Soul Health Bible Verses

Your soul is your mind, will, and emotion. If you have mental struggles, you probably have soul issues that need to be addressed. Following are links to Bible verses that address various aspects related to soul health. As you work through soul transformation by the biblical renewing of your mind through these verses and the work of the Holy Spirit, you will find that soul issues will begin to give way to soul health.

Romans 12:1–2 —Therefore I urge you, brothers, on account of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.

Colossians 3:12–17 —Therefore, as the elect of God, holy and beloved, clothe yourselves with hearts of compassion, kindness, humility, gentleness, and patience. Bear with one another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you. And over all these virtues put on love, which is the bond of perfect unity. Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful. Let the word of Christ richly dwell within you as you teach and admonish one another with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Core Spiritual Issues Promoting Soul Health

Spirit, Soul, and Body – understanding the role of the human soul

1 Thessalonians 5:23 —Now may the God of peace Himself sanctify you completely, and may your entire spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ.

Romans 8:10–11 —But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you.

Romans 12:1-2 —Therefore I urge you, brothers, on account of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.

Hebrews 10:39 —But we are not of those who shrink back and are destroyed, but of those who have faith and preserve their souls.

James 1:21 —Therefore, get rid of all moral filth and every expression of evil, and humbly accept the word planted in you, which can save your souls.

1 Peter 1:22 —Since you have purified your souls by obedience to the truth so that you have a genuine love for your brothers, love one another deeply, from a pure heart.

1 Peter 2:11 —Beloved, I urge you, as foreigners and exiles, to abstain from the desires of the flesh, which war against your soul.

Luke 21:19 —By your patient endurance you will gain your souls.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/spiritsoulbody.pdf

Spiritual Warfare – How to address spiritual assaults against the soul

2 Corinthians 10:3–5 —For though we live in the flesh, we do not wage war according to the flesh. The weapons of our warfare are not the weapons of the world. Instead, they have divine power to demolish strongholds. We tear down arguments and every presumption set up against the knowledge of God; and we take captive every thought to make it obedient to Christ.

Ephesians 6:10–18 —Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can make your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms. Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness arrayed, and with your feet fitted with the readiness of the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints.

James 4:7 —Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Romans 8:35–39 —Who shall separate us from the love of Christ? Shall trouble or distress or persecution or famine or nakedness or danger or sword? As it is written: "For Your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither 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 John 4:4 —You, little children, are from God and have overcome them, because greater is He who is in you than he who is in the world.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/spiritwarfare.pdf

God Loves You – Knowing that God loves you beyond limits

John 3:16 —For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life.

Romans 5:6–10 —For at just the right time, while we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God proves His love for us in this: While we were still sinners, Christ died for us. Therefore, since we have now been justified by His blood, how much more shall we be saved from wrath through Him! For if, when we were enemies of God, we were reconciled to Him through the death of His Son, how much more, having been reconciled, shall we be saved through His life!

Ephesians 2:4 —But because of His great love for us, God, who is rich in mercy,

1 John 4:9–10 —This is how God's love was revealed among us: God sent His one and only Son into the world, so that we might live through Him. And love consists in this: not that we loved God, but that He loved us and sent His Son as the atoning sacrifice for our sins.

Romans 8:39 —neither 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 John 4:19 —We love because He first loved us.

Repent and Repentance – Peace with God and true freedom

Acts 2:38 — Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.

Acts 3:19 — Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

2 Corinthians 7:8-10 — For even if I made you sorry with my letter, I do not regret it; though I did regret it. For I perceive that the same epistle made you sorry, though only for a while. Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance *leading* to salvation, not to be regretted; but the sorrow of the world produces death.

Acts 20:21 — testifying to Jews, and also to Greeks, repentance toward God and faith toward our Lord Jesus Christ.

Ezekiel 14:6 — "Therefore say to the house of Israel, 'Thus says the Lord GOD: "Repent, turn away from your idols, and turn your faces away from all your abominations.

Ezekiel 18:30 — "Therefore I will judge you, O house of Israel, every one according to his ways," says the Lord GOD. "Repent, and turn from all your transgressions, so that iniquity will not be your ruin.

Luke 24:47 — and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/repent.pdf

Salvation –

John 14:6 —Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through Me.

Acts 4:10–12 —then let this be known to all of you and to all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed. This Jesus is 'the stone you builders rejected, which has become the cornerstone.' Salvation exists in no one else, for there is no other name under heaven given to men by which we must be saved."

Galatians 2:16 —know that a man is not justified by works of the law, but by faith in Jesus Christ. So we, too, have believed in Christ Jesus, that we may be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified.

Titus 3:5–7 —He saved us, not by the righteous deeds we had done, but according to His mercy, through the washing of new birth and renewal by the Holy Spirit. This is the Spirit He poured out on us abundantly through Jesus Christ our Savior, so that, having been justified by His grace, we would become heirs with the hope of eternal life.

