

# Scripture Verses Helpful For Dealing With Depression And Anxiety

Below are several verses that helped me in my recovery from depression and anxiety. Often, I would read these over to remind myself of God's presence and care in my life.

Some of them reminded me of my need to confess my sin, repent (which means to agree with God that sin is sin), and ask for forgiveness. Meditating on God's truth combats the lies the enemy of our souls inserts daily.

I pray they will be encouragement or food for thought for you as well.



## **2 Samuel 22:29**

You, LORD, are my lamp; the LORD turns my darkness into light.

## **Psalms 31:9**

Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.

**Psalm 32:5-7**

Then I acknowledged my sin to you and did not cover up my iniquity.

I said, "I will confess my transgressions to the Lord."

And you forgave the guilt of my sin.

Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

**Psalm 34:18**

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

**Psalm 40:11-13**

Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me.

For troubles without number surround me; my sins have overtaken me, and I cannot see.

They are more than the hairs of my head, and my heart fails within me.

Be pleased to save me, Lord; come quickly, Lord, to help me.

**Psalm 51:10-12**

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Psalm 61**

Hear my cry, O God; listen to my prayer.

From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.  
For you have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shelter of your wings.  
For you, God, have heard my vows; you have given me the heritage of those who fear your name.  
Increase the days of the king's life, his years for many generations.  
May he be enthroned in God's presence forever; appoint your love and faithfulness to protect him.  
Then I will ever sing in praise of your name and fulfill my vows day after day.

### **Psalm 90:8**

You have set our iniquities before you, our secret sins in the light of your presence.

### **Psalm 116**

I love the Lord, for he heard my voice; he heard my cry for mercy.  
Because he turned his ear to me, I will call on him as long as I live.  
The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.  
Then I called on the name of the Lord: "Lord, save me!"  
The Lord is gracious and righteous; our God is full of compassion.  
The Lord protects the unwary; when I was brought low, he saved me.

### **Psalm 119:27-29**

Cause me to understand the way of your precepts, that I may meditate on your wonderful deeds.

My soul is weary with sorrow; strengthen me according to your word.

Keep me from deceitful ways; be gracious to me and teach me your law.

### **Psalm 119:96**

To all perfection I see a limit; but your commands are boundless.

### **Psalm 119:151**

Yet you are near, O LORD, and all your commands are true.

### **Psalm 119:153**

Look upon my suffering and deliver me, for I have not forgotten your law.

### **Psalm 119:165**

Those who love your instructions have great peace and do not stumble.

### **Psalm 119:169-172**

May my cry come before you, LORD; give me understanding according to your word.

May my supplication come before you; deliver me according to your promise.

May my lips overflow with praise, for you teach me your decrees.

May my tongue sing of your word, for all your commands are righteous.

**Psalm 121:2-3**

My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber;

**Psalm 121:7-8**

The LORD will keep you from harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

**Psalm 126:3**

The LORD has done great things for us, and we are filled with joy.

**Proverbs 18:10**

The name of the LORD is a strong fortress; the godly run to him and are safe.

**Proverbs 28:26**

He who trusts in himself is a fool, but he who walks in wisdom is kept safe.

**Isaiah 26:3**

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

**Isaiah 66:13**

As a mother comforts her child, so will I comfort you.

**Daniel 9:9**

The Lord our God is merciful and forgiving, even though we have rebelled against him.

### **Micah 7:7**

But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.

### **Zephaniah 3:17**

The Lord your God is with you, the Mighty Warrior who saves.

He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

### **John 12:46**

I have come into the world as a light, so that no one who believes in me should stay in darkness.

### **Romans 5:1-5**

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

### **2 Corinthians 10:4-5**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

### **Galatians 5:1**

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

### **Ephesians 5:8**

For you were once darkness, but now you are light in the Lord. Live as children of light

### **2 Timothy 2:19**

Nevertheless, God's solid foundation stands firm, sealed with this inscription: "The Lord knows those who are his," and, "Everyone who confesses the name of the Lord must turn away from wickedness."

### **1 Peter 2:9**

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

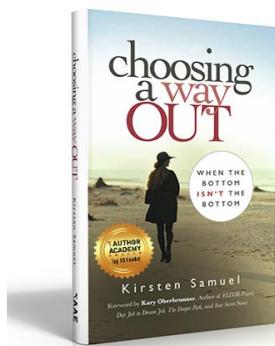
### **1 John 1:5-9**

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

## I John 3:1

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

Excerpted from *Choosing a Way Out: When the Bottom Isn't the Bottom*



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