

WHAT DOES THE BIBLE SAY ABOUT MENTAL HEALTH

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Psalms 34:18

The Lord is near to the brokenhearted and saves the crushed in spirit.

Psalms 91:1

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

Proverbs 3:5

Trust in the Lord with all your heart, and do not lean on your own understanding.

Proverbs 4:23

Keep your heart with all vigilance, for from it flow the springs of life.

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

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Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.

John 14:27

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:7

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:8

finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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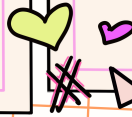
Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.



2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.



1 Peter 5:7

Casting all your anxieties on him, because he cares for you.

