

Finding Help in the Bible

Dealing with Troublesome Feelings & Emotions

Afraid? Psalms 27, 91; Isaiah 41:5-13; Mark 4:35-41; Hebrews 13:5,6; I John 4:13-18

Afraid of death? Psalm 23; Psalm 63:1-8; John 6:35-40; Romans 8:18-39; I Corinthians 15:35-57; 2 Corinthians 5:1-10; 2 Timothy 1:8-10

Angry? Proverbs 15:1; Matthew 5:21-24; Romans 12:17-21; Ephesians 4:26-32; James 1:19-21

Anxious? Worried? Psalm 25; Matthew 6:24-34; Matthew 10:26-31; I Peter 1:3-5; I Peter 5:7

Depressed? Psalms 16, 43, 130; Isaiah 61:1-4; Jeremiah 15:10-21; Lamentations 3:55-57; John 3:14-17; Ephesians 3:14-21

Disappointed? Let down? Psalm 55; Psalm 62:1-8; Jeremiah 20:7-18

Discouraged? Psalm 34; Isaiah 12:1-6; Romans 15:13; 2 Corinthians 4:16-18; Philippians 4:10-13; Colossians 1:9-14; Hebrews 6:9-12

Doubting your faith in God? Psalms 8, 146; Proverbs 30:5; Matthew 7:7-12; Luke 17:5,6; John 20:24-31; Romans 4:13-25; Hebrews II; I John 5:13-15

Frustrated? Job 21:1-16; Job 24:1-17; Job 36:1-26; Matthew 7:13,14

Impatient? Psalm 13; Psalm 37:1-7; Psalm 40:1-5; Ecclesiastes 3:1-15; Lamentations 3:25-33; Hebrews 6:13-20; James 5:7-11

Inferior? Useless? Isaiah 6:1-8; Jeremiah 1:4-10; Galatians 1:11-24 Ephesians 4:1-16; I Peter 2:4-10

Insecure? Lacking confidence? Deuteronomy 31:1-8; Psalm 73:21-26; Psalm 108; Philippians 4:10-20; I John 3:19-24

Jealous? Psalm 49; Proverbs 23:17; James 3:13-18 Lonely? Psalms 22, 42; John 14:15-31a

Overwhelmed? Experiencing stress? Isaiah 55:1-9; Matthew 11:25-30; John 4:1-30; 2 Corinthians 6:3-10; Revelation 22:17

Rejected? Psalm 38; Isaiah 52:13-53:12; Matthew 9:9-13; Luke 4:16-30; John 15:18-16:4; Ephesians 1:3-14; I Peter 2:1-10

Tempted? Psalm 19:12-14; Psalm 141; Luke 4:1-13; Hebrews 2:11-18; Hebrews 4:14-16; James 1:12-18

Tempted by sex? 2 Samuel 11:1-12:25; I Corinthians 6:12-20; Galatians 5:16-26

Tired? Weary? Psalm 3:5,6; Psalm 4:4-8; Isaiah 35:1-10; Matthew 11:25-30; 2 Thessalonians 3:16; Hebrews 4:1-11

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Vengeful? Matthew 5 18-47- Romans 12 17-21

Worrying about the future? Isaiah 35; Isaiah 60; Jeremiah 29:10-14; I Peter 1:3-5; Revelation 21:1-8

Worrying about growing old? Psalm 37:23-29; Isaiah 46:3,4

Worrying about money? Proverbs 11:7; Ecclesiastes 5:10-20; Matthew 6:24-34; Luke 12:13-21; I Timothy 6:6-10

Circumstances, Responsibilities, Topics

Addictions, Overcoming: Psalm 40:1-5, 11-17; Psalm 116:1-7; Proverbs 23:29-35; 2 Corinthians 5:16-21; Ephesians 4:22-24

Anger / Temper, Dealing with: Proverbs 14:17, 29; 15:18; 19:11; 29:22; Ecclesiastes 7:9; Galatians 5:16-26