Romans 3:20–24 —Therefore no one will be justified in His sight by works of the law. For the law merely brings awareness of sin. But now, apart from the law, the righteousness of God has been revealed, as attested by the Law and the Prophets. And this righteousness from God comes through faith in Jesus Christ to all who believe. There is no distinction, for all have sinned and fall short of the glory of God, and are justified freely by His grace through the redemption that is in Christ Jesus.

Ephesians 2:8–9 —For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, not by works, so that no one can boast.

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.

Philippians 3:9 —and be found in Him, not having my own righteousness from the law, but that which is through faith in Christ, the righteousness from God on the basis of faith.

Colossians 1:12-14 — giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed *us* into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bible-topics-salvation/

Righteousness is from Jesus – True freedom from sin

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.

Romans 3:20–24 —Therefore no one will be justified in His sight by works of the law. For the law merely brings awareness of sin. But now, apart from the law, the righteousness of God has been revealed, as attested by the Law and the Prophets. And this righteousness from God comes through

faith in Jesus Christ to all who believe. There is no distinction, for all have sinned and fall short of the glory of God, and are justified freely by His grace through the redemption that is in Christ Jesus.

Romans 3:28 —For we maintain that a man is justified by faith apart from works of the law.

Galatians 2:16 —know that a man is not justified by works of the law, but by faith in Jesus Christ. So we, too, have believed in Christ Jesus, that we may be justified by faith in Christ and not by works of the law, because by works of the law no one will be justified.

Romans 4:5–6 —However, to the one who does not work, but believes in Him who justifies the wicked, his faith is credited as righteousness. And David speaks likewise of the blessedness of the man to whom God credits righteousness apart from works:

Matthew 5:6 —Blessed are those who hunger and thirst for righteousness, for they will be filled.

Galatians 3:6–14 —So also, "Abraham believed God, and it was credited to him as righteousness." Understand, then, that those who have faith are sons of Abraham. The Scripture foresaw that God would justify the Gentiles by faith, and foretold the gospel to Abraham: "All nations will be blessed through you." So those who have faith are blessed along with Abraham, the man of faith. All who rely on works of the law are under a curse. For it is written: "Cursed is everyone who does not continue to do everything written in the Book of the Law." Now it is clear that no one is justified before God by the law, because, "The righteous will live by faith." The law, however, is not based on faith; on the contrary, "The man who does these things will live by them." Christ redeemed us from the curse of the law by becoming a curse for us. For it is written: "Cursed is everyone who is hung on a tree." He redeemed us in order that the blessing promised to Abraham would come to the Gentiles in Christ Jesus, so that by faith we might receive the promise of the Spirit.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/righteousfromjesus.pdf

Approaching God – Knowing that God made a way for you to draw near to Him

Hebrews 10:19–22 —Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by the new and living way opened for us through the curtain of His body, and since we have a great priest over the house of God, let us draw near with a sincere heart in full assurance of faith…

Hebrews 4:15–16 —For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Ephesians 2:13–18 —But now in Christ Jesus you who once were far away have been brought near through the blood of Christ. … He came and preached peace to you who were far away and peace to those who were near. For through Him we both have access to the Father by one Spirit.

Ephesians 3:11–12 —according to the eternal purpose that He accomplished in Christ Jesus our Lord. In Him and through faith in Him we may enter God's presence with boldness and confidence.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/approachgod.pdf

Adoption into God's forever family – God has made you acceptable

John 1:12-13 — But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. [NKJV]

Galatians 4:4-7 — But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law, to redeem those who were under the law, that we might receive the adoption as sons. And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, "Abba, Father!" Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.

1 John 3:1-2 — Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.

Romans 8:14–19 —For all who are led by the Spirit of God are sons of God. For you did not receive a spirit of slavery that returns you to fear, but you received the Spirit of sonship, by whom we cry, “Abba! Father!” The Spirit Himself testifies with our spirit that we are God’s children. And if we are children, then we are heirs: heirs of God and co-heirs with Christ—if indeed we suffer with Him, so that we may also be glorified with Him. I consider that our present sufferings are not comparable to the glory that will be revealed in us. The creation waits in eager expectation for the revelation of the sons of God.

Positive Soul and Mental Health

Hope – a lack of hope leads to mental distress

Without Hope

Proverbs 13:12 —Hope deferred makes the heart sick, but desire fulfilled is a tree of life.

1 Thessalonians 4:13–18 —Brothers, we do not want you to be uninformed about those who sleep in death, so that you will not grieve like the rest, who are without hope. For since we believe that Jesus died and rose again, we also believe that God will bring with Jesus those who have fallen asleep in Him. By the word of the Lord, we declare to you that we who are alive and remain until the coming of the Lord will by no means precede those who have fallen asleep. For the Lord Himself will descend from heaven with a loud command, with the voice of an archangel, and with the trumpet of God, and the dead in Christ will be the first to rise. After that, we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air. And so we will always be with the Lord. Therefore encourage one another with these words.

