

Scriptures To Help You Cope



Depression and Illness:

(Ruth 2:12, 13) May Jehovah reward you for what you have done, and may there be a perfect wage for you from Jehovah the God of Israel, under whose wings you have come to seek refuge." 13 To this she said: "Let me find favor in your eyes, my lord, because you have comforted me and spoken reassuringly to your servant, although I am not even one of your servants."

(Psalm 17:8) Guard me like the pupil of your eye; Conceal me in the shadow of your wings.

(Psalm 34:19) Many are the hardships of the righteous one, But Jehovah rescues him from them all.

(Psalm 41:3) Jehovah will sustain him on his sickbed; During his sickness you will completely change his bed.

(Psalm 57:1) Show me favor, O God, show me favor, For I take refuge in you, And in the shadow of your wings I take refuge until the troubles pass.

(Psalm 73:26) My body and my heart may fail, But God is the rock of my heart and my portion forever.

(Psalm 119:75-77) I know, O Jehovah, that your judgments are righteous And that you have afflicted me in your faithfulness. 76 May your loyal love please comfort me, According to the promise you made to your servant. 77 Show me mercy, so that I may keep living, For I am fond of your law.

(Proverbs 15:15) All the days of the afflicted one are bad, But the one with a cheerful heart has a continual feast.

(Proverbs 18:14) A person's spirit can sustain him through illness, But who can bear a crushed spirit?

(Proverbs 23:20, 21) Do not be among those who drink too much wine, Among those who gorge themselves on meat, 21 For a drunkard and a glutton will come to poverty, And drowsiness will clothe one with rags.

(Proverbs 24:16) For the righteous one may fall seven times, and he will get up again, But the wicked will be made to stumble by calamity.

(Ecclesiastes 4:5, 6) The stupid one folds his hands while his flesh wastes away. 6 Better is a handful of rest than two handfuls of hard work and chasing after the wind.

(Ecclesiastes 7:3, 4) Better is distress than laughter, for the sadness of the face makes the heart better. 4 The heart of the wise is in the house of mourning, but the heart of the stupid is in the house of rejoicing.

(Nehemiah 8:10) He said to them: "Go, eat the choice things and drink what is sweet, and send portions of food to those who have nothing prepared; for this day is holy to our Lord, and do not feel sad, for the joy of Jehovah is your stronghold."

(Luke 6:21) "Happy are you who hunger now, for you will be filled. "Happy are you who weep now, for you will laugh.

(Acts 20:35) I have shown you in all things that by working hard in this way, you must assist those who are weak and must keep in mind the words of the Lord Jesus, when he himself said: 'There is more happiness in giving than there is in receiving.'

(Romans 12:1) Therefore, I appeal to you by the compassions of God, brothers, to present your bodies as a living sacrifice, holy and acceptable to God, a sacred service with your power of reason.

(2 Corinthians 1:3, 4) Praised be the God and Father of our Lord Jesus Christ, the Father of tender mercies and the God of all comfort, 4 who comforts us in all our trials so that we may be able to comfort others in any sort of trial with the comfort that we receive from God.

(2 Corinthians 4:7-11) However, we have this treasure in earthen vessels, so that the power beyond what is normal may be God's and not from us. 8 We are hard-pressed in every way, but not cramped beyond movement; we are perplexed, but not absolutely with no way out; 9 we are persecuted, but not abandoned; we are knocked down, but not destroyed. 10 Always we endure in our body the death-dealing treatment that Jesus suffered, that the life of Jesus may also be made manifest in our body. 11 For we who live are ever being brought face-to-face with death for Jesus' sake, so that the life of Jesus may also be made manifest in our mortal flesh.

(2 Corinthians 7:1) Therefore, since we have these promises, beloved ones, let us cleanse ourselves of every defilement of flesh and spirit, perfecting holiness in the fear of God.

(2 Corinthians 7:10) For sadness in a godly way produces repentance leading to salvation, leaving no regret; but the sadness of the world produces death.

Feeling Worthless:

(Romans 12:4) For just as we have in one body many members, but the members do not all have the same function,

(Romans 12:6-8) Since, then, we have gifts that differ according to the undeserved kindness given to us, if it is of prophecy, let us prophesy in proportion to our faith; 7 or if it is a ministry, let us be at this ministry; or the one who teaches, let him be at his teaching; 8 or the one who encourages, let him give encouragement; the one who distributes, let him do it liberally; the one who presides, let him do it diligently; the one who shows mercy, let him do it cheerfully.

