

Finding Help in the Bible

Being a friend

Proverbs 17:17, Luke 10:25-37,
John 15:11-17, Romans 16:1,2

Being a leader

Isaiah 11:1-9, Isaiah 32:1-8, 1 Timothy 3:1-7,
2 Timothy 2:14-26, Titus 1:5-9

Caring for the aged and widowed

Genesis 47:1-12, Ruth 1, Prov. 23:22, 1 Timothy 5:3-8

Celebrating the birth/adoption of a child

Psalm 100, Prov. 22:6, Luke 18:15-17, John 16:16-22

Celebrating a graduation

Psalm 119:105,106, Proverbs 9:10-12,
Galatians 5:16-26, Philipians 4:4-9

Celebrating a marriage

Genesis 2:18-24, Song of Songs 8:6,7,
Ephesians 5:21-33, Colossians 2:6,7

Celebrating a wedding anniversary

Psalm 100, 1 Corinthians 13

Controlling your temper

Proverbs 14:17, 29, Proverbs 15:18, Proverbs 19:11,
Proverbs 29:22, Ecclesiastes 7:9, Galatians 5:16-26

Controlling your tongue

Psalm 12, Psalm 19:14, Proverbs 11:13,
Proverbs 26:20, 2 Thessalonians 2:16,17, James 3:1-12

Discovering God's will

Psalm 15, Micah 6:6-8, Mat. 5:14-16, Luke 9:21-27,
Rom. 13:8-14, 2 Peter 1:3-9, 1 John 4:7-21

Encountering a cult

Matthew 7:15-20, 2 Peter 2, 1 John 4:1-6, Jude

Encountering peer pressure

Prov. 1:7-19, Rom. 12:1,2, Gal. 6:1-5, Ephesians 5:1-20

Entering a college

Proverbs 2:1-8, Proverbs 3:1-18, Proverbs 4:1-27,
Proverbs 23:12, Romans 8:1-17, 1 Corinthians 1:18-31

Entering military service

2 Samuel 22:2-51, Psalm 91, Ephesians 6:10-20,
2 Timothy 2:1-13

Experiencing the death of a loved one

Job 19:25-27, John 11:25-27, John 14:1-7,
Romans 8:31-39, Romans 14:7-9, 1 Thess. 4:13-18

Experiencing illness

Psalm 23, Mark 1:29-34, Mark 6:53-56, James 5:14-16

Experiencing suffering and persecution

Psalm 109, Psalm 119:153-160, Matthew 5:3-12,
John 15:18-16:4, Romans 8:18-30,
2 Corinthians 4:1-15, Hebrews 12:1-11, 1 Peter 4:12-19

Facing a difficult decision

1 Kings 3, Esther 4-7, Psalm 139,
Daniel 2:14-23, Colossians 3:12-17

Facing a divorce

Psalm 25, Matthew 19:1-9, Philipians 3:1-11

Facing homelessness

Psalm 90:1-2, Isaiah 65:17-25, Lamentations 3:19-24,
Luke 9:57-62, Revelation 21:1-4

Facing imprisonment

Lamentations 3:34-36, Matt. 25:31-46, Luke 4:16-21

Facing life alone

1 Corinthians 7:25-38, 1 Corinthians 12:1-31

Facing a natural disaster

Genesis 8:1-9:17, Job 36:22-37:13, Psalm 29,
Psalm 124, Psalm 36:5-9, Jeremiah 31:35-37,
Romans 8:31-39, 1 Peter 1:3-12

Facing a trial or lawsuit

Psalm 26, Isaiah 50:4-11, Matt. 5:25,26, Luke 18:1-8

Losing your job

Jeremiah 29:10-14, Luke 16:1-13, Philipians 4:10-13

Losing your property and possessions

Job 1:13-22, Job 42:7-17, Isaiah 30:19-26,
Isaiah 41:17-20, Romans 8:18-39

Managing your time

Proverbs 12:11, Proverbs 28:19, Mark 13:32-37,
Luke 21:34-36, 1 Timothy 4:11-16, Titus 3:8-14

Moving into a new home

Psalm 127:1,2, Proverbs 24:3,4, John 14:1-7,
Ephesians 3:14-21, Revelation 3:20,21

Overcoming addiction

Psalm 40:1-5, 11-17, Psalm 116:1-7,
Proverbs 23:29-35, 2 Cor. 5:16-21, Ephesians 4:22-24

Overcoming a grudge

Leviticus 19:17,18, Matthew 5:23-26,
Luke 6:27-36, Ephesians 4:25-32

Overcoming prejudice

Matthew 7:1-5, Acts 10:34-36, Galatians 3:26-29,
Ephesians 2:11-22, Colossians 3:5-11, James 2:1-13

Overcoming pride

Psalm 131, Mark 9:33-37, Luke 14:7-11, Luke 18:9-14,
Luke 22:24-27, Rom. 12:14-16, 1 Cor. 1:18-31,
2 Cor. 12:1-10

Overcoming procrastination

Matthew 22:1-14, Matthew 25:1-13, 2 Corinthians 6:1,2

Raising children

Proverbs 22:6, Ephesians 6:4, Colossians 3:21

Respecting civil authorities

Mark 12:13-17, Romans 13:1-7, Titus 3:1,2,
1 Peter 2:13-17

Respecting parents

Exodus 20:12, Proverbs 23:22, Eph. 6:1-3, Col. 3:20

Retiring from your job

Numbers 6:24-26, Psalm 145, Matthew 25:31-46,
Romans 12:1,2, Philipians 3:12-21, 2 Peter 1:2

