

Bible Verses for Faith in Times of Stress

By Rebecca Merrill Groothuis

My presence will go with you, and I will give you rest. (Exodus 33:14)

Be strong and bold; have no fear or dread of them, because it is the Lord your God who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed. (Deuteronomy 31:6,8)

The eternal God is your refuge, and underneath are the everlasting arms. (Deuteronomy 33:27)

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. (Psalm 9:9-10)

I have set the Lord always before me. Because he is at my right hand, I will not be shaken. (Psalm 16:8)

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. (Psalm 27:1,3-5)

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. (Psalm 32:7-8)

I sought the Lord, and he answered me, and delivered me from all my fears. (Psalm 34:4)

Those who seek the Lord lack no good thing. (Psalm 34:10b)

Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God. By day the Lord commands his steadfast love, and at night his son is with me, a prayer to the God of my life. (Psalm 42: 5,8)

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (Psalm 46:1-3)

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shelter of your wings. (Psalm 61:1-4)

My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken. (Psalm 62:1-2)

Those who love me, I will deliver; I will protect those who know my name.

When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. With long life I will satisfy them, and show them my salvation. (Psalm 91:14-16)

Bless the Lord, O my soul, and do not forget all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. (Psalm 103:2-5)

Praise the Lord! Happy are those who fear the Lord. They are not afraid of evil tidings; their hearts are firm, secure in the Lord. Their hearts are steady, they will not be afraid. (Psalm 112: 1a, 7-8a)

Unless the Lord builds the house, those who build it labor in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved. (Psalm 127:1-2)

When I called, you answered me; you made me bold and stouthearted. (Psalm 138:3)

The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. (Psalm 145: 18-19)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:5-6)

The name of the Lord is a strong tower; the righteous run into it and are safe. (Proverbs 18:10)

Fear of others will prove to be a snare, but whoever trusts in the Lord is kept safe. (Proverbs 29:25)

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation. With joy you will draw water from the wells of salvation. (Isaiah 12:2)

Those of steadfast mind you keep in peace—because they trust in you. Trust in the Lord forever, for in the Lord God you have an everlasting rock. (Isaiah 26: 3-4)

In repentance and rest is your salvation, in quietness and trust is your strength. (Isaiah 30:15)

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:28-31)

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)

Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall

not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior. (Isaiah 43:1b-3a)

O Lord, my strength and my fortress, my refuge in time of distress. (Jeremiah 16:19)

I have loved you with an everlasting love; I have drawn you with loving-kindness. (Jeremiah 31:3)

Ah Lord God! It is you who made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you. (Jeremiah 32:17)

See, I am the Lord, the God of all flesh; is anything too hard for me? (Jeremiah 32:27)

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: 28-31)

Are not five sparrows sold for two pennies? Yet not one of them is forgotten in God's sight. But even the hairs of your head are all counted. Do not be afraid; you are of more value than many sparrows. (Luke 12:6-7)

Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. (Luke 12:32)

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)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)

If God is for us, who can be against us? Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8: 31b, 35, 37-39)

My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9)

Do not worry 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. Finally, beloved, whatever is true, whatever is honorable, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. (Philippians 4:6-8)

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation . . . I can do everything through him who gives me strength. (Philippians 4: 12-13)

But the Lord is faithful, and he will strengthen and protect you from the evil one. (2 Thessalonians 3:3)

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Timothy 1:7)

Keep your lives free from the love of money, and be content with what you have; for he has said, "I will never leave you or forsake you." So we can say with confidence, "The Lord is my helper; I will not be afraid. What can anyone do to me?" (Hebrews 13: 5-6)

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind. (James 1:5-6)

Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith. . . . And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. (1 Peter 5: 7-10)

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us. (1 John 4: 18-19)

Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Lord will fight for you; you need only to be still. (Exodus 14:13a,14)

Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go. (Joshua 1:9)

Do not grieve, for the joy of the Lord is your strength. (Nehemiah 8:10b)

You will forget your misery; you will remember it as waters that have passed away. (Job 11:16)

By his light I walked through darkness. (Job 29:3)

I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety. (Psalm 4:8)

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore. (Psalm 16:11)

It is you who light my lamp; the Lord, my God, lights up my darkness. (Psalm 18:28)

Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! (Psalm 27:14)

The angel of the Lord encamps around those who fear him, and delivers them. (Psalm 34:7)

