

Anxiety disorders are now among the most common mental health conditions in America.
Young adults report historically high levels of anxiety.
Constant smartphone exposure correlates with increased anxiety and sleep disruption.
Social media comparison increases feelings of inadequacy.
Chronic news consumption elevates stress hormones.

Some anxiety is caused by sin.

"When I kept silent, my bones grew old... day and night Your hand was heavy... I acknowledged my sin... and You forgave." Psalm 32:3-5

"The wicked are like the troubled sea... There is no peace... for the wicked." Isaiah 57:20-21

If you don't have peace with God, it's impossible to have the peace of God.

Some anxiety is caused by spiritual roots.

Our struggle is against spiritual forces (Eph 6:12); The devil seeks to devour (1 Pet 5:8-9); Man with the legion had severe mental/emotional torment - after deliverance he is in his right mind (Mark 5:1-15). Saul experiences torment from a harmful spirit (1 Samuel 16:14-23). Jesus healed all who were oppressed by the devil (Acts 10:38).

Some anxiety is situational.

"Being in agony... His sweat became like great drops of blood..." Luke 22:44

David was "greatly distressed." 1 Samuel 30:3

"We were burdened beyond measure... despaired even of life... but it drove us to rely not on ourselves but on God." 2 Corinthians 1:8-10

"Weeping may endure for a night, but joy comes in the morning." Psalm 30:5

Anxious seasons don't have to make you an anxious person.

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. Luke 12:22

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

Worry — repetitive thoughts.

Anxiety — emotional and/or physical distress.

Anxious mind — an ongoing mindset or lifestyle.

1. Overcome anxiety by limiting information overload and filling your mind with God's Word.

Anxiety in the heart of man causes depression, but a good word makes it glad. Proverbs 12:25

Anxiety often centered around food scarcity, political instability, war, disease, family honor and survival. We worry about retirement accounts, algorithms, politics in countries we've never visited, whether our child is behind developmentally, whether we're falling behind in life, whether our post performed well, whether we're aging too fast, and whether AI will take our jobs.





We are safer physically than ancient Israel but we are more stimulated, more compared, more informed and more isolated.

Anxiety is mental distress about uncertain outcomes that causes internal heaviness that weighs down the heart.

Cultural Causes of Anxiety Today:

- 1. Information Overload.** We were not designed to emotionally process every war, every tragedy, and every economic fluctuation. The human nervous system was not designed for 24/7 global crisis intake.
- 2. Comparison Culture.** Ancient comparison was local. Ours is global and curated. You're comparing your normal life to someone else's highlight reel.
- 3. Loss of Community.** Ancient people lived in tribes. We live in apartments. Isolation increases anxiety.
- 4. Illusion of Control.** Modern culture says: "You can control everything." When control slips, anxiety spikes.

Then He said to them, "Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given. Mark 4:24

So then faith comes by hearing, and hearing by the word of God. Romans 10:17

Owning a Bible doesn't mean you're being changed by it.
93% of Americans own a Bible, and the average home has about four Bibles.
Only about 6 in 10 read it even occasionally (that's dropped from previous decades).
Less than 2 in 5 read it at least once a week.
And only 1 in 4 Christians strongly agree they regularly study the Bible for direction.

There was no meaningful difference between people engaging Scripture 0–1 days per week and 2–3 days per week. The noticeable shift begins at 4+ days.

The research reports that Christians who engaged Scripture 4+ days per week had significantly lower odds of certain behaviors:

- Getting drunk: 57% lower odds
- Sex outside marriage: 68% lower odds
- Pornography: 61% lower odds
- Gambling: 74% lower odds
- Any of those habits: 57% lower odds

The researchers found that those engaging Scripture 4+ days a week had higher odds of:

- Sharing their faith: 228% higher odds
- Discipling others: 231% higher odds
- Memorizing Scripture: 407% higher odds

2. Instead of obsessing over anxiety to get rid of it, replace it with a greater pursuit of the kingdom of God.

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



For all these things the nations of the world seek after, and your Father knows that you need these things. Luke 12:30

But seek the kingdom of God, and all these things shall be added to you. Luke 12:31

A lot of our anxiety isn't because we care about something too much; it's because we care about something that's too small. It's minor things that create major anxiety.

What you seek first determines what you stress most.

Augustine said anxiety comes from loving temporal things too much; peace comes from loving eternal things first.

So the goal isn't to find "something bigger to worry about"—it's to find Someone bigger to seek.

3. Overcome anxiety by shifting from "God can" to "Father cares."

Worry is not cured by more information about God, but by deeper intimacy with the Father.

You can believe God is powerful and still be anxious. Worry doesn't usually question God's power—it questions God's care. Anxiety decreases when you know God is not only sovereign, but personal and relational.

*For all these things the nations of the world seek after, and **your Father** knows that you need these things. Luke 12:30*

*Do not fear, little flock, for it is **your Father's** good pleasure to give you the kingdom. Luke 12:32*

4. Overcome anxiety by moving your thoughts into God's presence—pray it out instead of replaying it.

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

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:7

Prayer is where burdens change hands. Move your thoughts from your mind into the presence of God. When you give your problems to God in prayer, He will in return give His peace to your heart.

Thanksgiving is spiritual warfare against anxiety. Because worry is often rooted in selective memory: Worry remembers what could go wrong. Thanksgiving remembers what God has already done.

Not every thought deserves a seat at your table.

Resource: [Prayer and Scripture Against Anxiety](#)