**ANXIETY CLEANSE ~ NOURISH YOUR SPIRIT**

Exodus 25:31, “All whose hearts were stirred and whose **spirits** were moved came and brought their sacred offerings to the Lord.”

Psalm 31:5, “I entrust my **spirit** into your hand. Rescue me, Lord, for you are a faithful God.”

Psalm 34:18, “The Lord is close to the brokenhearted; he rescues those whose **spirit**s are crushed.”

Psalm 51:10, “Create in me a clean heart, O God. Renew a loyal **spirit** within me.”

Psalm 51:17, “What sacrifice I can offer You is my broken spirit *because a* ***broken spirit****,* O God, a heart that honestly regrets the past, You won’t detest.

Psalm 37:26, “My health may fail, and my **spirit** may grow weak, but God remains the strength of my heart; he is mine forever.”

Proverbs 15:13, “A glad heart makes a happy face; a broken heart crushes the **spirit**.”

Proverbs 17:22, “A cheerful heart is good medicine, but a broken **spirit** saps a person’s strength.”

Proverbs 18:24, “The human **spirit** can endure a sick body, but who can bear a *crushed* **spirit**?”

Isaiah 57:15, “The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose **spirit**s are contrite and humble. I restore the crushed **spirit** of the humble and revive the courage of those with repentant hearts.”

Matthew 26:41, “Keep watch and pray, so that you will not give in to temptation. For the **spirit** is willing, but the body is weak!”

Luke 1:46-47, “Oh, how my soul praises the Lord.How my **spirit** rejoices in God my Savior!”

John 4:24, “For God is **Spirit**, so those who worship him must worship in **spirit** and in truth.”

Romans 5:5, “For we know how dearly God loves us, because he has given us the Holy **Spirit** to fill our hearts with his love.”

Romans 8:2, “And because you belong to him, the power of the life-giving **Spirit** has freed you from the power of sin that leads to death.”

Romans 8:6, “So letting your sinful nature control your mind leads to death. But letting the **Spirit** control your mind leads to life and peace.”

Romans 8:15, “You didn’t receive a **spirit** of slavery to lead you back again into fear, but you received a **Spirit** that shows you are adopted as his children. With this Spirit, we cry, “Abba, Father.”

Romans 8:26, “For his **Spirit** joins with our **spirit** to affirm that we are God’s children.”

Romans 15:13, “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy **Spirit**.”

1 Corinthians 2:11, “No one can know a person’s thoughts except that person’s own **spirit**, and no one can know God’s thoughts except God’s own **Spirit**.”

1 Corithians 2:12, “And we have received God’s **Spirit** (not the world’s **spirit**), so we can know the wonderful things God has freely given us.”

1 Corinthians 3:16, “Don’t you know that you are God’s temple and **God’s Spirit** lives in you?”

1 Corinthians 6: 17, “But the person who is joined to the Lord is one **spirit** with him.”

1 Corinthians 12:17, “A **spirit**ual gift is given to each of us so we can help each other.”

2 Corinthians 3:17, “For the Lord is the **Spirit**, and wherever the **Spirit** of the Lord is, there is freedom.”

Galatians 5:16, “So I say, let the **Holy Spirit** guide your lives. Then you won’t be doing what your sinful nature craves. “

Galatians 5:12, “But the **Holy Spirit** produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control.”

Galatians 5:25, “Since we are living by the **Spirit**, let us follow the **Spirit**’s leading in every part of our lives.”

Ephesians 1:17, “The **Spirit** is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.”

Ephesians 1:16-18, “I have not stopped thanking God for you. I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you **spiritual** wisdomand insight so that you might grow in your knowledge of God.I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.”

Ephesians 4:23-24, “Let the **Spirit** renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

1 Thessalonians 5:23, “Now may the God of peace make you holy in every way, and may your whole **spirit** and **soul** and **body** be kept blameless until our Lord Jesus Christ comes again.

2 Timothy 1:7, “For God has not given us a **spirit** of fear and timidity, but of power, love, and self-discipline.”

Titus 3:4-6, “When God our Savior revealed his kindness and love, **5**he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the **Holy Spirit**.He generously poured out the **Spirit** upon us through Jesus Christ our Savior.”