Birth/adoption of a child Psalm 100; Proverbs 22:6; Luke 18:15-17; John 16:16-22

Caring for the aged and widowed: Genesis 47:1-12; Ruth 1; Proverbs 23:22; I Timothy 5:3-8

Children, Raising: Deuteronomy 6:4-9; Proverbs 22:6; Ephesians 6:4; Colossians 3:21

Children, Responsibilities of: Ephesians 6:1-3; 1 Timothy 5:4; Hebrews 12:9

Civil authorities, Respecting: Mark 12:13-17; Romans 13:1-7; Titus 3:1,2; I Peter 2:13-17

College: Proverbs 2:1-8; Proverbs 3:1-18; Proverbs 4:1-27; Proverbs 23:12; Romans 8:1-17; I Corinthians 1:18-31

Cults, Dealing with: Matthew 7:15-20; 2 Peter 2; I John 4:1-6; Jude

Death of a loved one Job 19:25-27; John 11:25-27; John 14:1-7; Romans 8:31-39; Romans 14:7-9; I Thessalonians 4:13-18

Decisions: I Kings 3; Esther 4-7; Psalm 139; Daniel 2:14-23; Colossians 3:12-17

Divorce: Psalm 25; Matthew 19:1-9; Philippians 3:1-11

Forgiveness, Seeking: Psalm 32:1-5; Psalm 51; Proverbs 28:13; Joel 2:12-17; Matthew 6:14-15; Luke 15; Philemon; Hebrews 4:14-16; I John 1:5-10

Friend, Being a: Proverbs 17:17; Luke 10:25-37; John 15:11-17; Romans 16:1,2

Gifts, Sharing your: Exodus 35:20-29; Malachi 3:6-12; Luke 21:1-4; Acts 2:43-47; Acts 4:32-37; Romans 12:9-13; 1 Corinthians 16:1-4; 2 Corinthians 8:1-15; 2 Corinthians 9:6-15

God's help, Seeking: Psalms 5, 57, 86, 121, 130; Psalm 119:169-176; Matthew 7:7-12

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God's will: Psalm 15; Micah 6:6-8; Matthew 5:14-16; Luke 9:21-27; Romans 13:8-14; 2 Peter 1:3-9; I John 4:7-21

Graduation: Psalm 119:105,106; Proverbs 9:10-12; Galatians 5:16-26; Philippians

Grudge / Bitterness, Overcoming a: Leviticus 19:17,18; Matthew 5:23-26; Luke 6:27-36; Ephesians 4:25-32

Illness / Sickness: Psalm 23; Mark 1:29-34; Mark 6:53-56; James 5:14-16

Imprisonment / Jail: Lamentations 3:34-36; Matthew 25:31-46; Luke 4:16-21

Homelessness: Psalm 90:1,2; Isaiah 65:17-25; Lamentations: 3:19-24; Luke 9:57-62; Revelation 21:1-4

Job, Losing your: Jeremiah 29:10-14; Luke 16:1-13; Philippians 4:10-13

Job, Starting a new: Proverbs 11:3; Proverbs 22:29; Romans 12:3-11; 1 Thessalonians 5:12-18; 2 Thessalonians 3:6-13; I Peter 4:7-11 4:4-9

Justice, Seeking: Psalms 10, 17, 75, 94; Isaiah 42:1-7; Isaiah 61:1-9; Amos 5:21-24; Habakkuk 1:1-2:4

Lawsuit or trial: Psalm 26; Isaiah 50:4-11; Matthew 5:25,26; Luke 18:1-8

Leadership, Being in: Isaiah 11:1-9; Isaiah 32:1-8; I Timothy 3:1-7; 2 Timothy 2:14-26; Titus 1:5-9

Living alone I Corinthians 7:25-38; I Corinthians 12:1-31 Facing a natural disaster Genesis 8:1-9:17; Job 36:22-37:13; Psalms 29, 124; Psalm 36:5-9; Jeremiah 31:35-37; Romans 8:31-39; I Peter 1:3-12

Losing your property and possessions Job 1:13-22; Job 42:7-17; Isaiah 30:19-26; Isaiah 41:17-20; Romans 8:18-39

