

Stress Verses

The following list of Bible Verses deal with the issue of stress. These verses form the nucleus of the book 'Stressin' Over Stress?' a book detailing six methods for handling and reducing stress in your life. The book may be purchased and downloaded here:



<http://www.fitlyspoken.org>

Verses

Matthew 6:24-25 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. 25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Luke 10:40-42 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. 41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: 42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

1 Peter 5:7 Casting all your care upon him; for he careth for you.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

2 Corinthians 4:8-9 We are troubled on every side, yet not distressed; we are perplexed, but not in despair; 9 Persecuted, but not forsaken; cast down, but not destroyed;

2 Corinthians 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:

Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Ecclesiastes 4:9-10 Two are better than one; because they have a good reward for their labour. 10 For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

Proverbs 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

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

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

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