From Anxious

What if everything falls apart?

My heart won't settle down.

I feel like I'm drowning.

I feel far from safe.

I'm carrying too much.

I feel exposed and unprotected.

My mind won't be still.

I'm scared of what's coming.



To Anchored

"We have this hope as an anchor for the soul, firm and secure."
— Hebrews 6:19

"Peace I leave with you; my peace I give you."
— John 14:27

"Who is this? Even the wind and the waves obey him!"
— Mark 4:41

"The Lord is my rock, my fortress and my deliverer."
— Psalm 18:2

"Cast your cares on the Lord and he will sustain you..."
— Psalm 55:22

"The Lord is with me; I will not be afraid."
— Psalm 118:6

"Be still, and know that I am God."
— Psalm 46:10

"When I am afraid, I put my trust in you."
— Psalm 56:3