

# Anxiety

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*In the multitude of my [anxieties](#) within me, Your comforts delight my soul.  
Psalms 94:19*

*Wounds, sin and lies produce in us anxieties of various kinds. God's ability and willingness to overcome these and comfort us is routinely experienced in Immanuel sessions. In fact, each victory builds our capacity to trust Him more as He continues to heal us. Little by little, we realize that Jesus is causing us to experience kingdom living: righteousness, peace and joy in the Holy Spirit.*

Studies included in is article are: Anxiety; Anxieties; Anxious; Dread; Trembling; Turmoil; Anguish; Disquiet; Disquieted; Agitated; Concern; Concern (Related to); Worry

For more information on this topic, please see: "Fear Not"; "Cried Out To The Lord"; "Tribulations"; "Groanings"; "Down But Not Out"

## Anxiety

Proverbs 12:25 [Anxiety](#) in the heart of man causes depression, But a good word makes it glad.

Ezekiel 4:16 Moreover He said to me, "Son of man, surely I will cut off the supply of bread in Jerusalem; they shall eat bread by weight and with [anxiety](#), and shall drink water by measure and with dread."

Ezekiel 12:18 Son of man, eat your bread with quaking, and drink your water with trembling and [anxiety](#).

Ezekiel 12:19 And say to the people of the land, "Thus says the Lord GOD to the inhabitants of Jerusalem and to the land of Israel: "They shall eat their bread with [anxiety](#), and drink their water with dread, so that her land may be emptied of all who are in it, because of the violence of all those who dwell in it."

## Anxieties

Psalms 94:19 In the multitude of my [anxieties](#) within me, Your comforts delight my soul.

Psalms 139:23 Search me, O God, and know my heart; Try me, and know my [anxieties](#).

## Anxious

1 Samuel 9:20 But as for your donkeys that were lost three days ago, do not be [anxious](#) about them, for they have been found. And on whom *is* all the desire of Israel? *Is it* not on you and on all your father's house?

Job 20:2 Therefore my [anxious](#) thoughts make me answer, Because of the turmoil within me.

Jeremiah 17:8 For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.

Daniel 2:3 And the king said to them, "I have had a dream, and my spirit is anxious to know the dream."

Luke 12:26 If you then are not able to do *the* least, why are you anxious for the rest?

Luke 12:29 And do not seek what you should eat or what you should drink, nor have an anxious mind.

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

## **Dread**

Genesis 9:2 And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move *on* the earth, and on all the fish of the sea. They are given into your hand.

Exodus 1:12 But the more they afflicted them, the more they multiplied and grew. And they were in dread of the children of Israel.

Exodus 15:16 Fear and dread will fall on them; By the greatness of Your arm They will be *as* still as a stone, Till Your people pass over, O LORD, Till the people pass over Whom You have purchased.

Numbers 22:3 And Moab was exceedingly afraid of the people because they *were* many, and Moab was sick with dread because of the children of Israel.

Deuteronomy 2:25 "This day I will begin to put the dread and fear of you upon the nations under the whole heaven, who shall hear the report of you, and shall tremble and be in anguish because of you."

Deuteronomy 11:25 No man shall be able to stand against you; the LORD your God will put the dread of you and the fear of you upon all the land where you tread, just as He has said to you.

Job 9:34 Let Him take His rod away from me, And do not let dread of Him terrify me.

Job 13:11 Will not His excellence make you afraid, And the dread of Him fall upon you?

Job 13:21 Withdraw Your hand far from me, And let not the dread of You make me afraid.

Psalms 119:39 Turn away my reproach which I dread, For Your judgments *are* good.

Isaiah 7:16 "For before the Child shall know to refuse the evil and choose the good, the land that you dread will be forsaken by both her kings.

Isaiah 8:13 The LORD of hosts, Him you shall hallow; *Let* Him *be* your fear, And *let* Him *be* your dread.

Ezekiel 4:16 Moreover He said to me, "Son of man, surely I will cut off the supply of bread in Jerusalem; they shall eat bread by weight and with anxiety, and shall drink water by measure and with dread."

Ezekiel 12:19 And say to the people of the land, "Thus says the Lord GOD to the inhabitants of Jerusalem and to the land of Israel: "They shall eat their bread with anxiety, and drink their water with [dread](#), so that her land may be emptied of all who are in it, because of the violence of all those who dwell in it.

## Trembling

Exodus 15:15 Then the chiefs of Edom will be dismayed; The mighty men of Moab, [Trembling](#) will take hold of them; All the inhabitants of Canaan will melt away.

Deuteronomy 28:65 "And among those nations you shall find no rest, nor shall the sole of your foot have a resting place; but there the LORD will give you a [trembling](#) heart, failing eyes, and anguish of soul.

1 Samuel 13:7 And *some of* the Hebrews crossed over the Jordan to the land of Gad and Gilead. As for Saul, he *was* still in Gilgal, and all the people followed him [trembling](#).

1 Samuel 14:15 And there was [trembling](#) in the camp, in the field, and among all the people. The garrison and the raiders also trembled; and the earth quaked, so that it was a very great [trembling](#).

