

Finding help and comfort in the Bible

With the help of our friends, the Gideons, we have collated some Bible verses that may be of help or comfort in times of crisis. Everything from 'feeling lonely' to 'being afraid of the future' is covered below. If you can't find what you need <http://gideonsuk.com/bible-helps/> has a more extensive list. Alternatively, you could open the pages of a Bible and see what you can discover yourself!

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1. *Being Anxious*

Nahum 1:7

7 The LORD is good, a refuge in times of trouble. He cares for those who trust in him

Isaiah 43:1-3

1 But now, this is what the LORD says- he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the LORD, your God, the Holy One of Israel, your Saviour; I give Egypt for your ransom, Cush and Seba in your stead.

Psalms 46

1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging. Selah 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. 7 The LORD Almighty is with us;

the God of Jacob is our fortress. Selah 8 Come and see the works of the LORD, the desolations he has brought on the earth. 9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." 11 The LORD Almighty is with us; the God of Jacob is our fortress. Selah

Philippians 4:6,7

4 Rejoice in the Lord always. I will say it again: Rejoice! 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2. *Being Afraid Of Circumstances*

Mark 4:35-41

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Isaiah 41:10 & 13

10 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. 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.

Romans 8:28

28 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.

Psalms 139:8-10

8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea, 10 even there your hand will guide me, your right hand will hold me fast.

3. *About Anger*

James 1:19-21

19 My dear friends, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for one's anger does not bring about the righteous life that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Ephesians 4:25,26

25Therefore each of you must put off falsehood and speak truthfully to his neighbour, for we are all members of one body. 26"In your anger do not sin": Do not let the sun go down while you are still angry.

1 Timothy 2:8

8I want people everywhere to lift up holy hands in prayer, without anger or disputing.

4. *Being Afraid of the Future*

Matthew 6:25-34

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Who of you by worrying can add a single hour to his life? 28"And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. 29Yet I tell you that not even Solomon in all his splendour was dressed like one of these. 30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Psalms 55:22

22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Psalms 23

1 The LORD is my shepherd, I shall not be in want. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he restores my soul. He guides me in paths of righteousness for his name's sake. 4Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

5. *About Being Ill*

James 5:14-16

14Is any one of you sick? You should call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of the righteous is powerful and effective.

2 Corinthians 12:9,10

9But 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. 10That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Psalms 103:1-5

1 Praise the LORD, O my soul; all my inmost being, praise his holy name. 2 Praise the LORD, O my soul, and forget not all his benefits- 3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

6. *About Being Lonely*

Hebrews 13:5

5Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Deuteronomy 31:8

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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7. *About Bereavement*

John 3:14-16

14 Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 that everyone who believes in him may have eternal life. 16"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 14:1-4

1"Do not let your hearts be troubled. Trust in God; trust also in me. 2In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. 3And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. 4You know the way to the place where I am going."

Romans 8:38,39

38For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39neither 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.

1 Thessalonians 4:13-18

13Friends, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of them, who have no hope. 14We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. 15According to the Lord's own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. 16For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. 17After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 18Therefore encourage each other with these words.

8. About Being Weary

Matthew 11:28-30

28"Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."

Isaiah 40:28-31

28 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.

29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and the young stumble and fall; 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.

2 Corinthians 4:16-18

16Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Philippians 4:13

13I can do everything through him who gives me strength.

9. About Being Worried

Isaiah 43:1-3

1 But now, this is what the LORD says- he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be

burned; the flames will not set you ablaze. 3 For I am the LORD, your God, the Holy One of Israel, your Saviour; I give Egypt for your ransom, Cush and Seba in your stead.

Psalm 46

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Philippians 4:6,7

4 Rejoice in the Lord always. I will say it again: Rejoice! 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Nahum 1:7

7 The LORD is good, a refuge in times of trouble. He cares for those who trust in him

10. *About Blaming God*

Job 22:21

22 Accept instruction from his mouth and lay up his words in your heart.

Jeremiah 29:11

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."

2 Samuel 22:31

31 "As for God, his way is perfect; the word of the LORD is flawless. He is a shield for all who take refuge in him.

11. *About Coping With Stress*

Matthew 6:25-27,34

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to your life? 34 Therefore do

not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

John 14:1

1 "Do not let your hearts be troubled. Trust in God; trust also in me."

Isaiah 40:31

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.

1 Peter 5:7

7 Cast all your anxiety on him because he cares for you.

12. *Being Desperate*

Psalms 62:5-8

5 Find rest, O my soul, in God alone; my hope comes from him. 6 He alone is my rock and my salvation; he is my fortress, I will not be shaken. 7 My salvation and my honour depend on God; he is my mighty rock, my refuge. 8 Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah

Psalms 55:22

22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

2 Corinthians 1:8-11

8 We do not want you to be uninformed, friends, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. 9 Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. 10 He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us, 11 as you help us by your prayers. Then many will give thanks on our behalf for the gracious favour granted us in answer to the prayers of many.

13. *When You Feel Far From God*

James 4:7-10

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

Acts 17:22-28

22 Paul then stood up in the meeting of the Areopagus and said: "People of Athens! I see that in every way you are very religious. 23 For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: TO AN UNKNOWN GOD. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you. 24 "The God who made the world and everything in it is the Lord of

heaven and earth and does not live in temples built by human hands. 25 And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. 26 From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. 27 God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. 28 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.'

Psalms 145:17-20

17 The LORD is righteous in all his ways and loving toward all he has made. 18 The LORD is near to all who call on him, to all who call on him in truth. 19 He fulfills the desires of those who fear him; he hears their cry and saves them. 20 The LORD watches over all who love him, but all the wicked he will destroy.

14. *About Needing Comfort*

Psalms 32:8-10

8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you. 9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. 10 Many are the woes of the wicked, but the LORD's unfailing love surrounds the person who trusts in him.

Proverbs 3:5,6

5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways acknowledge him, and he will make your paths straight.

2 Corinthians 1:3,4

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

Psalms 34:18,19

18 The LORD is close to the broken hearted and saves those who are crushed in spirit. 19 A righteous person may have many troubles, but the LORD delivers him from them all;

15. *About Needing Peace*

John 14:27

27 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.

Romans 5:1-5

1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. 3 Not only so, but we

also rejoice in our sufferings, because we know that suffering produces perseverance; 4perseverance, character; and character, hope. 5And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Philippians 4:4-9

4Rejoice in the Lord always. I will say it again: Rejoice! 5Let your gentleness be evident to all. The Lord is near. 6Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8Finally, 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. 9Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you.

16. *About Sleeplessness*

Matthew 11:28-30

28"Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."

Psalms 4:8

8 I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

1 Peter 5:6,7

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

Proverbs 3:21-26

21 My child, preserve sound judgment and discernment, do not let them out of your sight; 22 they will be life for you, an ornament to grace your neck. 23 Then you will go on your way in safety, and your foot will not stumble; 24 when you lie down, you will not be afraid; when you lie down, your sleep will be sweet. 25 Have no fear of sudden disaster or of the ruin that overtakes the wicked, 26 for the LORD will be your confidence and will keep your foot from being snared.

17. *About Sympathy*

James 1:27

27Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

Hebrews 13:3

3Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering.

Romans 15:1

1We who are strong ought to bear with the failings of the weak and not to please ourselves.

1 Peter 3:8

8Finally, all of you, live in harmony with one another; be sympathetic, love as brothers and sisters, be compassionate and humble.