



# WHAT DOES THE BIBLE SAY ABOUT DEPRESSION?

Psalms 9:9-10 The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.

Psalms 31:22-24 In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help. Love the LORD, all his saints! The LORD preserves the faithful, but the proud he pays back in full. Be strong and take heart, all you who hope in the LORD.

Psalms 42:5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and

Psalms 42:11 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalms 146:8 the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous.

Isaiah 35:3-4 Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."

Isaiah 50:10 Who among you fears the LORD and obeys the word of his servant? Let him who walks in the dark, who has no light, trust in the name of the LORD and rely on his God.

Jeremiah 29:11-13 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Hebrews 12:12-13 Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

2 Corinthians 4:8-12 We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may be revealed in our mortal body. So then, death is at work in us, but life is at work in you.

Nehemiah 2:1-5 I had not been sad in his presence before; so the king asked me, "Why does your face look so sad when you are not ill? This can be nothing but sadness of heart." I was very much afraid, but I said to the king, "May the king live forever! Why should my face not look sad when the city where my fathers are buried lies in ruins, and its gates have been destroyed by fire?" The king said to me, "What is it you want?" Then I prayed to the God of heaven, and I answered the king, "If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my fathers are buried so that I can rebuild it."

Isaiah 57:10 You were wearied by all your ways, but you would not say, 'It is hopeless.' You found renewal of your strength, and so you did not faint.

James 4:7-10 Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.

Isaiah 29:18-19 In that day the deaf will hear the words of the scroll, and out of gloom and darkness the eyes of the blind will see. Once more the humble will rejoice in the LORD; the needy will rejoice in the Holy One of Israel.

Isaiah 9:1-2 Nevertheless, there will be no more gloom for those who were in distress. In the past he humbled the land of Zebulun and the land of Naphtali, but in the future he will honor Galilee of the Gentiles, by the way of the sea, along the Jordan--The people walking in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.

Psalms 107:14-16 He brought them out of darkness and the deepest gloom and broke away their chains. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men, for he breaks down gates of bronze and cuts through bars of iron.

1 Peter 4:12-13 Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Deuteronomy 31:7-8 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."

Isaiah 35:10 and the ransomed of the LORD will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.

James 4:8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Psalms 126:5 Those who sow in tears will reap with songs of joy.

Psalms 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.