26 VERSES TO COMFORT & ENCOURAGE

When we're anxious, afraid, or overwhelmed, the most significant thing we can do is turn to the One who knows us and loves us completely—the *God of all comfort*.

VERSES TO COMFORT AND CALM

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7)

When anxiety was great within me, your consolation brought me joy. (Psalm 94:19)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. (Philippians 4:8)

So we can say with confidence, "The Lord is my helper; I will not be afraid." (Hebrews 13:6)

I sought the LORD, and he answered me; he delivered me from all my fears. (Psalm 34:4)

When I am afraid, I put my trust in you. (Psalm 56:3)

But now, this is what the Lord says ... "Do not fear, for I have redeemed you; I have summoned you by name; you are mine." (Isaiah 43:1)

There is no fear in love. But perfect love drives out fear ... (1 John 4:18)

Even though I walk through the darkest valley, I will fear no evil, for you are with me... (Psalm 23:4)

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. (Psalm 62:5-6)

The Lord is with me; I will not be afraid. (Psalm 118:6a)

VERSES FOR PEACE AND REST

Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28)

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. (Psalm 91:1)

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. (Psalm 4:8)

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3)

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

Now may the Lord of peace himself give you peace at all times in every way. (2 Thessalonians 3:16a)

VERSES TO STRENGTHEN AND ENCOURAGE

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31)

The Lord will fight for you; you need only to be still. (Exodus 14:114)

Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. (Joshua 1:9)

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD your God, the Holy One of Israel, your Savior... (Isaiah 43:2-3)

Wait for the Lord; be strong and take heart and wait for the Lord. (Psalm 27:14)

Be strong and take heart, all you who hope in the Lord. (Psalm 31:24)

Finally, be strong in the Lord and in his mighty power. (Ephesians 6:10)

I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. (Philippians 1:20)