me that something is wrong, help me remember what is true. Give me wisdom to separate facts from fearful assumptions. Teach me to trust You when I feel uncertain and to rest in Your care instead of seeking constant reassurance. Help me take every anxious thought captive and replace it with Your truth. Amen.

Key verse:

You will keep in perfect peace those whose minds are steadfast, because they trust in You. --- Isaiah 26:3

This verse captures the central therapeutic goal: shifting attention away from fear and uncertainty and toward trust, truth, and peace.