Role of Hope

Hebrews 6:18–19 —Thus by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be strongly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain,

Source of Hope

Romans 15:4 —For everything that was written in the past was written for our instruction, so that through endurance and the encouragement of the Scriptures, we might have hope.

1 Timothy 1:1 —Paul, an apostle of Christ Jesus by the command of God our Savior and of Christ Jesus our hope,

2 Thessalonians 2:16–17 —Now may our Lord Jesus Christ Himself and God our Father, who by grace has loved us and given us eternal comfort and good hope, encourage your hearts and strengthen you in every good word and deed.

Jeremiah 29:11 —For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope.

1 Peter 1:3 —Blessed be the God and Father of our Lord Jesus Christ! By His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

1 Peter 1:13 —Therefore prepare your minds for action. Be sober-minded. Set your hope fully on the grace to be given you at the revelation of Jesus Christ.

Romans 5:2–5 —through whom we have gained access by faith into this grace in which we stand. And we rejoice in the hope of the glory of God. Not only that, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts through the Holy Spirit, whom He has given us.

Our Hope Is in God

Psalm 43:5 —Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

1 Peter 1:21 —Through Him you believe in God, who raised Him from the dead and glorified Him; and so your faith and hope are in God.

Abundance of Hope

Romans 15:13 —Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

Future Hope

Acts 23:6 —Then Paul, knowing that some of them were Sadducees and others Pharisees, called out in the Sanhedrin, “Brothers, I am a Pharisee, the son of a Pharisee. It is because of my hope in the resurrection of the dead that I am on trial.”

Romans 8:24–25 —For in this hope we were saved; but hope that is seen is no hope at all. Who hopes for what he can already see? But if we hope for what we do not yet see, we wait for it patiently.

1 Corinthians 15:19 —If our hope in Christ is for this life alone, we are to be pitied more than all men.

Titus 1:2 —in the hope of eternal life, which God, who cannot lie, promised before time began.

Titus 3:7 —so that, having been justified by His grace, we would become heirs with the hope of eternal life.

1 Peter 1:13 —Therefore prepare your minds for action. Be sober-minded. Set your hope fully on the grace to be given you at the revelation of Jesus Christ.

Enduring in Hope

Colossians 1:23 —if indeed you continue in your faith, established and firm, not moved from the hope of the gospel you heard, which has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

1 Thessalonians 1:3 —and continually recalling before our God and Father your work of faith, your labor of love, and your enduring hope in our Lord Jesus Christ.

Hebrews 6:10–12 —For God is not unjust. He will not forget your work and the love you have shown for His name as you have ministered to the saints and continue to do so. We want each of you to show this same diligence to the very end, in order to make your hope sure. Then you will not be sluggish, but will imitate those who through faith and patience inherit what has been promised.

1 Corinthians 13:13 —And now these three remain: faith, hope, and love; but the greatest of these is love.

1 Corinthians 13:4–7 —Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no account of wrongs. Love takes no pleasure in evil, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Hebrews 10:23 —Let us hold resolutely to the hope we profess, for He who promised is faithful.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/hope.pdf

Peace – Finding true, abiding peace even in difficult circumstances

Philippians 4:4–9 —Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be apparent to all. The Lord is near. Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is

excellent or praiseworthy—think 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.

Romans 15:13 —Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

Isaiah 26:3 —You will keep in perfect peace the steadfast of mind, because he trusts in You.

John 16:33 —I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!"

John 14:27 —Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Romans 8:6 —The mind of the flesh is death, but the mind of the Spirit is life and peace,

Colossians 3:15 —Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful.

Galatians 5:22 —But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

2 Peter 1:2 —Grace and peace be multiplied to you through the knowledge of God and of Jesus our Lord.

Isaiah 57:19–21 —bringing praise to their lips. Peace, peace to those far and near," says the LORD, "and I will heal them." But the wicked are like the storm-tossed sea, for it cannot be still, and its waves churn up mire and muck. "There is no peace," says my God, "for the wicked."

Romans 14:19 —So then, let us pursue what leads to peace and to mutual edification.

1 Peter 3:11 —He must turn from evil and do good; he must seek peace and pursue it.

Isaiah 48:18–19 —If only you had paid attention to My commandments, your peace would have been like a river, and your righteousness like waves of the sea. Your descendants would have been as countless as the sand, and your offspring as numerous as its grains; their name would never be cut off or eliminated from My presence."

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/peace.pdf

Joy – Joy is available even in difficult circumstances

John 15:9–12 —As the Father has loved Me, so have I loved you. Remain in My love. If you keep My commandments, you will remain in My love, just as I have kept My Father's commandments and remain in His love. I have told you these things so that My joy may be in you and your joy may be complete. This is My commandment, that you love one another as I have loved you.

