

Scriptures about Handling Stress

'As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'"

Luke 10:38-42, NIV

'Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. '

Romans 12:2, NIV

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

1 Peter 5:7, NLT

'Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. '

Matthew 11:28, NLT

'Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. '

James 1:2-4, NLT

'Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. '

John 14:27, NKJV

'By standing firm, you will win your souls. '

Luke 21:19, NLT

'It is better to trust in the Lord Than to put confidence in man.'

Psalms 118:8, NKJV

'When doubts filled my mind, your comfort gave me renewed hope and cheer.

Psalms 94:19, NLT

'The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. '

Romans 8:6, NIV

'Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then 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. '

Philippians 4:6-7, NLT

'And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. '

Romans 8:28, NLT

'As pressure and stress bear down on me, I find joy in your commands. '

Psalms 119:143, NLT

'I know the Lord is always with me. I will not be shaken, for he is right beside me. '

Psalms 16:8, NLT

' "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? '

Matthew 6:25, NLT

'Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. '

Proverbs 3:5-6, NLT

'Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Isaiah 41:10, NKJV