
Scriptures for Peace, Joy & Overcoming

To Come Against Stress, Anxiety & Depression

Happy are the people whose God is the Lord!

Great peace have those who love Your law, and nothing causes them to stumble.

Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God.

Psalm 144:15, 146:1, 119:65

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.” John 16:33

We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. Romans 5:3-5

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in the Lord is everlasting strength. Isaiah 26:3,4

Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:31

Cast your burden on the Lord, and He shall sustain you; he shall never permit the righteous to be moved. Psalm 55:22

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Mathew 11:28-30

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. James 1:2-3

Therefore do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise. Hebrews 10:35-36

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. Romans 8:28

God is our refuge and strength, a very present help in trouble. Psalm 46:1

Be of good courage, and He shall strengthen your heart, all you who hope in the Lord. Psalm 31:24

Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed,

you may also be glad with exceeding joy. If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you. 1st Peter 4:12-14

I do not count myself to have apprehended; but this one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Philippians 3:13-14

I will not leave you nor forsake you. Be strong and of good courage. Only be strong and very courageous, that you may observe to do according to all the law which Moses my servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. Joshua 1:5-9

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. 2 Corinthians 4:16-18

Be anxious for nothing, 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 minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Whatever 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. Philippians 4:4-9

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

The things which are impossible with men are possible with God. Luke 18:27

I can do all things through Christ who strengthens me. Philippians 4:13

The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him. Nahum 1:7

As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him. Psalm 18:30

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. Jeremiah 33:3

Be strong and do not let your hands be weak, for your work shall be rewarded. 2 Chronicles 15:7

What then shall we say to these things? If God be for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Romans 8:31-32

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. Jeremiah 29:11

For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. 2 Chronicles 16:9

We are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk therein. Ephesians 2:10

Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ. Philippians 1:6

If you abide in My Word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free. John 8:31-32

Above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Colossians 3:14-15

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20

Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place. 2 Corinthians 2:14

For He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit. 1 Peter 3:10

Therefore, keep the Words of this covenant, and do them, that you may prosper in all that you do. Deuteronomy 29:9

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength. Nehemiah 8:10

For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?" Hebrews 13:5-6

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. 1 John 4:18

Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible." Mathew 19:26

And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises. Hebrews 6:11-12

Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. "The Lord is my portion," says my soul, "Therefore I hope in Him!" The Lord is good to those who wait for Him, to the soul who seeks Him. Lamentation 3:22-25

All your children shall be taught by the Lord, and great shall be the peace of your children. In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. Isaiah 54:13-14

For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God? 1 John 5:4-5

But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. 1 Corinthians 15:57-58

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:16,22,23

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. 1 Corinthians 10:13

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; to proclaim the acceptable year of the Lord.” Luke 4:18-19

Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth. And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God. Deuteronomy 28:1–2

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. Romans 8:10-11

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. Ephesians 4:29-30

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Philippians 4:3-5

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another. Galatians 5:24-26

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:14-16

And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah's womb. He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God, and being fully convinced that what He had promised He was also able

to perform. And therefore “it was accounted to him for righteousness.” Romans 4:19-22

Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, and the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall. Mathew 7:24-27

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. Hebrews 12:1-3

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. 1 Corinthians 9:24-27

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written: “For Your sake we are killed all day long; we are accounted as sheep for the slaughter.” Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Romans 8:34-39

PROVERBS

My son, if you accept my words and store up my commands within you, turning your ear to wisdom, and applying your heart to understanding, and if you call out for insight, and cry aloud for understanding, and if you look for it as for silver, and search for it as for hidden treasure, then you will understand the fear of the Lord, and find the knowledge of God. For the Lord gives wisdom, and from his mouth come knowledge and understanding. He holds victory in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just, and protects the way of the faithful ones. Proverbs 2:1-8

My son, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life [worth living], and tranquility and prosperity [the wholeness of life’s blessings] they will add to you. Proverbs 3:1-2

Lay hold of my words with all your heart, keep my commands and you will live. Get wisdom, get understanding, do not forget my words or swerve from them. Do not forsake wisdom and she will protect you; love her, and she will watch over you. Wisdom is supreme, therefore get wisdom. Though it cost all you have, get understanding. Esteem her and she will exalt you, embrace her and she will honor you. Proverbs 4:4-8

My son, pay attention to what I say, listen closely to my words. Do not let them out of your sight, keep them within your heart, for they are life to those who find them and health to a man’s whole body. Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:20-23

Anxiety in the heart of man causes depression, But a good word makes it glad. Proverbs 12:25

A man shall eat well by the fruit of his mouth, But the soul of the unfaithful feeds on violence. He who guards his mouth preserves his life, But he who opens wide his lips shall have destruction. Proverbs 13:2-3

The cheerful heart has a continual feast. Better a little with the fear of the Lord than great wealth with turmoil. A cheerful heart is good medicine, but a crushed spirit dries up the bones.”
Proverbs 15:15-16 & 17:22

He who heeds the Word wisely will find good; and whoever trusts in the Lord, happy is he. Pleasant words are like a honeycomb, sweetness to the soul and health to the bones. Proverbs 16:20, 24

PSALMS

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and on His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. Psalm 1:1-3

Be angry, and do not sin. Meditate within your heart on your bed, and be still. Offer the sacrifices of righteousness, and put your trust in the Lord. I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety. Psalm 4:4,5,8

But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name be joyful in You. For You, O Lord, will bless the righteous; with favor You will surround him as with a shield. Psalm 5:11,12

The Lord also will be a refuge for the oppressed, a refuge in times of trouble. And those who know Your name will put their trust in You; For You, Lord, have not forsaken those who seek You. Psalm 9:9-10

