

Anchors of Peace when Depressed

Psalms 34:17-18 ~ "When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit."

Psalms 42:11 ~ "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."

Isaiah 41:10 ~ "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Matthew 11:28-30 ~ "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Philippians 4:6-7 ~ "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Psalms 23:4 ~ "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

1 Peter 5:7 ~ "Cast all your anxieties on him, because he cares for you."

Psalms 147:3 ~ "He heals the brokenhearted and binds up their wounds."

Psalms 9:9 ~ "The Lord is a stronghold for the oppressed, a stronghold in times of trouble."

Proverbs 3:5-6 ~ "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Psalms 46:1 ~ "God is our refuge and strength, a very present help in trouble."

Jeremiah 29:11 ~ "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

Lamentations 3:22-23 ~ "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

Psalms 71:20 ~ "You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again."

Psalms 62:5 ~ "For God alone, O my soul, wait in silence, for my hope is from him."

Philippians 4:13 ~ "I can do all things through him who strengthens me."

Psalms 27:14 ~ "Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"

Psalms 34:4 ~ "I sought the Lord, and he answered me and delivered me from all my fears."

Nahum 1:7 ~ "The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him."

Psalms 142:3 ~ "When my spirit faints within me, you know my way!"

Psalms 143:7-8 ~ "Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. Let me hear in the morning of your steadfast love, for in you I trust."

Psalms 61:1-2 ~ "Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I."

Psalms 18:28 ~ "For it is you who light my lamp; the Lord my God lightens my darkness."