

# 7 PSALMS

## *To Help Calm*

### **ANXIETY**

1. *Psalm 121* <<<<<<<<<<<<<<<<<<<<<<<<<<<

*I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth... (v. 1-2)*

>>>>>>>>>>>>>>>>>>>>>>>>>>> 2. *Psalm 116*

*The Lord preserves the simple; when I was brought low, he saved me. Return, O my soul, to your rest; for the Lord has dealt bountifully with you. (v. 6-7)*

3. *Psalm 103* <<<<<<<<<<<<<<<<<<<<<<<<<<<

*For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. (v. 11-12)*

>>>>>>>>>>>>>>>>>>>>>>>>>>> 4. *Psalm 27*

*The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? (v. 1)*

5. *Psalm 34* <<<<<<<<<<<<<<<<<<<<<<<<<<<

*The Lord is near to the brokenhearted and saves the crushed in spirit. (v.18)*

>>>>>>>>>>>>>>>>>>>>>>>>>>> 6. *Psalm 40*

*As for you, O Lord, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me! (v.11)*

7. *Psalm 62* <<<<<<<<<<<<<<<<<<<<<<<<<<<

*For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. (v. 5-7)*