
Cast All Your Anxiety Upon Him

Scripture Companion

*“Be anxious for nothing, but in everything by prayer and supplication,
with thanksgiving, let your requests be made known to God.”
— Philippians 4:6 (NKJV)*

These scriptures accompany the Gospel song Cast All Your Anxiety Upon Him. Each passage flows from the lyrics, grounding every promise in the Word of God. Use this guide for personal devotion, small group study, or quiet reflection.

CASTING YOUR BURDENS

1 Peter 5:7 (NIV)

Cast all your anxiety on Him because He cares for you.

Linked to the chorus — the central command of the song.

Psalms 55:22 (NIV)

Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken.

The Old Testament root of the same promise.

BE ANXIOUS FOR NOTHING — PHILIPPIANS 4

Philippians 4:6–7 (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.

The scripture behind the bridge — the heart of the entire song.

Philippians 4:11 (NKJV)

I have learned, in whatever state I am, to be content.

Paul wrote this from prison — peace is a learned, not automatic, posture.

GOD IS NEAR — HIS PRESENCE IN THE STORM

Isaiah 43:2 (NIV)

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.

God's promise to be with us in troubled waters — not to keep us from them.

Matthew 28:20 (NIV)

And surely I am with you always, to the very end of the age.

Jesus's final promise — His nearness is permanent.

Psalms 23:4 (NIV)

Even though I walk through the darkest valley, I will fear no evil, for you are with me.

For when the night is getting darker — He is in the valley too.

FEAR NOT — ONLY BELIEVE

Mark 5:36 (NIV)

Don't be afraid; just believe.

The words of Jesus to Jairus — and to every heart that is afraid.

John 14:27 (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.

The peace Jesus gives is unlike any the world can offer.

REST FOR THE WEARY

Matthew 11:28–30 (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.

The closing invitation of the song — and of the Gospel.

HIS PROMISES ARE STILL TRUE

Hebrews 10:23 (NIV)

Let us hold unswervingly to the hope we profess, for He who promised is faithful.

God's promises do not have an expiry date.

1 John 3:1 (NIV)

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Your identity as a child of God is the foundation for every promise here.

Lay it down. Cast it on Him. He cares for you.

All scriptures are from the NIV or NKJV as noted. This resource is offered freely as a companion to the song Anxious for Nothing.
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