Ezra 10:9 So all the men of Judah and Benjamin gathered at Jerusalem within three days. It *was* the ninth month, on the twentieth of the month; and all the people sat in the open square of the house of God, [trembling](#) because of *this* matter and because of heavy rain.

Job 4:14 Fear came upon me, and [trembling](#), Which made all my bones shake.

Job 21:6 Even when I remember I am terrified, And [trembling](#) takes hold of my flesh.

Psalms 2:11 Serve the LORD with fear, And rejoice with [trembling](#).

Psalms 55:5 Fearfulness and [trembling](#) have come upon me, And horror has overwhelmed me.

Isaiah 51:17 Awake, awake! Stand up, O Jerusalem, You who have drunk at the hand of the LORD The cup of His fury; You have drunk the dregs of the cup of [trembling](#), And drained *it* out.

Isaiah 51:22 Thus says your Lord, The LORD and your God, *Who* pleads the cause of His people: "See, I have taken out of your hand The cup of [trembling](#), The dregs of the cup of My fury; You shall no longer drink it.

Jeremiah 30:5 For thus says the LORD: "We have heard a voice of [trembling](#), Of fear, and not of peace.

Ezekiel 12:18 Son of man, eat your bread with quaking, and drink your water with [trembling](#) and anxiety.

Ezekiel 26:16 "Then all the princes of the sea will come down from their thrones, lay aside their robes, and take off their embroidered garments; they will clothe themselves with [trembling](#); they will sit on the ground, tremble *every* moment, and be astonished at you.

Daniel 10:11 And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you." While he was speaking this word to me, I stood [trembling](#)."

Hosea 11:10 They shall walk after the LORD. He will roar like a lion. When He roars, Then *His* sons shall come [trembling](#) from the west.

Hosea 11:11 "They shall come [trembling](#) like a bird from Egypt, Like a dove from the land of Assyria. And I will let them dwell in their houses," Says the LORD.

Hosea 13:1 When Ephraim spoke, [trembling](#), He exalted *himself* in Israel; But when he offended through Baal *worship*, he died.

Mark 5:33 But the woman, fearing and [trembling](#), knowing what had happened to her, came and fell down before Him and told Him the whole truth.

Luke 8:47 Now when the woman saw that she was not hidden, she came [trembling](#); and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately.

Acts 9:6 So he, [trembling](#) and astonished, said, "Lord, what do You want me to do?" Then the Lord *said* to him, "Arise and go into the city, and you will be told what you must do."

Acts 16:29 Then he called for a light, ran in, and fell down [trembling](#) before Paul and Silas.

1 Corinthians 2:3 I was with you in weakness, in fear, and in much [trembling](#).

2 Corinthians 7:15 And his affections are greater for you as he remembers the obedience of you all, how with fear and [trembling](#) you received him.

Ephesians 6:5 Bondservants, be obedient to those who are your masters according to the flesh, with fear and [trembling](#), in sincerity of heart, as to Christ.

Philippians 2:12 Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and [trembling](#).

Hebrews 12:21 And so terrifying was the sight *that* Moses said, "I am exceedingly afraid and [trembling](#)."

## **Turmoil**

2 Chronicles 15:5 And in those times *there was* no peace to the one who went out, nor to the one who came in, but great [turmoil](#) *was* on all the inhabitants of the lands.

Job 20:2 Therefore my anxious thoughts make me answer, Because of the [turmoil](#) within me.

Job 30:27 My heart is in [turmoil](#) and cannot rest; Days of affliction confront me.

Psalms 38:8 I am feeble and severely broken; I groan because of the [turmoil](#) of my heart.

## **Anguish**

Genesis 42:21 Then they said to one another, "We *are* truly guilty concerning our brother, for we saw the [anguish](#) of his soul when he pleaded with us, and we would not hear; therefore this distress has come upon us."

Exodus 6:9 So Moses spoke thus to the children of Israel; but they did not heed Moses, because of [anguish](#) of spirit and cruel bondage.

Deuteronomy 2:25 'This day I will begin to put the dread and fear of you upon the nations under the whole heaven, who shall hear the report of you, and shall tremble and be in [anguish](#) because of you.'

Deuteronomy 28:65 And among those nations you shall find no rest, nor shall the sole of your foot have a resting place; but there the LORD will give you a trembling heart, failing eyes, and [anguish](#) of soul.

1 Samuel 1:10 And she *was* in bitterness of soul, and prayed to the LORD and wept in [anguish](#).

2 Samuel 1:9 He said to me again, 'Please stand over me and kill me, for [anguish](#) has come upon me, but my life still *remains* in me.'

Job 6:10 Then I would still have comfort; Though in [anguish](#), I would exult, He will not spare; For I have not concealed the words of the Holy One.

Job 7:11 Therefore I will not restrain my mouth; I will speak in the [anguish](#) of my spirit; I will complain in the bitterness of my soul.

Job 15:24 Trouble and [anguish](#) make him afraid; They overpower him, like a king ready for battle.

