

Scriptures for Mental & Emotional Health

~The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to **heal the brokenhearted**, to **proclaim liberty to the captives** and recovery of sight to the blind, **to set at liberty those who are oppressed.** *Luke 4:18 (NKJV)*

~Now the Lord is that Spirit: and **where the Spirit of the Lord is, there is liberty.** *2 Corinthians 3:17*

Though I live in this flesh, I fight with spiritual weapons mighty enough to pull down all strongholds. Any thought, any feeling, any imagination that would try to exalt itself above the knowledge of God, I call you captive! You are obedient to the truth of Jesus Christ.

2 Corinthians 10:3-5

I am filled with all joy and I am filled with all peace. I have not only enough hope for today, but hope that abounds forever through the Holy Spirit.

Romans 15:13

My soul does not live in depression, nor does it house anxiety within me. I will hope in my God. I will praise and worship Him, for He is the health of my mind and emotions. He is the source of my wellbeing.

Psalms 42:11

I am not anxious about anything. I take all matters to God in prayer, and I thank Him for His faithfulness. Therefore, God's peace and rest guard my heart and my mind. I have peace that goes beyond all logic and worldly understanding.

Philippians 4:6-7

My thoughts are filled with truth, honesty, and justice. My thoughts are filled with purity, love, and things that are good to report. Anything that is virtuous and praiseworthy, I put my mind on these things.

Philippians 4:8

God has not given me the spirit of fear! He has given me a righteous spirit of power, a godly spirit of love, and a mind that is steady and sound.

2 Timothy 1:7

I have been given beauty for ashes. The oil of joy runs over me and washes away my mourning. I put on the garment of praise and worship you, Jesus, and heaviness is lifted from me.

Isaiah 61:3

I cast all my cares and all my worries on the shoulders of my Father. For my God cares about me, and I am on His mind.

1 Peter 5:7

I come to the Lord and I lay down my heavy burdens. He gives me rest for weariness. I carry life in the way Jesus teaches me.

Matthew 11:28-30

The Lord is my shepherd, I shall not want. He makes me to lie down in green pastures. He leads me beside the still waters. He restores my soul. He leads me in the paths of righteousness for His name's sake. Though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.

Psalms 23:1-4 (NKJV)

My soul will not be left in the depths, neither will this child of God be destroyed. My Father will show me the way. I have all fulness of joy and delight forever, because I stay in His presence at His right hand.

Psalms 16:10-11

Your perfect love in me and to Me, Lord, casts out all my fears. I am not in torment. Love is greater than fear.

1 John 4:18

You, God, have turned my mourning into dancing! I am no longer dressed in sadness, but I am clothed all around in gladness.

Psalms 30:11

You keep me in perfect peace because my mind is stayed on You at all times. I put my trust in You, Jesus, and I receive strength that lasts forever.

Isaiah 26:3-4

Jesus paid the price for my peace at the cross. By His punishment, I am now free. By His broken body, I am healed physically, emotionally, and mentally.

Isaiah 53:5