



18 Truths for Fighting the Lies of Anxiety and Depression

Read these verses every day to combat the lies of anxiety and depression. Memorize these fighting words during your healthy seasons so that you're well-armed and ready to fight if you're ever in an unhealthy season again. Print this out and put it somewhere you can't ignore.

Psalm 27:13-14

"Yet I am confident I will see the LORD's goodness while I am here in the land of the living. Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD."

1 Peter 5:7-10

"Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation."

2 Corinthians 4:6

"For God, who said, 'Let there be light in the darkness,' has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ."

2 Corinthians 4:16-18

"That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever."

2 Corinthians 6:8-9

"We serve God whether people honor us or despise us, whether they slander us or praise us. We are honest, but they call us impostors. We are ignored, even though we are well known. We live close to death, but we are still alive. We have been beaten, but we have not been killed."

Jeremiah 1:8

"And don't be afraid of the people, for I will be with you and will protect you. I, the Lord, have spoken!"

Genesis 15:1

"Some time later, the Lord spoke to Abram in a vision and said to him, 'Do not be afraid, Abram, for I will protect you, and your reward will be great.'"

Daniel 10:12

"Then he said, 'Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer.'"

Jeremiah 33:3

"Ask me and I will tell you remarkable secrets you do not know about things to come."

Isaiah 42:16

"I will lead blind Israel down a new path, guiding them along an unfamiliar way. I will brighten the darkness before them and smooth out the road ahead of them. Yes, I will indeed do these things; I will not forsake them."

Psalms 31:24

"So be strong and courageous, all you who put your hope in the Lord!"

Psalms 32:8

"The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'"



Psalm 33:20-22

"We put our hope in the Lord. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, Lord, for our hope is in you alone.

Psalm 55:22

"Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall."

Psalm 34:4-8

"I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles. For the angel of the Lord is a guard; he surrounds and defends all who fear him. Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!

Psalm 91:14-16

"The Lord says, 'I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.'"

Isaiah 43:1-2

"But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, 'Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.'"

Joshua 1:9

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

