



An anxious heart  
weighs a man down,  
but a kind word  
cheers him up.

Prov. 12:25  
rachelwojo.com



The Lord is on my side;  
**I will not fear.**  
What can man do to me?

Psalm 118:6  
rachelwojo.com



Cast all your anxiety  
on him  
because he cares  
for you.

I Peter 5:7  
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When anxiety was great  
within me,  
your consolation  
brought joy  
to my soul.

Psalm 94:10  
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