John 17:13 —But now I [Jesus] am coming to You; and I am saying these things while I am in the world, so that they may have My joy fulfilled within them.

Romans 15:13 —Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

Isaiah 61:3 —to console the mourners in Zion— to give them a crown of beauty for ashes, the oil of joy for mourning, and a garment of praise for a spirit of despair. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified.

Psalm 16:11 —You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Psalm 30:5 —… Weeping may stay the night, but joy comes in the morning.

Galatians 5:22 —But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

1 John 1:3–4 —We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And this fellowship of ours is with the Father and with His Son, Jesus Christ. We write these things so that our joy may be complete.

Luke 6:22–23 —Blessed are you when people hate you, and when they exclude you and insult you and reject your name as evil because of the Son of Man. Rejoice in that day and leap for joy, because great is your reward in heaven. For their fathers treated the prophets in the same way.

John 16:24 —Until now you have not asked for anything in My name. Ask and you will receive, so that your joy may be complete.

Romans 14:17 —For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit.

Romans 15:13 —Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.

Nehemiah 8:10 —… Do not grieve, for the joy of the LORD is your strength."

James 1:2 —Consider it pure joy, my brothers, when you encounter trials of many kinds,

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/joy.pdf

Rest – Our souls find their rest in drawing near to Jesus

Matthew 11:28–30 —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. For My yoke is easy and My burden is light."

Hebrews 3:18–4:11 —And to whom did He swear that they would never enter His rest? Was it not to those who disobeyed? So we see that it was because of their unbelief that they were unable to enter. Therefore, while the promise of entering His rest still stands, let us be careful that none of you be deemed to have fallen short of it. … There remains, then, a Sabbath rest for the people of God. For whoever enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will fall by following the same pattern of disobedience.

Revelation 14:13 —And I heard a voice from heaven telling me to write, "Blessed are the dead—those who die in the Lord from this moment on." "Yes," says the Spirit, "they will rest from their labors, for their deeds will follow them."

Troubling Issues

Anxiety and Worry – Overcoming anxiety and worry

Philippians 4:6–9 —Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think 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.

Luke 12:22–32 —Then Jesus said to His disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storehouse or barn; yet God feeds them. How much more valuable you are than the birds! Who of you by worrying can add a single hour to his life? So if you cannot do such a small thing, why do you worry about the rest? Consider how the lilies grow: They do not labor or spin. Yet I tell you, not even Solomon in all his glory was adorned like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the furnace, how much more will He clothe you, O you of little faith! And do not be concerned about what you will eat or drink. Do not worry about it. For the Gentiles of the world strive after all these things, and your Father knows that you need them. But seek His kingdom, and these

things will be added unto you. Do not be afraid, little flock, for your Father is pleased to give you the kingdom. [See also: Mattew 6:24-34]

Luke 10:38–42 —As they traveled along, Jesus entered a village where a woman named Martha welcomed Him into her home. She had a sister named Mary, who sat at the Lord's feet listening to His message. But Martha was distracted by all the preparations to be made. She came to Jesus and said, "Lord, do You not care that my sister has left me to serve alone? Tell her to help me!" "Martha, Martha," the Lord replied, "you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her."

Proverbs 12:25 —Anxiety weighs down the heart of a man, but a good word cheers it up.

1 Peter 5:7 —Cast all your anxiety on Him, because He cares for you.

Hebrews 13:5 —Keep your lives free from the love of money and be content with what you have, for God has said: "Never will I leave you, never will I forsake you."

Psalm 23 —The LORD is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for the sake of His name. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Romans 8:31–39 —What then shall we say in response 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, along with Him, freely give us all things? Who will bring any charge against God's elect? It is God who justifies. Who is there to condemn us? For Christ Jesus, who died, and more than that was raised to life, is at the right hand of God—and He is interceding for us. Who shall separate us from the love of Christ? Shall trouble or distress or persecution or famine or nakedness or danger or sword? As it is written: "For Your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither 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.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/worry.pdf

Fear – Dealing successfully with fear

Romans 8:15 —For you did not receive a spirit of slavery that returns you to fear, but you received the Spirit of sonship, by whom we cry, "Abba! Father!"

Hebrews 13:5–6 —Keep your lives free from the love of money and be content with what you have, for God has said: "Never will I leave you, never will I forsake you." So we say with confidence: "The Lord is my helper; I will not be afraid. What can man do to me?"

Fear Is Not from God

2 Timothy 1:7 —For God has not given us a spirit of fear, but of power, love, and self-control.

God Delivers and Protects from Fears

Psalm 46:1–3 —God is our refuge and strength, an ever-present help in times of trouble. Therefore we will not fear, though the earth is transformed and the mountains are toppled into the depths of the seas, though their waters roar and foam and the mountains quake in the surge. Selah

Psalm 34:4 —I sought the LORD, and He answered me; He delivered me from all my fears.