Military service 2 Samuel 22:2-51; Psalm 91; Ephesians 6:10-20; 2 Timothy 2:1-13

New home, Moving into a: Psalm 127:1,2; Proverbs 24:3,4; John 14:1-7; Ephesians 3:14-21; Revelation 3:20,21

Prejudice, Overcoming: Matthew 7:1-5; Acts 10:34-36; Galatians 3:26-29; Ephesians 2:11-22; Colossians 3:5-11; James 2:1-13

Peer pressure: Proverbs 1:7-19; Romans 12:1,2; Galatians 6:1-5; Ephesians 5:1-20

Pride, Overcoming: Psalm 131; Mark 9:33-37; Luke 14:7-11; Luke 18:9-14; Luke 22:24-27; Romans 12:14-16; I Corinthians 1:18-31; 2 Corinthians 12:1-10

Procrastination, Overcoming: Matthew 22:1-14; Matthew 25:1-13; 2 Corinthians 6:1,2

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Parents, Honoring / Respecting: Exodus 20:12; Proverbs 23:22; Ephesians 6:1-3; Colossians 3:20

Retirement: Numbers 6:24-26; Psalm 145; Matthew 25:31-46; Romans 12:1,2; Philippians 3:12-21; 2 Peter 1:2

Salvation, Seeking: John 3:1-21; Romans 1:16-17; Romans 3:21-31; Romans 5:1-11; Romans 10:5-13; Ephesians 1:3-14; Ephesians 2:1-10

Strength, Seeking: Psalms 46, 138; Isaiah 40:27-31; Isaiah 51:12-16; Ephesians 6:10-20; 2 Thessalonians 2:16,17

Truth, Seeking: Psalm 119:153-160; John 8:31-47; John 14:6-14; John 16:4b-15; I Timothy 2:1-7

Suffering and persecution, Experiencing: Psalm 109; Psalm 119:153-160; Matthew 5:3-12; John 15:18-16:4; Romans 8:18-30; 2 Corinthians 4:1-15; Hebrews 12:1-11; I Peter 4:12-19

Time management: Proverbs 12:11; Proverbs 28:19; Mark 13:32-37; Luke 21:34-36; I Timothy 4:11-16; Titus 3:8-14

Relationship with God, Understanding your: Deuteronomy 5:1-22; Psalm 139; John 15:1-17; Romans 5:1-11; Romans 8:1-17

Relationships with others, Understanding your: Deuteronomy 5:16-21; Proverbs 3:27-35; Matthew 18:15-17; Matthew 18:21-35; Romans 14:13-23; Romans 15:1-6; Galatians 6:1-10; Colossians 3:12-17; I John 4:7-12

Speech / Tongue, Controlling your: Psalm 12; Psalm 19:14; Proverbs 11:13; Proverbs 26:20; 2 Thessalonians 2:16,17; James 3:1-12

Wedding: Genesis 2:18-24; Ephesians 5:21-33; Colossians 2:6,7

Wedding Anniversary: Psalm 100; I Corinthians 13

God's Forgiveness / Salvation from Sin

Every person is separated from God because of sin: Isaiah 59:1-15 Romans 3:9-20 Romans 5:12-21 Ecclesiastes 7:20 Romans 7:14-25

God has always sought to form a close relationship with people: Exodus 19:3b-8 Jeremiah 31:31-34 Isaiah 54:1-10 I Peter 1:1-10 I John 3:1-10

God has reached out to people in a personal way by sending Jesus Christ: Colossians 1:15-23 Romans 5:1-11 I Peter 2:10-25 John 3:1-21 2 Timothy 1:3-10 Ephesians 2:1-10

God's forgiveness through Jesus Christ is available to every person: Psalm 51:1-17 I John 1:5-10 Romans 10:5-13 Psalm 32:1-11 Romans 8:31-39 Romans 3:21-26

New life in Christ calls a person to live in a Christ-like way: Romans 6:1-14 Matthew 20:20-28 Ephesians 4:17-32 Galatians 5:16-26 I John 4:7-21 Romans 1:21-21