

## Scriptures to Encourage Good Mental Health (quoted from ESV)

### [Philippians 4:6-7](#)

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

### [1 Peter 5:7](#)

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

### [2 Timothy 1:7](#)

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

### [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.

### [Jonah 2:5-7](#)

The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O LORD my God. When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple.

### [Philippians 4:13](#)

I can do all things through him who strengthens me.

### [Matthew 6:34](#)

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

### [Psalms 91:1-16](#)

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." ... You will not fear the terror of the night, nor the arrow that flies by day, ...

### [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 23:1-6](#)

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

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### [Matthew 11:28-30](#)

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

### [Romans 8:28](#)

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

### [2 Corinthians 10:5](#)

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

### [Romans 8:18](#)

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

### [Romans 8:1-39](#)

There is therefore now no condemnation for those who are in Christ Jesus...

### [1 John 4:16](#)

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

### [3 John 1:2](#)

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

### [1 John 4:18](#)

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

### [2 Corinthians 12:9](#)

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.