

FINDING HELP IN THE BIBLE

Scripture passages that speak to every need

Dealing with tough stuff (Dealing with Emotions)

Anger

Proverbs 15.1; Matthew 5.21-26, 43-48;
Ephesians 4.26,27,31,32; James 1.19-21

Anxiety/Worry

Psalm 25; Luke 12.22-31; John 14.1-7; 1 Peter 5.7; 1 John 4.13-18

Confusion

Psalm 37; Ephesians 4.14; Colossians 2.8; 2 Thessalonians 2.1-17;
1 John 2.3-6; 4.1-3; Jude 3,4, 17-25

Depression

Psalms 16, 130; Lamentations 3.18-24;
Romans 3.21-26; 5.1-11; 8.31-39;
Ephesians 3.14-21; Hebrews 4.16

Disappointment

Psalm 55; Jeremiah 15.10-21; Matthew 5.1-12

Discouragement

Psalms 42, 43, 62;
2 Corinthians 1.3,4; 4.1—5.10;
Philippians 3.12-16; 4.10-13

Doubt

Psalms 8, 146; Proverbs 30.5;
Mark 4.35-41; John 14.8-14; 20.24-29; James 1.5-8

Fear

Psalms 27, 46; Luke 12.4-7; John 6.16-21

Frustration

Job 36.1-33; Matthew 7.7-11

Jealousy

Exodus 20.17; Proverbs 23.17; 27.4;
Romans 13.11-14; 1 Corinthians 3.1-3; James 3.13-18

Loneliness

Psalm 22; John 10.14-16, 27-30; 14.15-21

Procrastination

Proverbs 18.9; 21.25,26; Matthew 25.1-13; Titus 3.14

Rejection

Psalm 38; Isaiah 52.13—53.12;
Matthew 9.9-13; John 15.18—16.4;
Ephesians 1.3-14; 1 Peter 2.4-10

Revenge

Leviticus 19.17,18; Isaiah 25.1-5;
Matthew 5.38-42; Romans 12.17-21

Sadness

Psalm 34; John 16.16-24; 2 Corinthians 1.3-6

Stress

Numbers 6.24-26; John 14.27; 1 Corinthians 1.3;
Philippians 4.8,9; Colossians 3.1-4, 15

Weariness

Isaiah 35; 40.28-31; Matthew 11.28-30

Dealing with tough situations

Addiction/Substance Abuse

Psalm 40.1-5, 11-17; Psalm 116.1-7; Proverbs 20.1; 23.19-21, 29-35;
Luke 15.11-32; Romans 7.18-25; Ephesians 4.22-24; Hebrews 12.1-3

Death of a Loved One

Psalm 23; Isaiah 25.6-12;
John 3.16,17; 11.25-27; 1 Corinthians 15.20-24;
1 Thessalonians 4.13-18; Revelation 21:1-4

Decisions

Deuteronomy 30.15-20; 1 Kings 3; Esther 4; Psalm 139.23,24;
Daniel 2.14-23; Philippians 1.9-11; 1 Thessalonians 5.19-21;
2 Timothy 3.14-17

Divorce

Numbers 30.9; Deuteronomy 24.1-4;
Mark 10.1-12; Titus 3.4-7; 2 Peter 1.3

Gossip

Proverbs 10.18,19; 11.13; 16.28; 18.8; 20.19; 26.20-22;
Matthew 15.10-20; James 3.1-12

Illness

Psalms 41, 91; Isaiah 38.1-20;
Mark 1.29-34; 6.53-56; James 5.13-16; 3 John 2

Peer Pressure

Proverbs 1.8-19; Romans 12.1,2; Ephesians 5.1-20; 1 Timothy 4.12

Prejudice

Exodus 22.21; 23.9; Leviticus 19.33,34;
Matthew 7.1-5; Luke 10.25-37; Acts 10.34-36;
Galatians 3.26-29; Ephesians 2.11-22; James 2.1-4

Sexual Abstinence

1 Corinthians 6.12-20; Colossians 3.5,6

Temptation

Proverbs 1.8-19; Matthew 4.1-11; 6.13; Ephesians 6.10-17;
1 Timothy 6.6-10; 2 Timothy 2.22-24; Hebrews 4.14-16;
James 1.13-15; 1 John 2.15-17

