

10 Promises God Has for the Overwhelmed and Anxious Soul

Debbie McDaniel

In a world that often feels harsh, chaotic, and full of struggle, it doesn't take long before we find ourselves battling the feelings of overwhelm, rush, or anxiety. Many of us, in fact, have grown so accustomed to these patterns, we even start to live there, in the midst of the never-ending hurry and worry mode.

This is right where the enemy wants us. It's a trap, my friends. I've been there before, and maybe you have too. Satan is a thief and a liar. He's an expert at finding the best ways to try and steal our energy or waste our time. But God is bigger than that, and He promises to be with us. He continually offers us confident peace that can never be found in this life without Him.

Many times, in order to break free of this cycle, it comes down to a choice: choosing whose voice we listen to, and choosing how we spend our time.

God is faithful. Asking for His help in our anxious and overwhelmed struggle, praying and allowing His Spirit to guard our hearts and minds in Him, is the very first step to reaching new and solid ground.

Through some of the most challenging times in life, I have learned the power of praying God's words back to him. This discipline alone holds the ability to soothe our souls, to refresh our spirits, and cause hope to rise above the fear we might be feeling. And though our circumstances may not change immediately, though our hearts may still be struggling, His Truth reminds us to set our eyes on Him.

Be assured today, He knows your way, He sees your battle, He hasn't forgotten you, and He's still at work, even in the most trying of times.

1. He Promises Rest for Our Souls

"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

Jesus promises us "rest for our souls." Only in Him can our burdens be lifted, only in Him can we find help and strength in our greatest times of need. For He Himself is our peace. True peace can never be found through this material world, money, or even in the people we love most.

He invites us to come to Him and He will give us rest. As we're willing to humbly admit our need for Christ to restore us and help us, we can find true freedom from the burdens that will seek to overwhelm our lives and weigh us down. Time with Him is never wasted. He alone is able to change our perspective, renew our spirits, and strengthen our hearts for the day ahead.

He can work miracles in us, and through our most difficult of situations, but more than anything, God desires our fellowship and trust. He longs to draw us closer to Himself.

2. He Promises to Guard Our Hearts and Minds

"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

When we battle with a struggle, it's hard sometimes not to worry. Everything within us seems to drift to the "what if's" and "why's" in whatever it is we face. God's words bring life and peace. He understands how prone we are to worry and fear, He reminds us we have to make the choice not to be driven by anxiety. He calls us to Himself, He reminds us to pray, to choose gratefulness, and to bring all our needs and requests to Him. And the very peace of God, which we can't even fully understand, will guard our hearts and minds in Christ.

It's a promise. There's great power in prayer, and in coming before the God who cares more than we could even imagine. He knows our need, and He is at work on our behalf. *That* is how great His love is for us.

3. He Promises Security and Communion With Him

"For God is not a God of disorder but of peace." 1 Corinthians 14:33

God calls us to live above our circumstances, fixing our eyes on Jesus, the author and perfecter of our faith. He is our God of peace, of security, and though many times our situation may feel anything but secure, He reminds us that life is greater than what we can see. Our purpose was never meant to be found in simply trying to fix everything around us.

Our purpose is to live in communion with the One who is able to do far more than we could ever imagine. So even when our to-do list is left unfinished at the end of the day, if we are living close to the One who created the day, who covers us with His love and care, that's where true life is found.

4. He Promises His Perfect Peace

"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

These are the very words Jesus spoke to bring comfort to His disciples. He reminds us not to be afraid, not to let our hearts be troubled. He offers a peace the world can never give. Because the truth is some days just don't feel very "peaceful." And maybe it's not any one big problem, but a lot of small things that induce stress or misunderstandings or pressure.

Perhaps things aren't going the way we thought they would. Yet through the darkness and fear, in the midst of struggle and uncertainty, His Truth whispers to our hearts these powerful words, "my peace I give you," bringing us His assurance, hope, peace. It's the reminder that we are never alone and do not need to walk in worry and fear.

