

Scriptures for Stress Management

FINANCIAL STRESS?

God won't forsake you:

"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalm 37:25).

God's kids don't live in lack:

"Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing" (Psalm 34:10 NLT).

Stressed Over Trying to Succeed?

You're destined for success:

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope" (Jeremiah 29:11 NLT.) AND
"The LORD your God will then make you successful in everything you do"
(Deuteronomy 30:9a NLT).

God will open doors for you:

"I know all the things you do, and I have opened a door for you that no one can close. You have little strength, yet you obeyed my word and did not deny me." (Revelation 3:8)

Too Many Responsibilities?

God will give you the strength to endure:

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint" (Isaiah 40:31 NLT).

You can accomplish more than you think!

"In all these things we are more than conquerors through him who loved us" (Romans 8:37 NIV).

The God living in you is greater than your tasks!

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world" (1 John 4:4).

Stressed Out Over Your Children?

God promises they will always return to Him:

"Direct your children onto the right path, and when they are older, they will not leave it" (Proverbs 22:6 NLT).

General Christian Stress Relief

Don't give up!

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up" (Galatians 6:9 NLT).

God will be your strength and courage!

"The Lord God is my Strength, my personal bravery, and my invincible army" (Habakkuk 3:19a).

God will get you through stressful times:

"He makes my feet like hinds' feet and will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!" (Habakkuk 3:19b).

Advice for Life

Don't worry about your life!

"So I'm telling you, don't go worrying about your life, about where your next meal is coming from or what you will find to drink. Don't stress about what you look like or whether you've got the right clothes to wear. Life is more than food, isn't it? And the body is not just a clothes rack, is it? Look at the birds flying around. They don't do any farming. They don't stock up the pantry with extra supplies. And yet your Father in heaven feeds them. You are worth more than they are, aren't you? So what good does worrying do you? It won't make you live any longer - not even an hour - will it?"

"And why do you worry about what to wear? Think about the wild flowers. They grow without ever shopping or sewing a stitch. But you can take it from me that they are clothed more perfectly than even [Solomon in all his splendor was dressed like one of these]. If God takes such care over dressing the wildflowers, which bloom today and are mown down and composted tomorrow, how much more care will God take to make sure that you have the clothes you need? Yet you find it hard to trust!"

"So don't get all anxious and go asking, 'What are we going to eat?' or 'Where will we find a drink?' or 'What on earth will we wear?'. It is the people who don't put their trust in God who put all their energy into these things. You can rest assured that your Father in heaven knows perfectly well that you need these things. So you can make your first priority the new culture of God and doing the right thing, God's way, and all these other things will be taken care of for you."

"So don't stress out about tomorrow. Just deal the troubles of today, and leave tomorrow's worries until they come." (Matthew 6:25-34 Laughingbird)

Worrying never fixed anything!

Don't go getting anxious about anything, but pray about everything. Worrying never fixed anything, so take action: repackage your concerns as prayers. Spell out what it is you want to God, giving thanks in advance, and get it off your chest. You'll find it is such a relief! The peace of God, which no one can ever make sense of, will move in and take over. The fears and anxieties will be pushed aside and your troubled hearts and minds

will take refuge in Christ Jesus to relax and recover. One final thing, my dear friends, give your hearts and minds some healthy stuff to chew on. Authentic stuff, principled stuff, uncontaminated stuff. Things that are worthwhile, fulfilling, and straight as a die. Things of integrity that make for a fair go for all. These are the kind of things you should fill your minds with - quality stuff instead of shoddiness. Meditate on these things and you can't go wrong. Keep yourselves on track, putting into practice what you picked up from me, from my teaching and from the example I set. Rest assured, the God of peace will be right there with you. (Philippians 4:6-9 Laughingbird)

Comfort in God

Good news for the weary!

Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. (Isaiah 40:28-31 NLT)