Celebrating good things in life

Courage

Joshua 1.1-9; Philippians 1.28-30; 1 Thessalonians 2.1-4; 2 Timothy 1.7

Faith

Deuteronomy 4.1-14; Matthew 15.21-28; Romans 10.5-13;

Colossians 2.6,7; Hebrews 10.35-39; 11.1-3; James 1.12

Family

Exodus 20.12; Ruth 1, 4.13-22; Psalm 127.3;
Mark 3.31-35; Ephesians 6.1-4; Colossians 3.20,21

Forgiveness

Psalms 32, 51, 103; Proverbs 28.13; Micah 7.18-20;
Matthew 6.14,15; 18.21-35; Ephesians 4.32; Philemon

Freedom

Exodus 6.6-8; 15.1-21; Leviticus 25.8-17;
John 8.31-38; Galatians 5.13

Friendship

1 Samuel 18.1-4; Proverbs 17.17; 24.26; 27.6;
Romans 16.1-16; Philippians 2.19-30; 1 John 2.7-11

Generosity

Deuteronomy 15.1-11; Proverbs 11.25; 22.9;
Matthew 6.1-4; Luke 21.1-4; Acts 2.43-47;
Acts 4.32-37; 2 Corinthians 8.1-15; 9.1-15

Gratitude

Psalms 96, 98, 100, 107, 111; Luke 17.11-19;
Ephesians 5.19, 20; Philippians 4.6; Colossians 3.16,17

Happiness

Psalms 1, 30, 84; Galatians 5.22-26; Philippians 4.4

Honesty

Exodus 20.16; Deuteronomy 16.18-20; 25.13-16;
Proverbs 10.9; 28.18; Ephesians 4.15,16,25

Hope

Jeremiah 29.11-13; Psalms 33; 119.114;
Romans 15.4,13; 2 Thessalonians 2.16,17;
Hebrews 6.18b-20; 1 Peter 1:3-7

Humility

2 Samuel 22.26-28; Ezra 8.21-23; Psalm 147.1-6;
Proverbs 16.18,19; Mark 9.33-37; Luke 9.46-48;
John 13.1-17; Philippians 2.1-11

Kindness

2 Samuel 9.1-13; Matthew 7.12; 25.31-46; 1 Peter 3.8-12

Love

Song of Songs 2.1-17; 1 Corinthians 13; 1 John 4.7-21

Patience

Proverbs 15.18; 25.15; 29.11; Ecclesiastes 7.8;
2 Thessalonians 1.3-5; James 5.7-11; 2 Peter 3.8,9

Persistence

Genesis 18.16-33; Numbers 14.11-25; Luke 18.1-8

Responsibility

Exodus 18.13-27; Matthew 25.14-30; Luke 14.25-33;
Romans 12.3-8; Galatians 6.6-10; Hebrews 13.1-7

Serenity/Peace

Psalm 85; Isaiah 2.1-5; 11.1-9;
John 14.25-27; Galatians 1.3-5; Philippians 4.7

Celebrating good times

Baptism

Matthew 3.13-17, 28.18-20; Acts 2.38, 39

Birthday

Psalms 145, 150; Philippians 4.4; 2 Peter 1.5-9

Entering college

Proverbs 1.7; 8.1-36; 24.14; Matthew 7.13,14;
1 Corinthians 1.18-31; 2 Peter 1.2

Graduation

Psalm 119.105; Proverbs 9.10-12;
Matthew 5.13-16; 6.19-21; Ephesians 1.15-18;

Philippians 1.9-11

Marriage

Genesis 2.18-24; Psalm 45;
1 Corinthians 13; Ephesians 5.21-33; Colossians 3.12-14

Receiving an award or special recognition

Proverbs 13.2; 1 Corinthians 9.24, 25; 2 Thessalonians 1:11, 12

Starting a new job

Proverbs 16.1-3; Galatians 6.3-5; 2 Thessalonians 3.6-13;
1 Peter 4.10, 11