5. He Promises a Firm Foundation

"When my heart is overwhelmed, lead me to the rock that is higher than I." Psalm 61:2

The truth is, it's easy to say, "we trust God." These words, however, are much harder to live out. Yet when we truly find rest and hope in Him alone, nothing has the power to shake us. We stand on firm ground, safe territory. We're protected, surrounded, and held secure.

We can be assured He knows our way and holds us safely in His hands, no matter what we're up against. We don't have to try to control everything, we can just let it go safely into His hands. All the worries, the burdens, the stress, and feelings of being overwhelmed.

And we can let God do what only He has the power to do. It's not all up to us – it never was, and was never meant to be. There is great power in standing firm on the Rock that never moves. He promises to hold us safe and steady, redeeming every broken place.

He's the Rock that will not shift or change. He will never leave us nor forsake us. We can trust in Him. He is faithful and true. Safe and secure. The only place where our weary souls can find rest

6. He Promises Victory Over Our Struggles

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

Jesus reminds us there will be trouble in this world, but He has already overcome it all. He already reigns victorious. And that same victory is at work in us today, giving us the courage and strength to persevere and overcome.

We will never find full peace in what this world has to offer. And though we may know this in our minds, we still seem to seek peace here, in people, job security, money, or possessions. We often want to live "comfortably." We don't want to struggle. But His words remind us that we will face troubles in this life. This world is not a perfect place. We all will face hard times and difficult circumstances at some point. His reassurance can carry us through anything, for we know He has overcome it all. We can find true peace through Jesus Christ alone.

7. He Promises to Make A Way

"Fear not, for I have redeemed you, I have summoned you by name, you are mine. When you pass through the waters, I will be with you, and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned, the flames will not set you ablaze." Isaiah 43:2

"I am making a way in the desert and streams in the wasteland." Isaiah 43:19

God reminds us that He will be with us no matter what we walk through in this life. And He says "when" we do, not "if," for in this world we know we will face difficult times. But our hope is not in this world. It's secure in Christ. He will make a way where there seems to be no way, even in the toughest of situations. This seems to be God's specialty.

He has a plan and purpose in whatever we walk through. He can cut a clear path through any wilderness. He is the God of miracles. He never changes. God is the same yesterday, today, and forever.

8. He Promises to Uphold Us

"Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand." Isaiah 41:10

This is one of my favorite verses which has carried me through so many difficult and uncertain times. It is God's very clear reminder to our hearts not to fear. For He is with us. He is our God. He strengthens us. He helps us. He upholds with His righteous right hand.

Nothing in this verse ever says it's all up to us to make it through somehow. But it assures us that our God who never sleeps or slumbers is at work, in us, through us, and He will hold us up. There's surely no better, no safer place to be but to be held by Him.

9. He Promises Never to Leave Us

"The Lord is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear or be dismayed." Deuteronomy 31:8

When the way seems unclear, when things have changed in our circumstances and we don't know what to do, we can be assured that God still leads us. He never leaves us on our own to figure it all out. His word reminds us that He is the One who holds our hand.

He goes before us, paving out new pathways, opening doors, and healing broken places so we can walk through. God has it all figured out. So we don't have to worry. He's working on our behalf even when we can't see it all.

10. He Promises to Renew Our Strength

"But they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31

In all those seemingly hopeless situations where we can't see any way out, we're battling the sense of being overwhelmed, God's power has greatest the opportunity to shine. It's in those times when we come to the end of ourselves, and we know we can't depend on our own abilities, on anything we have, or anyone we know, that we are reminded we are totally and completely reliant on Him.

Those times are the most powerful of all. He alone is our strength-giver, the one who lifts us up, so we can keep moving forward in His power and blessing. If you're struggling with weariness and anxiety, God is able to renew your strength and bring refreshment to your spirit. He has great purpose and hope still in store. Never be held back by fear and defeat.

He is with you – today and always.