



XP (EXPERIENCE PIECE)

Elevate: Raising the bar for Conversations on Anxiety

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VERSES:

...but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Isaiah 40:31 NIV).

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 NIV).

Now faith is confidence in what we hope for and assurance about what we do not see (Hebrews 11:1 NIV).

"Do not let your hearts be troubled. You believe in God; believe also in me" (John 14:1 NIV).

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go (Joshua 1:9 NIV).

I sought the Lord, and he answered me; he delivered me from all my fears (Psalm 34:4 NIV).

For I am convinced that neither death nor life, neither angels nor demons,[a] neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:38-39 NIV).

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight (Proverbs 3:5-6 NIV).

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 4:6-7 NIV).

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30 NIV).

"Peace I leave with you; 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 NIV).

When I am afraid, I put my trust in you (Psalm 56:3 NIV).