



12 BIBLE VERSES TO FIGHT NEGATIVE EMOTIONS

1. "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." Joshua 1:9 {NIV}
2. "for God gave us a spirit not of fear but of power and love and self-control." 1 Timothy 1:7 {ESV}
3. "Even 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." Psalm 23:4 {ESV}
4. "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 4:6-7 {NIV}
5. "Cast all your anxiety on him because he cares for you" 1 Peter 5:7 {NIV}
6. "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 than food, and the body more than clothes? 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?" Matthew 6:25-26 {NIV}
7. "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." Isaiah 41:10 {NIV}
8. "No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you." Joshua 1:5 {ESV}
9. "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." Romans 8:38-39 {NIV}
10. "The righteous cry out, and the LORD hears them; he delivers them from all their troubles." Psalm 34:17 {NIV}
11. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28-29 {NIV}
12. "Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved." Psalm 55:22 {ESV}