

A set of readings supplied by wonderful colleagues from Facebook.

- Psalm 23 The Lord is My Shepherd
- Psalm 46:10 Be still and know that I am God
- Psalm 94:19. When anxiety was great within me, your consolation brought me joy.
- Psalm 121, always. "I lift up my eyes to the hills - from where will my help come? My help comes from the Lord, who made heaven and earth. God will not let your foot be moved; God who keeps you will not slumber... The Lord will keep your going out and your coming in from this time on and forevermore"
- Isaiah 35:4 Say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."
- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.
- Mark 4:35-41 Jesus Calms the Storm
- Philippians 4:6-7 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.