

CRACKING THE STRESS PROBLEM COPING STRATEGIES

These are words of encouragement to the faint-hearted, so those seeking that peace of mind will find help and guidance in the following Bible texts (write out, and keep the words on you, of the texts that meet your own need):

Afraid or Fearful	Matt. 10:26-31; Phil.4:4-7; Ps.34:1-8
Anxious or Worried	Matt.6:25-34; John14:1-4; Ps.46
Bereaved	1 Cor.15:51-57; 1 Thess.4:13-18; Ps.23
Bitter or Critical	Matt.18:21,22; Rom.2:1-4; Ps.73:1-6,21-18
Choosing a Career	1 Thess.4:11,12; James 4:13-15
Conscious of Sin	Luke 7:36-50; 1 John 1:8-10; Ps.51
Contemplating Marriage	Matt.19:4-6; Eph.5:22-33
Dedicating your Life	Matt.16:24-26; Rom.12:1-2
Depressed or Discouraged	Rom.8:28-30; 1 Peter 5:7
Doubting	Mark 9:23,24; John 20:24-29
Failure Comes	Heb.4:14-16; Jude 24,25; Ps.77:1-3,10-15
Faith is Weak	Luke 12:22-31; Heb.11
Far from God	Luke 15:11-24; Acts 17:22-30; Ps.42:5-11
Feeling Inadequate	2 Cor.12:9,10; Phil.4:12,13
Friends Fail	Luke 17:3,4; 2 Tim.4:16-18; Ps.27:10-14
Ill or in Pain	Luke 7:1-10; 2 Cor.12:9,10; Ps.103:1-4
In Danger	Mark 4:37-41; Heb.13:6; Ps.91:1-10
Lonely	John 14:15-21; Rev.3:20; Ps.23
Needing Assurance	John 15:9-17; 1 John 3:19-24
Needing Guidance	John 16:12,13; James 1:5,6; Ps.32:8-10
Needing Peace	Rom.5:1-5; Phil.4:4-7
Needing Sleep	Matt.11:28; Ps.4
Praying	Luke 11:1-13; John 14:12-14
Sad	2 Cor.1:3-11; Rev.21:1-5; Ps.43:5
Tempted	1 Cor.10:12,13; James 1:12-15; Ps 1
Wanting Courage	Acts 4:13-31; Eph.6:10-20
Weary	Matt.11:28-30; 2 Cor.4:16-18; Ps.116:5-14
When Leaving Home	Heb.11:8-10; Luke 15:11-32
Anger	Eph.4:25-32; James3:1-18
Citizenship	Rom.12:17; 13:1-14; 1 Peter 2:13-17
Conceit	Luke 18:9-14; Phil.2:3-11
Contentment	Heb.13:5,6
Crime	Matt.15:19,20; 1 Cor.6:9,10
Death	John 11:25-27; 1 Thess.4:13-18
Friendship	John 15:9-17; 1 Cor.15:33
Good Character	Gal.5:22,23; Phil.4:8,9
Greed	Luke 12:13-21; 1 Tim.6:6-10
Hatred	Matt.5:43-48; John 15:18-25
Hope	1 Peter 1:3-9; 1 John 3:1-3
Humility	Luke 22:24-27; 1 Peter 5:5,6
Love	1 Cor.13:1-13; 1 John 4:7-21
Marriage	Mark 10:2-13; Eph.5:21-33
Obedience	Rom.13:1-7; James 1:22-25
Parents	Matt.15:3-9; Eph.6:1-3
Patience	Heb.10:36-39; James 5:7-11
Permissiveness	Rom.6:1,2,11-14; 1 Cor.6:12-20
Purity	2 Tim.2:22; Titus 1:15,16
Revenge	Matt.5:38-42; Rom.12:17-21
Riches	Matt.6:19-24; 1 Tim.6:7-11
Self-control	James 1:19-21; 2 Peter 1:5-9
Thankfulness	Luke 17:11-19; 1 Thess.5:16-18
Thoughts	Rom.8:5-8; Phil.4:8