

Scriptures to Meditate On, Memorize, or Share with a Friend

Often Christians feel shame or embarrassment for struggling with mental health issues, believing that their struggle comes from a lack of faith. **This is simply not true.**

Let these scriptures encourage you and remind you that, while struggle is unavoidable, you can place your hope and trust in a God who cares deeply for you.

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:6-9

Give all your worries and cares to God, for he cares about you.

1 Peter 5:7

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

John 16:33

¹I love the LORD because he hears my voice and my prayer for mercy.

²Because he bends down to listen,
I will pray as long as I have breath!

³Death wrapped its ropes around me;
the terrors of the grave overtook me.
I saw only trouble and sorrow.

⁴Then I called on the name of the LORD:
"Please, LORD, save me!"

⁵How kind the LORD is! How good he is!
So merciful, this God of ours!

⁶The LORD protects those of childlike faith;
I was facing death, and he saved me.

⁷Let my soul be at rest again,
for the LORD has been good to me.

Psalms 116:1-7

¹O LORD, how long will you forget me? Forever?
How long will you look the other way?

²How long must I struggle with anguish in my soul,
with sorrow in my heart every day?

How long will my enemy have the upper hand?

³Turn and answer me, O LORD my God!
Restore the sparkle to my eyes, or I will die.

⁴Don't let my enemies gloat, saying, "We have
defeated him!"

Don't let them rejoice at my downfall.

⁵But I trust in your unfailing love.

I will rejoice because you have rescued me.

⁶I will sing to the LORD
because he is good to me.

Psalms 13