John 14:27 —Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Psalm 91 —He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "You are my refuge and my fortress, my God, in whom I trust." Surely He will deliver you from the snare of the fowler, and from the deadly plague. He will cover you with His feathers; under

His wings you will find refuge; His faithfulness is a shield and rampart. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the calamity that destroys at noon. Though a thousand may fall at your side, and ten thousand at your right hand, no harm will come near you. You will only see it with your eyes and witness the punishment of the wicked. Because you have made the LORD your dwelling— my refuge, the Most High— no evil will befall you, no plague will approach your tent. For He will command His angels concerning you to guard you in all your ways. They will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and cobra; you will trample the young lion and serpent. “Because he loves Me, I will deliver him; because he knows My name, I will protect him. When he calls out to Me, I will answer him; I will be with him in trouble. I will deliver him and honor him. With long life I will satisfy him and show him My salvation.”

Do Not Fear

Psalm 56:11 —in God I trust; I will not be afraid. What can man do to me?

Proverbs 3:25–26 —Do not fear sudden danger or the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from the snare.

Isaiah 41:10–13 —Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness. Behold, all who rage against you will be ashamed and disgraced; those who contend with you will be reduced to nothing and will perish. You will seek them but will not find them. Those who wage war against you will come to nothing. For I am the LORD your God, who takes hold of your right hand and tells you: Do not fear, I will help you.

Proverbs 29:25 —The fear of man is a snare, but whoever trusts in the LORD is set securely on high.

Matthew 10:28 —Do not be afraid of those who kill the body but cannot kill the soul. Instead, fear the One who can destroy both soul and body in hell.

Psalm 27:1–3 —The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— whom shall I dread? When the wicked came upon me to devour my flesh, my enemies and foes stumbled and fell. Though an army encamps around me, my heart will not fear; though a war breaks out against me, I will keep my trust.

2 Corinthians 7:4–6 —Great is my confidence in you; great is my pride in you; I am filled with encouragement; in all our troubles my joy overflows. For when we arrived in Macedonia, our bodies had no rest, but we were pressed from every direction—conflicts on the outside, fears within. But God, who comforts the downcast, comforted us by the arrival of Titus,

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/fear.pdf

Depression – Biblical verses about depression

Psalm 34:17–19 —The righteous cry out, and the LORD hears; He delivers them from all their troubles. The LORD is near to the brokenhearted; He saves the contrite in spirit. Many are the afflictions of the righteous, but the LORD delivers him from them all.

Psalm 42:5 —Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him for the salvation of His presence.

2 Thessalonians 2:16–17 —Now may our Lord Jesus Christ Himself and God our Father, who by grace has loved us and given us eternal comfort and good hope, encourage your hearts and strengthen you in every good word and deed.

2 Corinthians 1:8–10 —We do not want you to be unaware, brothers, of the hardships we encountered in the province of Asia. We were under a burden far beyond our ability to endure, so that we despaired even of life. Indeed, we felt we were under the sentence of death, in order that we would not trust in ourselves, but in God, who raises the dead. He has delivered us from such a deadly peril, and He will deliver us. In Him we have placed our hope that He will yet again deliver us,

John 14:27 —Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Anger and Strife – Dealing with anger and strife in yourself and others

Psalm 37:8 —Refrain from anger and abandon wrath; do not fret—it can only bring harm.

Proverbs 29:11 —A fool vents all his anger, but a wise man holds it back.

James 1:19–20 —My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for man's anger does not bring about the righteousness that God desires.

1 Peter 2:1–2 —Rid yourselves, therefore, of all malice, deceit, hypocrisy, envy, and slander. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,

Proverbs 22:24–25 —Do not make friends with an angry man, and do not associate with a hot-tempered man, or you may learn his ways and entangle yourself in a snare.

Romans 12:19–21 —Do not avenge yourselves, beloved, but leave room for God's wrath. For it is written: "Vengeance is Mine; I will repay, says the Lord." On the contrary, "If your enemy is hungry, feed him; if he is thirsty, give him a drink. For in so doing, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

Ephesians 4:29–32 —Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

James 3:14–16 —But if you harbor bitter jealousy and selfish ambition in your hearts, do not boast in it or deny the truth. Such wisdom does not come from above, but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there will be disorder and every evil practice.

1 Corinthians 3:3 —for you are still worldly. For since there is jealousy and dissension among you, are you not worldly? Are you not walking in the way of man?

