

**Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?**

*Matthew 6:25-27*

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**Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

*Philippians 4:6-7*

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**For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. My frame was not hidden from You when I was made in secret and skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned before me when as yet there were none of them.**

*Psalm 139:13-16*

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**For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

*2 Timothy 1:7*

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**But He said to me, "My grace is sufficient for you,  
for my power is made perfect in weakness."**

**Therefore, I will boast all the more gladly of my  
weaknesses, so that the power of Christ may rest  
upon me. For the sake of Christ, then, I am content  
with weaknesses, insults, hardships, persecutions,  
and calamities. For when I am weak, then I am  
strong.**

*2 Corinthians 12:9-10*

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