Psalms 38:18 For I will declare my iniquity; I will be in [anguish](#) over my sin.

Psalms 77:10 And I said, "This *is* my [anguish](#); *But I will remember* the years of the right hand of the Most High."

Psalms 119:143 Trouble and [anguish](#) have overtaken me, *Yet Your commandments are* my delights.

Proverbs 1:27 When your terror comes like a storm, And your destruction comes like a whirlwind, When distress and [anguish](#) come upon you.

Isaiah 8:22 Then they will look to the earth, and see trouble and darkness, gloom of [anguish](#); and *they will be* driven into darkness.

Isaiah 30:6 The burden against the beasts of the South. Through a land of trouble and [anguish](#), From which *came* the lioness and lion, The viper and fiery flying serpent, They will carry their riches on the backs of young donkeys, And their treasures on the humps of camels, To a people *who* shall not profit;

Jeremiah 4:31 "For I have heard a voice as of a woman in labor, The [anguish](#) as of her who brings forth her first child, The voice of the daughter of Zion bewailing herself; She spreads her hands, *saying*, 'Woe *is* me now, for my soul is weary Because of murderers!'

Jeremiah 6:24 We have heard the report of it; Our hands grow feeble. [Anguish](#) has taken hold of us, Pain as of a woman in labor.

Jeremiah 15:8 Their widows will be increased to Me more than the sand of the seas; I will bring against them, Against the mother of the young men, A plunderer at noonday; I will cause [anguish](#) and terror to fall on them suddenly.

Jeremiah 49:24 Damascus has grown feeble; She turns to flee, And fear has seized *her*. [Anguish](#) and sorrows have taken her like a woman in labor.

Jeremiah 50:43 "The king of Babylon has heard the report about them, And his hands grow feeble; [Anguish](#) has taken hold of him, Pangs as of a woman in childbirth.

Ezekiel 30:4 The sword shall come upon Egypt, And great [anguish](#) shall be in Ethiopia, When the slain fall in Egypt, And they take away her wealth, And her foundations are broken down.

Ezekiel 30:9 On that day messengers shall go forth from Me in ships To make the careless Ethiopians afraid, And great [anguish](#) shall come upon them, As on the day of Egypt; For indeed it is coming!

John 16:21 A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the [anguish](#), for joy that a human being has been born into the world.

Romans 2:9 Tribulation and [anguish](#), on every soul of man who does evil, of the Jew first and also of the Greek.

2 Corinthians 2:4 For out of much affliction and [anguish](#) of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

## **Disquiet**

Jeremiah 50:34 Their Redeemer *is* strong; The LORD of hosts *is* His name. He will thoroughly plead their case, That He may give rest to the land, And [disquiet](#) the inhabitants of Babylon.

## **Disquieted**

Psalms 42:5 Why are you cast down, O my soul? And *why* are you [disquieted](#) within me? Hope in God, for I shall yet praise Him *For* the help of His countenance.

Psalms 42:11 Why are you cast down, O my soul? And why are you [disquieted](#) within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Psalms 43:5 Why are you cast down, O my soul? And why are you [disquieted](#) within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

## **Agitated**

Ezekiel 16:43 "Because you did not remember the days of your youth, but [agitated](#) Me with all these *things*, surely I will also recompense your deeds on *your own* head," says the Lord GOD. "And you shall not commit lewdness in addition to all your abominations."

## **Concern**

Job 39:16 She treats her young harshly, as though *they were* not hers; Her labor is in vain, without [concern](#),

Psalms 131:1 A Song of Ascents. Of David. LORD, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me.

Ezekiel 36:21 But I had concern for My holy name, which the house of Israel had profaned among the nations wherever they went.

Daniel 4:19 Then Daniel, whose name *was* Belteshazzar, was astonished for a time, and his thoughts troubled him. *So* the king spoke, and said, "Belteshazzar, do not let the dream or its interpretation trouble you." Belteshazzar answered and said, "My lord, *may* the dream concern those who hate you, and its interpretation concern your enemies!"

John 2:4 Jesus said to her, "Woman, what does your concern have to do with Me? My hour has not yet come."

2 Corinthians 11:28 Besides the other things, what comes upon me daily: my deep concern for all the churches.

### **Concern (Related to)**

Acts 28:31 Preaching the kingdom of God and teaching the things which concern the Lord Jesus Christ with all confidence, no one forbidding him.

2 Corinthians 11:30 If I must boast, I will boast in the things which concern my infirmity.

Colossians 2:22 Which all concern things which perish with the using—according to the commandments and doctrines of men?

### **Worry**

Matthew 6:25 Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

Matthew 6:28 So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin.

Matthew 6:31 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Matthew 10:19 But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak.

Mark 13:11 But when they arrest *you* and deliver you up, do not worry beforehand, or premeditate what you will speak. But whatever is given you in that hour, speak that; for it is not you who speak, but the Holy Spirit.

Luke 12:11 Now when they bring you to the synagogues and magistrates and authorities, do not worry about how or what you should answer, or what you should say.

Luke 12:22 Then He said to His disciples, "Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on."

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