When the righteous cry for help, the Lord hears, and rescues them from all their troubles. The Lord is near to the brokenhearted, and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord rescues them from them all. (Psalm 34:17-19)

Trust in the Lord and do good; so you will live in the land, and enjoy security. Take delight in the Lord and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the Lord, and wait patiently for him. (Psalm 37:3-7a)

Be still, and know that I am God. (Psalm 46:10a)

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation, and grant me a willing spirit, to sustain me. (Psalm 51:10-12)

Be thou my strong habitation, whereunto I may continually resort: thou has given commandment to save me; for thou art my rock and my fortress. (Psalm 71:3; KJV)

Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. (Psalm 71:20)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalm 73:26)

Blessed are those whose strength is in you, who have set their hearts on pilgrimage. They go from strength to strength, till each appears before God in Zion. (Psalm 84:5,7)

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, 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, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday. Because you have made the Lord your refuge, the Most High your dwelling place, no evil shall befall you, no scourge come near your tent. For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your foot against a stone. (Psalm 91:1-2,5-6,9-12)

When I said, “My foot is slipping,” your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul. (Psalm 94:18-19)

Be at rest once more, O my soul, for the Lord has been good to you. For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living. (Psalm 116:7-9)

I will not die but live, and will proclaim what the Lord has done. The Lord has chastened me severely, but he has not given me over to death. (Psalm 118:17-18)

My soul is weary with sorrow; strengthen me according to your word. (Psalm 119:28)

My comfort in my suffering is this: Your promise preserves my life. (Psalm 119:50)

Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. (Psalm 138:7)

Where can I go from your Spirit? Where can I flee from your presence? If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:7,9-12,23-24)

My eyes are fixed on you, O Sovereign Lord; in you I take refuge—do not give me over to death. (Psalm 141:8)

He heals the brokenhearted, and binds up their wounds. (Psalm 147:3)

When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. (Proverbs 3:24)

Lord, you establish peace for us; all that we have accomplished you have done for us. (Isaiah 26:12)

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." (Isaiah 30:21)

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 35:4-5)

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:28-31)

As a mother comforts her child, so will I comfort you. (Isaiah 66:13a)

"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. I will be found by you," declares the Lord, "and will bring you back from captivity." (Jeremiah 29:11-14a)

Restrain your voice from weeping and your eyes from tears, for your work will be rewarded. (Jeremiah 31:16)

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord. (Lamentations 3:22-26)

For the Lord will not reject forever. Although he causes grief, he will have compassion according to the abundance of his steadfast love; for he does not willingly afflict or grieve anyone. (Lamentations 3:31-32)

Do not rejoice over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Lord will be a light to me. (Micah 7:8)

The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. (Zephaniah 3:17)

Your father knows what you need before you ask him. Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? So do not worry, saying, "What shall we eat?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. 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. Today's trouble is enough for today. (Matthew 6:8b,25,31-34)

If you have faith the size of a mustard seed, you will say to this mountain, "move from here to there," and it will move; and nothing will be impossible for you. (Matthew 17:20)

Can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? (Luke 12:25-26)

Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. (John 15:4-5,7,10)

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you. (Romans 8:11)

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. (Romans 8:18)

The God of peace will soon crush Satan under your feet. (Romans 16:20)

No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. (1 Corinthians 10:13)

For we were so utterly, unbearably crushed that we despaired of life itself. Indeed, we felt that we had received the sentence of death so that we would rely not on ourselves but on God who raises the dead. He who rescued us from so deadly a peril will continue to rescue us; on him we have set our hope that he will rescue us again. (2 Corinthians 1:8b-10a)

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. (2 Corinthians 4:7-10)

So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. (2 Corinthians 4:16-18)

So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! (2 Corinthians 5:17)

And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. (2 Corinthians 9:8)

My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9a)

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9)

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places. (Ephesians 1:3)

Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory. (Colossians 3:2-4)

Let the peace of Christ rule in your hearts. (Colossians 3:15a)

Now may the Lord of peace himself give you peace at all times and in every way. (2 Thessalonians 3:16)

The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. (2 Timothy 4:18)

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16)

God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. (Hebrews 6:10)

Let those suffering in accordance with God's will entrust themselves to a faithful Creator, while continuing to do good. (1 Peter 4:19)

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God. (1 John 5:4-5)

Scripture references are from NIV and NRSV.

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