

Anxiety, Worry & Tension

- † **Proverbs 12:25**
- † **Matthew 6:32-34**
- † **Philippians 4:6-7**
- † **Hebrews 13:6**
- † **1 Peter 5:7**

Fear

- † **Joshua 1:5-9**
- † **Psalms 34:4**
- † **Isaiah 41:10**
- † **2 Timothy 1:7**

Insomnia

- † **Psalm 4:8**
- † **Isaiah 40:29-31**
- † **Matthew 11:28**

Frustration

- † **Isaiah 55:8-9**
- † **Jeremiah 33:3**
- † **1 Corinthians 10:13**

Depression

- † **Psalm 42:3, 5**
- † **Psalm 46:1-3**
- † **Psalm 71:20**

Here is an amazing fact... God loves YOU!

What's also amazing is that He wants to have a personal relationship with you. There is one thing that keeps that relationship from happening, SIN.

Sin is any and all acts we do that displease God. God is perfect and holy, so He could never have a relationship with someone living in sin. Therefore, if we want to be with God, the sin has to go. We aren't capable of getting rid of this sin by ourselves. That is the reason that God sent His Son, Jesus Christ, to die on the cross. His death made it possible for our sins to be washed away. All you have to do is follow the 'ABC's' of Salvation

- **A. Admit you have sinned.** "For all have sinned and fall short of the glory of God" (Romans 3:23-NIV)
- **B. Believe in Jesus.** "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" (John 3:16-NIV)
- **C. Confess and leave your sin.** "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9-NIV)

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Standing on the Promises



*Bible Verses on Healing,
Anxiety, Worry, Tension,
Fear, Insomnia, Frustration,
and Depression to help you
stand on God's promises
during your journey.*

Here are some Biblical accounts of miraculous healings that Jesus performed during His earthly ministry...

- † **Matthew 4:23**
- † **Matthew 8:13**
- † **Matthew 8:14-15**
- † **Matthew 9:6-7**
- † **Matthew 9:29-30**
- † **Matthew 12:13**
- † **Matthew 17:15-18**
- † **Mark 5:25-34**
- † **Mark 7:32-35**
- † **Luke 7:14-15**
- † **Luke 8:51-55**
- † **Luke 13:11-13**
- † **Luke 14:2-4**
- † **Luke 22:50-51**
- † **John 4:52-53**
- † **John 5:8-9**
- † **John 11:43-44**

John 21:25 Jesus did many other things. If they were all written in books, I don't suppose there would be room enough in the whole world for all the books. (CEV)

God's Promises on Your Healing...

- † **Joshua 1:5-9**
- † **Psalms 21:4**
- † **Psalms 30:2** O LORD my God, I called to you for help and you healed me. (NIV)
- † **Psalms 91:14-16**
- † **Psalms 103: 2-3**
- † **Psalms 118:17**
- † **Proverbs 3:7-8**
- † **Proverbs 4:20-22**
- † **Proverbs 12:18**
- † **Isaiah 40:29-31**
- † **Isaiah 53:5**
- † **Jeremiah 17:14**
- † **Jeremiah 29:11**
- † **Jeremiah 30:17a** For I will restore health to you, and I will heal your wounds says the Lord. (AMP)
- † **Jeremiah 33:6**
- † **Joel 3:10b** Let the weak say I am strong. (NKJV)

- † **Matthew 8:2-3**
- † **Matthew 8:17**
- † **Matthew 14:14**
- † **Mark 11:24**
- † **John 10:10** The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows.) (AMP)
- † **John 15:7**
- † **Romans 8:11**
- † **Ephesians 6:10**
- † **James 5:14-15**
- † **1 Peter 2:24** Christ carried the burden of our sins. He was nailed to the cross, so that we would stop sinning and start living right. By his cuts and bruises [stripes] you are healed. (CEV)
- † **3 John verse 2**

God uses doctors to heal, and He uses medicines to heal, but ultimately it is the Lord Himself who brings your healing!