

depression

Verses to Help you Fight:

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.”

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.”

Matthew 11:28 “Come to me, all who labor and are heavy laden, and I will give you rest.”

Psalms 9:9 “The Lord is a stronghold for the oppressed, a stronghold in times of trouble.”

Psalms 40: 1-2 “I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.”

Psalms 34:18 “The Lord is near to the brokenhearted and saves the crushed in spirit.”

Psalms 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.”

3 Practical Steps to take:

- Allow yourself to experience both good and bad feelings, and journal about both. Write when you are feeling down, but also when you are feeling good.
- Set attainable goals for yourself and reward yourself as you reach them.
- Spend time doing things you enjoy, like being with friends, spending time in nature, or listening to your favorite music.

fear

Verses to Help you Fight:

2 Timothy 1:7 “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

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.”

Isaiah 35:4 “Tell everyone who is discouraged, be strong and don’t be afraid! God is coming to your rescue.”

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

Psalms 118:6-7 “The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper.”

Psalms 34:4 “I prayed to the Lord, and he answered me. He freed me from all my fears.”

Romans 8:38-39 “And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.”

3 Practical Steps to Take:

- Find small ways to face the things that scare you—you might find it’s not as bad as you have built it up to be and facing it can give you confidence to move forward.
- Pray about your fear—let God know how you are feeling and ask for the strength that God has promised to provide.
- Use relaxation techniques—things like meditation, deep breathing, yoga, or even just going somewhere peaceful in your mind can help.

anxiety

Verses to Help you Fight:

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Psalms 62:8 "Trust in him at all times, oh people; pour out your heart before him; God is a refuge for us."

Psalms 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Proverbs 3:5-6 "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".

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

Psalms 28:7 "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

3 Practical Steps to Take:

- Take a time out—listen to music, meditate, pray, practice yoga—anything to help clear the thought cycle in your head.
- Help others—finding a way to serve others will give you a break from the norm and can also result in a support network.
- Develop healthy habits- eating balanced meals, getting enough sleep, and being physically active have all been proven to help lessen anxiety.

Self-Worth

Verses to Help you Fight:

Jeremiah 17:7-8 “But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

Song of Solomon 4:7 “You are altogether beautiful, my love; there is no flaw in you.”

Luke 12:7 “In fact, even the hairs on your head are all numbered. Do not be afraid; you are more valuable than many sparrows.”

Isaiah 43:1 “But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Fear not, for I have redeemed you; I have called you by name, you are mine.”

Psalms 139:13-15 “For it was you who formed my inward parts; you knit me together in my mother’s womb. Praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.”

1 John 3:1 “See how very much our Father loves us, for he calls us his children, and that is what we are!”

Ephesians 2:10 “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

3 Practical Steps you can Take:

- Write down a list of things you love about yourself: awesome things you have done, times you have made someone smile, or just a characteristic you like about yourself.
- Every time you think or say something self-insulting, think of two other things you like about yourself.
- Pray that God help you see what he sees, and remember that you are loved by the one who knows you best.

I struggle with forgiving myself...

Verses to Help you Fight:

Acts 10:43- "To him all the prophets bear witness that everyone who believes in him receives forgiveness of sins through his name."

Hebrews 10:22-23- "Let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful."

1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Psalms 103:10-11 "He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him."

Joel 2:13 "Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."

Psalms 32:5 "I acknowledged my sin to you, and I did not cover my iniquity; I said, 'I will confess my transgressions to the Lord,' and you forgave the iniquity of my sin."

Romans 4:7-8 "Blessed are those whose lawless deeds are forgiven, and whose sins are covered; blessed is the man against whom the Lord will not count his sin."

3 Practical Steps to take:

- Journal about the things you have done, then write down the things you will change to better yourself.
- Write down three things you can do that will help you in the future or will help to resolve the situation. Pray for help as you navigate these changes.
- Think of three things you love about yourself when you are being hard on yourself. Remember that you are more than what you have done in the past and that God has forgiven you.

I Struggle with Forgiving Others...

Verses to Help you Fight:

Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."

Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Mathew 18:21-22 "Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy times seven times."

