

# Wake Up Calm & Confident: 12 Scriptures to Memorize When Anxiety Strikes at Night

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1. Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28
2. "...and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age." Matthew 28:20
3. "My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27
4. For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God 1 John 5:4-5
5. Do not boast about tomorrow, for you do not know what a day may bring. Proverbs 27:1
6. To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. John 8:31
7. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1
8. For the Lord is the Spirit and where the Spirit of the Lord, there is freedom. 2 Corinthians 3:17
9. He saved us, not because of righteous things we had done, but because of his mercy. He saved through the washing of rebirth and the renewal by the Holy Spirit whom he poured out on us generously through Jesus Christ, our Savior, so that having been justified by his grace, we might become heirs having the hope of eternal life. Titus 3:5-7
10. 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, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7
11. Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the LORD forever. Psalms 23:6
12. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10