(1 Corinthians 1:26-29) For you see his calling of you, brothers, that there are not many wise in a fleshly way, not many powerful, not many of noble birth, 27 but God chose the foolish things of the world to put the wise men to shame; and God chose the weak things of the world to put the strong things to shame; 28 and God chose the insignificant things of the world and the things looked down on, the things that are not, to bring to nothing the things that are, 29 so that no one might boast in the sight of God.

(1 Corinthians 12:22) The members of the body that seem to be weaker are necessary.

(2 Corinthians 9:6, 7) But as to this, whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. 7 Let each one do just as he has resolved in his heart, not grudgingly or under compulsion, for God loves a cheerful giver.

(Galatians 6:4, 5) But let each one examine his own actions, and then he will have cause for rejoicing in regard to himself alone, and not in comparison with the other person. 5 For each one will carry his own load.

(Ephesians 5:29) for no man ever hated his own body, but he feeds and cherishes it, just as the Christ does the congregation,

Anxiety, not knowing what to do:

(Psalm 16:5-9) Jehovah is my portion, my allotted share, and my cup. You safeguard my inheritance. 6 Pleasant places have been measured out to me. Yes, I am content with my inheritance. 7 I will praise Jehovah, who has given me advice. Even during the night, my innermost thoughts correct me. 8 I keep Jehovah before me constantly. Because he is at my right hand, I will never be shaken. 9 So my heart rejoices, my whole being is joyful. And I reside in security.

(Psalm 32:8-11) "I will give you insight and instruct you in the way you should go. I will give you advice with my eye upon you. 9 Do not become like a horse or a mule, without understanding, Whose spiritedness must be controlled with a bridle or a halter Before it will come near to you." 10 Many are the pains of the wicked; But the one trusting in Jehovah is surrounded by His loyal love. 11 Rejoice in Jehovah and be joyful, you righteous ones; Shout joyfully, all you who are upright in heart.

(Psalm 37:3-5) Trust in Jehovah and do what is good; Reside in the earth, and act with faithfulness. 4 Find exquisite delight in Jehovah, And he will grant you the desires of your heart. 5 Commit your way to Jehovah; Rely on him, and he will act in your behalf.

(Psalm 91:2) I will say to Jehovah: "You are my refuge and my stronghold, My God in whom I trust."

(Psalm 91:14-16) God said: "Because he has affection for me, I will rescue him. I will protect him because he knows my name. 15 He will call on me, and I will answer him. I will be with him in distress. I will rescue him and glorify him. 16 I will satisfy him with long life, And I will cause him to see my acts of salvation."

(Psalm 91:9, 10) Because you said: "Jehovah is my refuge," You have made the Most High your dwelling; 10 No disaster will befall you, And no plague will come near your tent.

(Psalm 119:71-73) It is good that I have been afflicted, So that I may learn your regulations. 72 The law that you have proclaimed is good for me, More so than thousands of pieces of gold and silver. 73 Your hands made me and formed me. Give me understanding, So that I may learn your commandments.

(Psalm 119:92-94) If I had not been fond of your law, I would have perished in my affliction. 93 I will never forget your orders, Because by them you have preserved me alive. 94 I belong to you; save me, Because I have searched for your orders

(Proverbs 1:5) A wise person listens and takes in more instruction; A man of understanding acquires skillful direction

(Proverbs 2:1-11) My son, if you accept my sayings And treasure up my commandments, 2 By making your ear attentive to wisdom And inclining your heart to discernment; 3 Moreover, if you call out for understanding And raise your voice for discernment; 4 If you keep seeking for it as for silver, And you keep searching for it as for hidden treasures; 5 Then you will understand the fear of Jehovah, And you will find the knowledge of God. 6 For Jehovah himself gives wisdom; From his mouth come knowledge and discernment. 7 He treasures up practical wisdom for the upright; He is a shield for those walking in integrity. 8 He watches over the paths of justice, And he will guard the way of his loyal ones. 9 Then you will understand what is righteous and just and fair, The entire course of what is good. 10 When wisdom enters your heart And knowledge becomes pleasant to your soul, 11 Thinking ability will keep watch over you, And discernment will safeguard you,

(Proverbs 9:9) Share with a wise person, and he will become wiser. Teach someone righteous, and he will add to his learning.

(Isaiah 26:3) You will safeguard those who fully lean on you; *(Or possibly, "those whose inclination is unshakable.") You will give them continuous peace, Because it is in you that they trust.

(Isaiah 30:15) For this is what the Sovereign Lord Jehovah, the Holy One of Israel, says: "By returning to me and resting, you will be saved; Your strength will be in keeping calm and showing trust." But you were unwilling.