Proverbs 24:17 "Do not rejoice when your enemies fall, and do not let your heart be glad when they stumble..."

Luke 6:37 "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."

Mark 11:25 "And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

Hebrews 10:17-18 "He also adds, 'I will remember their sins and their lawless deeds no more.' Where there is forgiveness of these, there is no longer any offering for sin."

3 Practical Steps you can take:

- If possible, try to address the issues directly with the person involved with peace and productive conversation.
- If meeting with the person directly is not possible, unproductive, or unsafe, pray for peace in your heart about the situation.
- Journal the things that you are upset about, and attempt to let go of the anger and resentment, while understanding that forgiveness does not necessarily mean allowing the relationship to go back to the way it was.

I struggle with Relationships...

Verses to Help you Fight:

1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."

Proverbs 16:28 "A perverse person stirs up conflict, and gossip separates good friends."

Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."

1 Peter 4:8-9 "Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling."

Proverbs 17:9 "One who forgives an affront fosters friendship, but one who dwells on disputes will alienate a friend."

Proverbs 17:17 "A friend loves at all times, and a brother is born for a time of adversity."

Psalms 133:1 "Behold, how good and pleasant it is when brothers dwell in unity!"

3 Practical Steps you can Take:

- Have open discussions with your friends often. Talk when they have hurt your feelings or when you have hurt theirs, talk when they are having a hard time, and talk to them when you have hard times.
- Pray for your friends often.
- Give encouragement to your friends! Give compliments and be kind!

I struggle with hopelessness...

Verses to Help you Fight:

Psalms 62:5-6 "Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken."

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."

Philippians 1:6 "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Romans 8:18 "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

Lamentations 3:21-23 "Yet this I call to mind and therefore I have hope: 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."

Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Romans 15:13 "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

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."

3 Practical Steps to Take:

- Ask yourself where you see God working in and with you.
- Pray about what God wants your future to look like, meditate on how you can reach these goals for your life.
- Be realistic about your limitations- understand that you don't have the ability to change every circumstance. Pick one thing that is in your ability to control, and put your energy toward working on that.

I struggle to feel loved...

Verses to Help you Fight:

Romans 8:31–32 “What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own son but gave him up for us all, how will he not also with him graciously give us all things?”

Romans 5:5 “And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.”

John 3:16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

John 15:9 “As the Father has loved me, so have I loved you. Abide in my love.”

Psalms 149:4 “For the Lord takes pleasure in his people; he adorns the humble with salvation.”

Jeremiah 31:3 “The Lord appeared to us in the past, saying: “I have loved you with an everlasting love; I have drawn you with unfailing kindness.”

Psalms 86:15 “But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”

3 Practical Steps to Take:

- Shift your focus- spend time expressing your love for others. When you give without expecting anything back, it can help change your perspective and bring joy.
- Practice time in God's presence—intentionally spend time doing things that make you feel closer to God, whether it's being outside, spending time praising God through music, reading Scripture, spending time in church.
- Love yourself- give yourself permission to indulge in things that make you feel inspired, healthy, and happy; things like podcasts, time alone, or even favorite movies or a favorite treat.

I struggle with knowing who I am...

Verses to Help you Fight:

John 1:12 "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."

1 Peter 2:9 "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

2 Corinthians 5:17 "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

1 Corinthians 6:17 "But he who is joined to the Lord becomes one spirit with him."

Ephesians 1:5 "God destined us to be his adopted children through Jesus Christ because of his love. This was according to his goodwill and plan."

Romans 8:1 "So now there isn't any condemnation for those who are in Christ Jesus."

Philippians 2:15b-16a "...You shine like stars in the world because you hold on to the word of life."

3 Practical Steps to Take:

- Perform a self-inventory- explore what you really like and don't like anymore, the qualities and characteristics that define you, your most important values and coping skills.
- Expand your support network- Turn to trusted friends, family members, mentors in the community or at church, therapists, team activities—surround yourself with positive relationships that help you gain confidence and remember your worth.
- Give extra time to the art you enjoy- spending time engaging with art, music, poetry, literature, etc.. which you find meaningful (and asking yourself why you enjoy it) can be a helpful tool to assist interpret your thoughts, feelings, and values.