Galatians 5:19–21 —The acts of the flesh are obvious: sexual immorality, impurity, and debauchery; idolatry and sorcery; hatred, discord, jealousy, and rage; rivalries, divisions, factions, and envy; drunkenness, orgies, and the like. …

2 Timothy 2:14 —Remind the believers of these things, charging them before God to avoid quarreling over words, which succeeds only in leading the listeners to ruin.

1 Timothy 6:4 —he is conceited and understands nothing. Instead, he has an unhealthy interest in controversies and semantics, out of which come envy, strife, abusive talk, evil suspicions,

2 Timothy 2:23–26 —But reject foolish and ignorant speculation, for you know that it breeds quarreling. And a servant of the Lord must not be quarrelsome, but must be kind to everyone, able to teach, and forbearing. He must gently reprove those who oppose him, in the hope that God may grant them repentance leading to a knowledge of the truth. Then they will come to their senses and escape the snare of the devil, who has taken them captive to his will.

1 Peter 3:8–9 —Finally, all of you, be like-minded and sympathetic, love as brothers, be tenderhearted and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

Proverbs 20:3 —It is honorable for a man to resolve a dispute, but any fool will quarrel.

James 4:1–5 —What causes conflicts and quarrels among you? Don't they come from the passions at war within you? You crave what you do not have; you kill and covet, but are unable to obtain it. You quarrel and fight. You do not have, because you do not ask. And when you do ask, you do not receive, because you ask with wrong motives, that you may squander it on your pleasures. You adulteresses! Do you not know that friendship with the world is hostility toward God? Therefore, whoever chooses to be a friend of the world renders himself an enemy of God. Or do you think the Scripture says without reason that the Spirit He caused to dwell in us yearns with envy?

1 Thessalonians 5:13–15 —In love, hold them in highest regard because of their work. Live in peace with one another. And we urge you, brothers, to admonish the unruly, encourage the fainthearted, help the weak, and be patient with everyone. Make sure that no one repays evil for evil. Always pursue what is good for one another and for all people.

Proverbs 28:25 —A greedy man stirs up strife, but he who trusts in the LORD will prosper.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/strife.pdf

Offenses – Dealing with offenses and hurts that can plague your mind

Note: See "Judging Others" and "Forgive Others" below for instructions on how to deal with those who offend you.

Luke 17:1–4 —Jesus said to His disciples, "It is inevitable that stumbling blocks [offenses] will come, but woe to the one through whom they come! It would be better for him to have a millstone hung around his neck and to be thrown into the sea than to cause one of these little ones to stumble. Watch yourselves. If your brother sins, rebuke him; and if he repents, forgive him. Even if he sins against you seven times in a day, and seven times returns to say, 'I repent,' you must forgive him."

Romans 14:19–21 —So then, let us pursue what leads to peace and to mutual edification. Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to let his eating be a stumbling block [offense]. It is better not to eat meat or drink wine or to do anything to cause your brother to stumble [be offended].

Romans 16:17–18 —Now I urge you, brothers, to watch out for those who create divisions and obstacles [offenses] that are contrary to the teaching you have learned. Turn away from them. For such people are not serving our Lord Christ, but their own appetites. By smooth talk and flattery they deceive the hearts of the naive.

1 Corinthians 10:23–33 —"Everything is permissible," but not everything is beneficial. "Everything is permissible," but not everything is edifying. No one should seek his own good, but the good of others. Eat anything sold in the meat market without raising questions of conscience, for, "The earth is the Lord's, and the fullness thereof." If an unbeliever invites you to a meal and you want to go, eat anything set before you without raising questions of conscience. But if someone tells you, "This food was offered to idols," then do not eat it, for the sake of the one who told you and for the sake of conscience— the other one's conscience, I mean, not your own. For why should my freedom be determined by someone else's conscience? If I partake in the meal with thankfulness, why am I denounced because of that for which I give thanks? So whether you eat or drink or whatever you do, do it all to the glory of God. Do not become a stumbling block [give no offense], whether to Jews or Greeks or the church of God— as I also try to please everyone in all I do. For I am not seeking my own good, but the good of many, that they may be saved.

Matthew 17:27 —"But so that we may not offend them, go to the sea, cast a hook, and take the first fish you catch. When you open its mouth, you will find a four-drachma coin. Take it and give it to them for My tax and yours."

John 6:60–66 —On hearing it, many of His disciples said, "This is a difficult teaching. Who can accept it?" Aware that His disciples were grumbling about this teaching, Jesus asked them, "Does this offend you? Then what will happen if you see the Son of Man ascend to where He was before? The Spirit gives life; the flesh profits nothing. The words I have spoken to you are spirit and they are life. However, there are some of you who do not believe." (For Jesus had known from the beginning which of them did not believe and who would betray Him.) Then Jesus said, "This is why I told you that no one can come to Me unless the Father has granted it to him." From that time on many of His disciples turned back and no longer walked with Him.

Proverbs 18:19 —An offended brother is harder to win than a fortified city, and disputes are like the bars of a castle.

