



SCRIPTURES FOR DEPRESSION

Depression can cause us to feel alone, isolated, and hopeless. Satan uses depression to manipulate us. He fills our minds with darkness and brings us down emotionally. Satan tries to use depression to deprive us of our relationship with God—but God wants to help us. He wants to fill us with HIS joy.

Take comfort in knowing that God has seen every thought and knows every fear and anxiety we experience. Depression does not have to rule your life. No matter what you are facing, God is ready and willing to take your pain and turn it into something amazing. While depression can make you feel lonely, know that God is still there and is not going anywhere.

*The Lord himself goes before you and will be with you;
He will never leave you nor forsake you.
Do not be afraid; do not be discouraged.*

Deuteronomy 31:8

In dark times, God's word is an excellent source of hope and comfort. The Bible gives us wonderful instructions on how to fight depression, reminding us of God's love. Use these verses to find encouragement, inspiration, and healing.



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- **Isaiah 30:15**
This is what the Sovereign Lord, the Holy One of Israel, says:
“In repentance and rest is your salvation,
- **Proverbs 12:25**
Anxiety weighs down the heart, but a kind word cheers it up.
- **2 Timothy 1:7**
For God has not given us a spirit of fear, but of power and of love and of sound mind.
- **Philippians 4:6-7**
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be known to God and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- **Psalms 16:11**
In your presence there is fullness of joy; at your right hand are pleasures forevermore.

- **Psalm 30:11**
You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.
- **Psalms 143:7-9**
Answer me quickly, Lord;
my spirit fails.
Do not hide Your face from me
or I will be like those who go down to the pit.
Let the morning bring me word of Your unfailing love,
for I have put my trust in You.
Show me the way I should go,
for to You I entrust my life.
Rescue me from my enemies, Lord,
for I hide myself in You.
- **Isaiah 40:31**
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.
- **Matthew 11:28**
Come to me, all who labor and are heavy laden, and I will give you rest.
- **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.
- **1 Peter 5:7**
Cast all your anxieties on Him, because He cares for you.
- **Psalms 9:9**
The Lord is a refuge for the oppressed, a stronghold in times of trouble.
- **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.
- **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.
- **Psalms 34:18**
The Lord is near the brokenhearted and saves the crushed in spirit.
- **Deuteronomy 31:8**
The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.
- **Philippians 4:13**
I can do all things through Christ who strengthens me.

- **John 16:33b**

In this world you will have trouble. But take heart! I have overcome the world.

- **Philippians 4:4**

Rejoice in the Lord always; again I say, rejoice.

- **Proverbs 15:13**

A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broke.

