

12 Bible Verses for When You're Stressed

I hope you find these scripture cards useful in the times you feel stressed. Print them out, commit them to memory, and carry them with you to remember whenever you need.

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"Cast all your anxiety on him because he cares for you."

1 Peter 5:7



"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27



"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight."

Proverbs 3:5-6



"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



"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30



"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18



"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10



"Commit to the Lord whatever you do, and he will establish your plans."

Proverbs 16:3

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:33-34



"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



"God is our refuge and strength, and ever-present help in trouble."

Psalms 46:1