Mark 9:42 —But if anyone causes one of these little ones who believe in Me to stumble [be offended], it would be better for him to have a large millstone hung around his neck and to be thrown into the sea.

Romans 14:10–13 —Why, then, do you judge your brother? Or why do you belittle your brother? For we will all stand before God's judgment seat. It is written: "As surely as I live, says the Lord, every knee will bow before Me; every tongue will confess to God." So then, each of us will give an account of himself to God. Therefore let us stop judging one another. Instead, make up your mind not to put any stumbling block or obstacle [offense] in your brother's way.

Romans 14:1–23 —Accept him whose faith is weak, without passing judgment on his opinions. For one person has faith to eat all things, while another, who is weak, eats only vegetables. The one who eats everything must not belittle the one who does not, and the one who does not eat everything must not judge the one who does, for God has accepted him. Who are you to judge someone else's servant? To his own master he stands or falls. And he will stand, for the Lord is able to make him stand. One person regards a certain day above the others, while someone else considers every day alike. Each one should be fully convinced in his own mind. He who observes a special day does so to the Lord; he who eats does so to the Lord, for he gives thanks to God; and he who abstains does so to the Lord and gives thanks to God. For none of us lives to himself alone, and none of us dies to himself alone. If we live, we live to the Lord, and if we die, we die to the Lord. So whether we live or die, we belong to the Lord. For this reason Christ died and returned to life, that He might be the Lord of both the dead and the living. Why, then, do you judge your brother? Or why do you belittle your brother? For we will all stand before God's judgment seat. It is written: "As surely as I live, says the Lord, every knee will bow before Me; every tongue will confess to God." So then, each of us will give an account of himself to God. Therefore let us stop judging one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother's way. I am convinced and fully persuaded in the Lord Jesus that nothing is unclean in itself. But if anyone regards something as unclean, then for him it is unclean. If your brother is distressed by what you eat, you are no longer acting in love. Do not by your eating destroy your brother, for whom Christ died. Do not allow what you consider good, then, to be spoken of as evil. For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit. For whoever serves Christ in this way is pleasing to God and approved by men. So then, let us pursue what leads to peace and to mutual edification. Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to let his eating be a stumbling block. It is better not to eat meat or drink wine or to do anything to cause your brother to stumble. Keep your belief about such matters between yourself and God. Blessed is the one who does not condemn himself by what he approves. But the one who has doubts is condemned if he eats, because his eating is not from faith; and everything that is not from faith is sin.

1 John 2:9–11 —If anyone claims to be in the light but hates his brother, he is still in the darkness. Whoever loves his brother remains in the light, and there is no cause of stumbling [offense] in him. But whoever hates his brother is in the darkness and walks in the darkness. He does not know where he is going, because the darkness has blinded his eyes.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/offenses.pdf

Judging Others – Moving from critical attitudes to grace

Luke 6:36–37 —Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

Matthew 7:1–5 —"Do not judge, or you will be judged. For with the same judgment you pronounce, you will be judged; and with the measure you use, it will be measured to you. Why do you look at the speck in your brother's eye, but fail to notice the beam in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' while there is still a beam in your own eye? You hypocrite! First take the beam out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

James 4:11–12 —Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it. And if you judge the law, you are not a practitioner of the law, but a judge of it. There is only one Lawgiver and Judge, the One who is able to save and destroy. But who are you to judge your neighbor?

1 Corinthians 4:5 —Therefore judge nothing before the appointed time; wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men's hearts. At that time each will receive his praise from God.

Romans 14:1–13 —Accept him whose faith is weak, without passing judgment on his opinions. … for God has accepted him. Who are you to judge someone else's servant? To his own master he stands or falls. … Why, then, do you judge your brother? Or why do you belittle your brother? For we will all stand before God's judgment seat. It is written: "As surely as I live, says the Lord, every knee will bow before Me; every tongue will confess to God." So then, each of us will give an account of himself to God.

Therefore let us stop judging one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother's way.

Romans 2:1–4 —You, therefore, have no excuse, you who pass judgment on another. For on whatever grounds you judge the other, you are condemning yourself, because you who pass judgment do the same things. And we know that God's judgment against those who do such things is based on truth. So when you, O man, pass judgment on others, yet do the same things, do you think you will escape God's judgment? Or do you disregard the riches of His kindness, tolerance, and patience, not realizing that God's kindness leads you to repentance?

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/judgingothers.pdf

Forgive Others – Finding freedom from bondage through forgiving others

Colossians 3:12–13 —Therefore, as the elect of God, holy and beloved, clothe yourselves with hearts of compassion, kindness, humility, gentleness, and patience. Bear with one another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you.

Ephesians 4:29–32 —Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

John 15:12–14 —This is My commandment, that you love one another as I have loved you. Greater love has no one than this, that he lay down his life for his friends. You are My friends if you do what I command you.