I will bless the Lord who has given me counsel; My heart also instructs me in the night seasons. I have set the Lord always before me; Because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; My flesh also will rest in hope. For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption. You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore. Psalm 16:7-11

I have called upon You, for You will hear me, O God; Incline Your ear to me, and hear my speech. Show Your marvelous lovingkindness by Your right hand, O You who save those who trust in You from those who rise up against them. Keep me as the apple of Your eye; Hide me under the shadow of Your wings, From the wicked who oppress me, From my deadly enemies who surround me. Psalm 17:6-9

I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the Lord, who is worthy to be praised; So shall I be saved from my enemies. As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him. For who is God, except the Lord? And who is a rock, except our God? It is God who arms me with strength, and makes my way perfect. He makes my feet like the feet of deer, and sets me on my high places. For You have armed me with strength for the battle; You have subdued under me those who rose up against me. The Lord lives! Blessed be my Rock! Let the God of my salvation be exalted. It is God who avenges me, and subdues the peoples under me; He delivers me from my enemies. You also lift me up above those who rise against me; You have delivered me from the violent man. Therefore I will give thanks to You, O Lord, among the Gentiles, and sing praises to Your name. Psalm 18:1-3, 30-33, 39, 46-49

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward. (Psalm 19:7-11)

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. Yea, 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. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever. Psalm 23

Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me, For You are the God of my salvation; on You I wait all the day. Remember, O Lord, Your tender mercies and Your lovingkindnesses, for they are from of old. Who is the man that fears the Lord? Him shall He teach in the way He chooses. He himself shall dwell in prosperity, and his descendants shall inherit the earth. The secret of the Lord is with those who fear Him, And He will show them His covenant. My eyes are ever toward the Lord, For He shall pluck my feet out of the net. Turn Yourself to me, and have mercy on me, for I am desolate and afflicted. The troubles of my heart have enlarged; bring me out of my distresses! Look on my affliction and my pain, and forgive all my sins. Consider my enemies, for they are many; and they hate me with cruel hatred. Keep my soul, and deliver me; Let me not be ashamed, for I put my trust in You. Let integrity and uprightness preserve me, for I wait for You. Psalm 25

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? When the wicked came against me to eat up my flesh, my enemies and foes, they stumbled and fell. Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident. I would have lost heart, unless I had believed that I would see the goodness of the Lord In the land of the living. Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord! Psalm 27:1-3, 13-14

Blessed be the Lord, because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, and with my song I will praise Him. The Lord is their strength, and He is the saving refuge of His anointed. Save Your people, and bless Your inheritance; shepherd them also, and bear them up forever. Psalm 28:6-9

The Lord will give strength to His people; The Lord will bless His people with peace. Psalm 29:11

I will instruct you and teach you in the way you should go; I will guide you with My eye. Do not be like the horse or like the mule, which have no understanding, which must be harnessed with bit and bridle, else they will not come near you. Many sorrows shall be to the wicked; but he who trusts in the Lord, mercy shall surround him. Be glad in the Lord and rejoice, you righteous; and shout for joy, all you upright in heart! Psalm 32:8-11

Behold, the eye of the Lord is on those who fear Him, on those who hope in His mercy, to deliver their soul from death, and to keep them alive in famine. Our soul waits for the Lord; He is our help and our shield. For our heart shall rejoice in Him, because we have trusted in His holy name. Let Your mercy, O Lord, be upon us, Just as we hope in You. Psalm 33:18-22

When the righteous cry for help, the Lord hears and delivers them out of 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 delivers him out of them all. Psalm 34: 17-20

I sought the Lord, and He heard me, and delivered me from all my fears. This poor man cried out, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him,

and delivers them. Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! Oh, fear the Lord, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but those who seek the Lord shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, and loves many days, that he may see good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; seek peace and pursue it. The eyes of the Lord are on the righteous, and His ears are open to their cry. The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth. The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned. Psalm 34

I waited patiently for the Lord; and He inclined to me, and heard my cry. He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps. He has put a new song in my mouth. Psalm 40:1-2

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance. O my God, my soul is cast down within me; therefore I will remember You from the land of the Jordan, and from the heights of Hermon, from the Hill Mizar. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God. Psalm 42:5,6,11

Whenever I am afraid, I will trust in You. In God (I will praise His Word), in God I have put my trust; I will not fear. What can flesh do to me? When I cry out to You, then my enemies will turn back; this I know, because God is for me. In God (I will praise His word), in the Lord (I will praise His word), in God I have put my trust; I will not be afraid. What can man do to me? Psalm 56:3-4, 9-11

Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; He is my defense; I shall not be greatly moved. My soul, wait silently for God alone, for my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; the rock of my strength, and my refuge, is in God. Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us. Psalm 62:1,2, 5-7

Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. The Lord executes righteousness and justice for all who are oppressed. Psalm 103:1-6

I called on the Lord in distress; the Lord answered me and set me in a broad place. The Lord is on my side; I will not fear. What can man do to me? The Lord is for me among those who help me; therefore, I shall see my desire on those who hate me. It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes. Psalm 118:5-9

Your word is a lamp to my feet and a light to my path. The entrance of Your words gives light; it gives understanding to the simple. Psalm 119:105 & 130

The Lord will perfect that which concerns me. Psalm 138:8

How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; when I awake, I am still with You. Psalm 139:17-18

Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God, who made heaven and earth,

the sea, and all that is in them; Who keeps truth forever, who executes justice for the oppressed, who gives food to the hungry. The Lord gives freedom to the prisoners. Psalm 146:5-8

Be still, and know that I am God

Psalm 46: 10