(Isaiah 30:18) But Jehovah is waiting patiently to show you favor, And he will rise up to show you mercy. For Jehovah is a God of justice. Happy are all those keeping in expectation of him.

(Isaiah 41:10) Do not be afraid, for I am with you. Do not be anxious, for I am your God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'

(Isaiah 41:13) For I, Jehovah your God, am grasping your right hand, The One saying to you, 'Do not be afraid. I will help you.'

(Jeremiah 1:6-8) But I said: "Alas, O Sovereign Lord Jehovah! I do not know how to speak, for I am just a boy." 7 Jehovah then said to me: "Do not say, 'I am just a boy.' For you must go to all those to whom I send you, And you should say everything that I command you. 8 Do not be afraid because of their appearance, For 'I am with you to save you,' declares Jehovah."

(Matthew 6:31-33) So never be anxious and say, 'What are we to eat?' or, 'What are we to drink?' or, 'What are we to wear?' 32 For all these are the things the nations are eagerly pursuing. Your heavenly Father knows that you need all these things. 33 "Keep on, then, seeking first the Kingdom and his righteousness, and all these other things will be added to you.

(Luke 9:62) Jesus said to him: "No man who has put his hand to a plow and looks at the things behind is well-suited for the Kingdom of God."

(Luke 11:3) Give us each day our bread according to our daily needs.

(Luke 11:9) So I say to you, keep on asking, and it will be given you; keep on seeking, and you will find; keep on knocking, and it will be opened to you.

(Luke 11:13) Therefore, if you, although being wicked, know how to give good gifts to your children, how much more so will the Father in heaven give holy spirit to those asking him!"

(1 Corinthians 10:13) No temptation has come upon you except what is common to men. But God is faithful, and he will not let you be tempted beyond what you can bear, but along with the temptation he will also make the way out so that you may be able to endure it.

(1 Corinthians 10:31) Therefore, whether you are eating or drinking or doing anything else, do all things for God's glory.

(1 Timothy 4:7b-8, 10a, 15-16) On the other hand, train yourself with godly devotion as your aim. 8 For physical training is beneficial for a little, but godly devotion is beneficial for all things, as it holds promise of the life now and the life that is to come. 10 This is why we are working hard and exerting ourselves, 15 Ponder over these things; be absorbed in them, so that your advancement may be plainly seen by all people. 16 Pay constant attention to yourself and to your teaching. Persevere in these things, for by doing this you will save both yourself and those who listen to you.

(Hebrews 5:8, 9) Although he was a son, he learned obedience from the things he suffered. 9 And after he had been made perfect, he became responsible for everlasting salvation to all those obeying him,

(Hebrews 5:13, 14) For everyone who continues to feed on milk is unacquainted with the word of righteousness, for he is a young child. 14 But solid food belongs to mature people, to those who through use have their powers of discernment trained to distinguish both right and wrong.

(Hebrews 13:5) Let your way of life be free of the love of money, while you are content with the present things. For he has said: "I will never leave you, and I will never abandon you."

(James 1:2-6) Consider it all joy, my brothers, when you meet with various trials, 3 knowing as you do that this tested quality of your faith produces endurance. 4 But let endurance complete its work, so that you may be complete and sound in all respects, not lacking in anything. 5 So if any one of you is lacking in wisdom, let him keep asking God, for he gives generously to all and without reproaching, and it will be given him. 6 But let him keep asking in faith, not doubting at all, for the one who doubts is like a wave of the sea driven by the wind and blown about.

Disagreements, judging, stumbling:

(Proverbs 13:10) Presumptuousness leads only to strife, But wisdom belongs to those who seek advice.

(Proverbs 14:17) The one who is quick to anger acts foolishly, But the man who thinks things out is hated.

(Proverbs 16:32) The one slow to anger is better than a mighty man, And the one controlling his temper than one conquering a city.

(Proverbs 17:14) Beginning a fight is like opening a floodgate; Before the quarrel breaks out, take your leave.

(Proverbs 18:13) When anyone replies to a matter before he hears the facts, It is foolish and humiliating.

(Proverbs 18:17) The first to state his case seems right, Until the other party comes and cross-examines him.

(Ecclesiastes 7:8-10) Better is the end of a matter than its beginning. Better to be patient than to be haughty in spirit. 9 Do not be quick to take offense, for the taking of offense lodges in the bosom of fools. 10 Do not say, "Why were the former days better than these?" for it is not out of wisdom that you ask this.

(Ecclesiastes 7:21, 22) Also, do not take to heart every word that people say; otherwise, you may hear your servant calling down evil on you; 22 for you well know in your heart that many times you yourself have called down evil on others.