Matthew 18:21–35 —Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother who sins against me? Up to seven times?" Jesus answered, "I tell you, not just seven times, but seventy-seven times! Because of this, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlements, a debtor was brought to him owing ten thousand talents. Since the man was unable to pay, the master ordered that he be sold to pay his debt, along with his wife and children and everything he owned. Then the servant fell on his knees before him. 'Have patience with me,' he begged, 'and I will pay back everything.' His master had compassion on him, forgave his debt, and released him. But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him, saying, 'Pay back what you owe me!' So his fellow servant fell down and begged him, 'Have patience with me, and I will pay you back.' But he refused. Instead, he went and had the man thrown into prison until he could pay his debt. When his fellow servants saw what had happened, they were greatly distressed, and they went and recounted all of this to their master. Then the master summoned him and declared, 'You wicked servant! I forgave all your debt because you begged me. Shouldn't you have had mercy on your fellow servant, just as I had on you?' In anger his master turned him over to the jailers to be tortured, until he should repay all that he owed. That is how My heavenly Father will treat each of you unless you forgive your brother from your heart."

Luke 6:32–38 —If you love those who love you, what credit is that to you? Even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? Even sinners do the same. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them, expecting nothing in return. Then your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together, and running over will be poured into your lap. For with the measure you use, it will be measured back to you."

Romans 12:14–21 —Bless those who persecute you. Bless and do not curse. Rejoice with those who rejoice; weep with those who weep. Live in harmony with one another. Do not be proud, but enjoy the company of the lowly. Do not be conceited. Do not repay anyone evil for evil. Carefully consider what is right in the eyes of everybody. If it is possible on your part, live at peace with everyone. Do not avenge

yourselves, beloved, but leave room for God's wrath. For it is written: "Vengeance is Mine; I will repay, says the Lord." On the contrary, "If your enemy is hungry, feed him; if he is thirsty, give him a drink. For in so doing, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

Proverbs 19:11 —A man's insight gives him patience, and his virtue is to overlook an offense.

Mark 11:25–26 —And when you stand to pray, if you hold anything against another, forgive it, so that your Father in heaven will forgive your trespasses as well."

Hebrews 12:14–15 —Pursue peace with everyone, as well as holiness, without which no one will see the Lord. See to it that no one falls short of the grace of God, and that no root of bitterness springs up to cause trouble and defile many.

Matthew 6:14–15 —For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive yours.

Leviticus 19:17–18 —You must not harbor hatred against your brother in your heart. Directly rebuke your neighbor, so that you will not incur guilt on account of him. Do not seek revenge or bear a grudge against any of your people, but love your neighbor as yourself. I am the LORD.

Luke 17:3–4 —Watch yourselves. If your brother sins, rebuke him; and if he repents, forgive him. Even if he sins against you seven times in a day, and seven times returns to say, 'I repent,' you must forgive him."

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/forgiveothers.pdf

Temptation – Overcoming temptations that seek to overwhelm

James 1:12–16 —Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does He tempt anyone. But each one is tempted when by his own evil desires he is lured away and enticed. Then after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Do not be deceived, my beloved brothers.

Hebrews 4:15–16 —For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

1 Timothy 6:6–12 —Of course, godliness with contentment is great gain. For we brought nothing into the world, so we cannot carry anything out of it. But if we have food and clothing, we will be content with these. Those who want to be rich, however, fall into temptation and become ensnared by many foolish and harmful desires that plunge them into ruin and destruction. For the love of money is the root of all kinds of evil. By craving it, some have wandered away from the faith and pierced themselves with many sorrows. But you, O man of God, flee from these things and pursue righteousness, godliness, faith, love, perseverance, and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made the good confession before many witnesses.

2 Timothy 2:22 —Flee from youthful passions and pursue righteousness, faith, love, and peace, together with those who call on the Lord out of a pure heart.

Ephesians 6:12–18 —For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms. Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness arrayed, and with your feet fitted with the readiness of the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints.

1 Corinthians 10:12–13 —So the one who thinks he is standing firm should be careful not to fall. No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide an escape, so that you can stand up under it.

For a more extensive list of verses, access the following file.
https://www.life4square.com/bibletopics/temptation.pdf

Bitterness – Letting go of bitterness with its poison

Acts 8:23 —For I see that you are poisoned by bitterness and captive to iniquity."

Hebrews 12:14–15 —Pursue peace with everyone, as well as holiness, without which no one will see the Lord. See to it that no one falls short of the grace of God, and that no root of bitterness springs up to cause trouble and defile many.

Ephesians 4:29–32 —Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

James 3:14–16 —But if you harbor bitter jealousy and selfish ambition in your hearts, do not boast in it or deny the truth. Such wisdom does not come from above, but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there will be disorder and every evil practice.

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