

Scripture for Anxiety and Depression

Isaiah 41:10 – Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Psalms 118:5-6 – In my distress I prayed to the Lord, and the Lord answered me and set me free. The Lord is for me, so I will have no fear. What can mere people do to me?

Psalms 91:9-11 – If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go.

Matthew 11:28-30 – Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Philippians 4:6-7 – Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he's done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

1 Peter 5:6-7 – So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.

1 Peter 5:8-9 – Stay alert! Watch out for your great enemy, the devil prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith.

1 John 4:4 – But you belong to God, my dear children. You have already won a victory over those people, because the spirit who lives in you is greater than the spirit who lives in the world.

John 8:32 – You will know the truth and the truth will set you free.

2 Corinthians 4:8-9 – We are pressed on every side by troubles, but we are not crushed. We are perplexed but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but are not destroyed.

Romans 8:28 – And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

James 4:7-8 – So humble yourselves before God. Resist the devil and he will flee from you. Come close to God, and God will come close to you.

James 1:2-3 – When trouble comes your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.

Other great passages: Jeremiah 29:11-13; 2 Corinthians 12:5-7; 2 Corinthians 10:3-6; Matthew 6:25-34; Psalm 91; Psalm 139; Matthew 14:24-31; Ephesians 6:10-20

Common Symptoms of Anxiety and Depression

Depression

Depressed mood most of the day – for at least 2 weeks
Loss of interest in activities previously enjoyed
Weight loss or gain
Sleep difficulties
Tiredness/loss of energy
Feeling worthless
Difficulty concentrating
Thoughts of death – wanting to die

Anxiety

Heart palpitations or rapid heartbeat
Dizziness or unsteadiness
Shortness of breath
Trembling or shaking
Sweating
Choking
Nausea or abdominal distress
Numbness or tingling sensations
Feelings of detachment – out of touch with own body
Flushes or chills
Chest pain
Fear of dying or going crazy

Red Flags:

- Not wanting to get up in the morning – dreading the day
- No energy – feeling physically tired and a lack of motivation
- Lack of interest in activities you normally enjoy
- Isolating – not wanting to be around others
- Poor hygiene- not taking care of yourself
- Constant worries or fears
- Thoughts of hurting yourself
- Postpartum – constant crying/sadness, not enjoying or even wanting your baby

Please seek professional help if you or someone you love is struggling.

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