(Matthew 5:48) You must accordingly be perfect, as your heavenly Father is perfect.

(Matthew 18:15) "Moreover, if your brother commits a sin, go and reveal his fault between you and him alone. If he listens to you, you have gained your brother.

(John 13:34, 35) I am giving you a new commandment, that you love one another; just as I have loved you, you also love one another. 35 By this all will know that you are my disciples—if you have love among yourselves."

(John 15:13) No one has love greater than this, that someone should surrender his life in behalf of his friends.

(Romans 12:18) If possible, as far as it depends on you, be peaceable with all men.

(Romans 14:1-4) Welcome the man having weaknesses in his faith, but do not pass judgment on differing opinions. 2 One man has faith to eat everything, but the man who is weak eats only vegetables. 3 Let the one eating not look down on the one not eating, and let the one not eating not judge the one eating, for God has welcomed him. 4 Who are you to judge the servant of another? To his own master he stands or falls. Indeed, he will be made to stand, for Jehovah can make him stand.

(Romans 14:13) Therefore, let us not judge one another any longer but, rather, be determined not to put a stumbling block or an obstacle before a brother.

(Romans 14:15) For if your brother is being offended because of food, you are no longer walking according to love. Do not by your food ruin that one for whom Christ died.

(Romans 14:19-21) So, then, let us pursue the things making for peace and the things that build one another up. 20 Stop tearing down the work of God just for the sake of food. True, all things are clean, but it is detrimental for a man to eat when it will cause stumbling. 21 It is best not to eat meat or drink wine or do anything over which your brother stumbles.

(1 Corinthians 8:8, 9) But food will not bring us nearer to God; we are no worse off if we do not eat, nor better off if we eat. 9 But keep watching that your right to choose does not somehow become a stumbling block to those who are weak.

(1 Corinthians 13:4-8) Love is patient and kind. Love is not jealous. It does not brag, does not get puffed up, 5 does not behave indecently, does not look for its own interests, does not become provoked. It does not keep account of the injury. 6 It does not rejoice over unrighteousness, but rejoices with the truth. 7 It bears all things, believes all things, hopes all things, endures all things. 8 Love never fails.

(Ephesians 4:26, 27) Be wrathful, but do not sin; do not let the sun set while you are still angry; 27 do not give the Devil an opportunity.

(Colossians 3:12-14) Accordingly, as God's chosen ones, holy and loved, clothe yourselves with the tender affections of compassion, kindness, humility, mildness, and patience. 13 Continue putting up with one another and forgiving one another freely even if anyone has a cause for complaint against another. Just as Jehovah freely forgave you, you must also do the same. 14 But besides all these things, clothe yourselves with love, for it is a perfect bond of union.

(Colossians 4:6) Let your words always be gracious, seasoned with salt, so that you will know how you should answer each person.

(1 Thessalonians 5:13) and to give them extraordinary consideration in love because of their work. Be peaceable with one another.

(2 Timothy 2:23-26) Further, reject foolish and ignorant debates, knowing that they produce fights. 24 For a slave of the Lord does not need to fight, but needs to be gentle toward all, qualified to teach, showing restraint when wronged, 25 instructing with mildness those not favorably disposed. Perhaps God may give them repentance leading to an accurate knowledge of truth, 26 and they may come to their senses and escape from the snare of the Devil, seeing that they have been caught alive by him to do his will.

(Hebrews 12:14) Pursue peace with all people and the sanctification without which no man will see the Lord.

(James 1:19) Know this, my beloved brothers: Everyone must be quick to listen, slow to speak, slow to anger,

(James 3:2) For we all stumble many times. If anyone does not stumble in word, he is a perfect man, able to bridle also his whole body.

(James 3:8-10, 13) But no human can tame the tongue. It is unruly and injurious, full of deadly poison. 9 With it we praise Jehovah, the Father, and yet with it we curse men who have come into existence "in the likeness of God." 10 Out of the same mouth come blessing and cursing. My brothers, it is not right for things to happen this way. 13 Who is wise and understanding among you? Let him by his fine conduct demonstrate works performed with a mildness that comes from wisdom.

(James 3:17, 18) But the wisdom from above is first of all pure, then peaceable, reasonable, ready to obey, full of mercy and good fruits, impartial, not hypocritical. 18 Moreover, the fruit of righteousness is sown in peaceful conditions for those who are making peace.

(2 Peter 3:14) Therefore, beloved ones, since you are awaiting these things, do your utmost to be found finally by him spotless and unblemished and in peace.