

50 Bible Verses for Overcoming Depression and Anxiety

BY DR. SUMEET MANAKAN J
APOSTLE AND SENIOR PASTOR,
SHOFAR TABERNACLE MINISTRIES



WITH GOD
ALL THINGS
ARE POSSIBLE

Dear Beloved Shofarite,

As we navigate through the various challenges of life, particularly in moments of anxiety and depression, it is crucial to remember that God's Word is a steadfast source of comfort and hope.

Here at Shofar Tabernacle Ministries, we recognize that overcoming such struggles requires more than just quoting scriptures, but also a comprehensive approach that may involve prayer, fellowship with the Church, professional counseling, and healthy living.

Nevertheless, we must never forget the power of God's presence in our lives that flows through His Word. His Word brings peace and strength in the midst of our trials. I encourage you to meditate on the scriptures below, which have been a source of hope for many in their time of need.

The Lord is ever-present, and His love for you is unchanging.

As we stand together in faith, let us be reminded of Deuteronomy 31:8: "It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed." Allow these verses to uplift your spirit and guide you through the darkness, knowing that God is your refuge and strength.

In His grace,
Dr. Sumeet MJ
Apostle & Senior Pastor
Shofar Tabernacle Ministries

Old Testament

Exodus 14:14 "The Lord will fight for you; you need only to be still."

Deuteronomy 31:8 "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."

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Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

1 Samuel 30:6 "David was greatly distressed... But David found strength in the Lord his God."

2 Chronicles 20:17 "You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you."

Nehemiah 8:10 "Nehemiah said, 'Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.'"

Job 5:11 "The lowly he sets on high, and those who mourn are lifted to safety."

Job 22:21 "Submit to God and be at peace with him; in this way prosperity will come to you."

Psalm 3:3 "But you, Lord, are a shield around me, my glory, the One who lifts my head high."

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

Psalm 16:8 "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

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Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Psalm 27:1 "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?"

Psalm 30:5 "For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning."

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

Psalm 40:1-3 "I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God."

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Psalm 46:1-2 "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."

Psalm 61:2 "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."

Psalm 118:5-6 "When hard pressed, I cried to the Lord; he brought me into a spacious place. The Lord is with me; I will not be afraid. What can mere mortals do to me?"

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

Psalm 147:3 "He heals the brokenhearted and binds up their wounds."

Proverbs 3:5-6 "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 12:25 "Anxiety weighs down the heart, but a kind word cheers it up."

Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

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Isaiah 40:31 "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 41:13 "For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you."

Isaiah 57:18-19 "I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners, creating praise on their lips. Peace, peace, to those far and near, says the Lord. 'And I will heal them.'"

Jeremiah 29:11 "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."

Lamentations 3:22-23 "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."

Ezekiel 36:26 "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

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New Testament

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 19:26 "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

Mark 5:36 "Overhearing what they said, Jesus told him, 'Don't be afraid; just believe.'"

Luke 12:25-26 "Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"

John 16:33

"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."

Acts 18:9-10 "One night the Lord spoke to Paul in a vision: 'Do not be afraid; keep on speaking, do not be silent. For I am with you, and no one is going to attack and harm you, because I have many people in this city.'"

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."

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2 Corinthians 1:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

2 Corinthians 4:8-9 "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

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 about my weaknesses, so that Christ's power may rest on me."

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

Ephesians 3:16-17 "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith."

Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

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Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called

1 Thessalonians 5:16-18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."

Hebrews 4:16 "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

James 1:2-3 "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

1 John 4:18 "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."

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Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

I sincerely hope that you have enjoyed this resource and pray and wish the best of health and prosperity to you and to your family. Do Pray for our Apostolic Ministry and the many facets of it - Evangelism, Teaching, Prayer and Charity.

Please do visit our website at www.shofartabernacle.com and support our ministry through your prayers and contributions.

Blessings and Victory in the name of our LORD JESUS,

Dr. Sumeet MJ

Phd., B.C.S. M.Min

(Apostle and Senior Pastor, Shofar Tabernacle Ministries)

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