Seeking forgiveness

Psalm 32:1-5, Psalm 51, Proverbs 28:13, Joel 2:12-17,
Matthew 6:14-15, Luke 15, Philemon
Hebrews 4:14-16, 1 John 1:5-10

Seeking God's help

Psalms 5, 57, 86, 119:169-176, 121, 130, Mat. 7:7-12

Seeking justice

Psalms 10,17, 75, 94, Isaiah 42:1-7, Isaiah 61:1-9,
Amos 5:21-24, Habakkuk 1:1-2:4

Seeking salvation

John 3:1-21, Romans 1:16-17, Romans 3:21-31,
Rom. 5:1-11, Rom. 10:5-13, Eph. 1:3-14, Eph. 2:1-10

Seeking strength

Psalms 46, 138, Isaiah 40:27-31, Isaiah 51:12-16,
Ephesians 6:10-20, 2 Thessalonians 2:16,17

Seeking truth

Psalm 119:153-160, John 8:31-47, John 14:6-14,
John 16:4b-15, 1 Timothy 2:1-7

Sharing your gifts

Exodus 35:20-29, Malachi 3:6-12, Luke 21:1-4,
Acts 2:43-47, Acts 4:32-37, Romans 12:9-13,
1 Cor. 16:1-4, 2 Cor. 8:1-15, 2 Cor. 9:6-15

Starting a new job

Proverbs 11:3, Proverbs 22:29, Romans 12:3-11,
1 Thess. 5:12-18, 2 Thess. 3:6-13, 1 Peter 4:7-11

Understanding your relationship with God

Deuteronomy 5:1-22, Psalm 139, John 15:1-17,
Romans 5:1-11, Romans 8:1-17

Understanding your relationship with others

Deuteronomy 5:16-21, Proverbs 3:27-35,
Matthew 8:15-17, Matthew 18:21-35,
Romans 14:13-23, Romans 15:1-6, Galatians 6:1-10,
Colossians 3:12-17, 1 John 4:7-12



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Worrying about the future

Isaiah 35, Isaiah 60, Jeremiah 29:10-14, 1 Peter 1:3-5,
Revelation 21:1-8

Worrying about growing old

Psalm 37:23-29, Isaiah 46:3,4

Worrying about money

Proverbs 11:7, Ecclesiastes 5:10-20, Matthew 6:24-34,
Luke 12:13-21, 1 Timothy 6:6-10

Experiencing Troublesome Feelings**Afraid?**

Psalms 27, 91, Isaiah 41:5-13, Mark 4:35-41,
Hebrews 13:5,6, 1 John 4:13-18

Afraid of death?

Psalm 23, Psalm 63:1-8, John 6:35-40,
Romans 8:18-39, 1 Corinthians 15:35-57,
2 Corinthians 5:1-10, 2 Timothy 1:8-10

Angry?

Proverbs 15:1, Matthew 5:21-24, Romans 12:17-21,
Ephesians 4:26-32, James 1:19-21

Anxious? Worried?

Psalm 25, Matthew 6:24-34, Matthew 10:26-31,
1 Peter 1:3-5, 1 Peter 5:7

Depressed?

Psalms 16, 43, 130, Isaiah 61:1-4, Jeremiah 15:10-21,
Lamentations 3:55-57, John 3:14-17, Ephesians 3:14-21

Disappointed? Let down?

Psalm 55, Psalm 62:1-8, Jeremiah 20:7-18

Discouraged?

Psalm 34, Isaiah 12:1-6, Romans 15:13,
2 Corinthians 4:16-18, Philippians 4:10-13,
Colossians 1:9-14, Hebrews 6:9-12

Doubting your faith in God?

Psalms 8, 146, Proverbs 30:5, Matthew 7:7-12,
Luke 17:5,6, John 20:24-31, Romans 4:13-25,
Hebrews 11, 1 John 5:13-15

Frustrated?

Job 21:1-16, Job 24:1-17, Job 36:1-26,
Matthew 7:13,14

Impatient?

Psalm 13, Psalm 37:1-7, Psalm 40:1-5,
Ecclesiastes 3:1-15, Lamentations 3:25-33,
Hebrews 6:13-20, James 5:7 11

Insecure? Lacking confidence?

Deuteronomy 31:1-8, Psalm 73:21-26, Psalm 108,
Philippians 4:10-20, 1 John 3:19-24

Jealous?

Psalm 49, Proverbs 23:17, James 3:13-18

Lonely?

Psalms 22, 42, John 14:15-31a

Overwhelmed? Experiencing stress?

Isaiah 55:1-9, Matthew 11:25-30, John 4:1-30,
2 Corinthians 6:3-10, Revelation 22:17

Rejected?

Psalm 38, Isaiah 52:13-53:12, Matthew 9:9-13,
Luke 4:16-30, John 15:18-16:4, Ephesians 1:3-14,
1 Peter 2:1-10

Tempted?

Psalm 19:12-14, Psalm 141, Luke 4:1-13,
Hebrews 2:11-18, Hebrews 4:14-16, James 1:12-18

Tempted by sex?

2 Samuel 11:1-12:25, 1 Corinthians 6:12-20,
Galatians 5:16-26

Tired? Weary?

Psalm 3:5,6, Psalm 4:4-8, Isaiah 35:1-10,
Matthew 11:25-30, 2 Thessalonians 3:16,
Hebrews 4:1-11

Feeling useless? Inferior?

Isaiah 6:1-8, Jeremiah 1:4-10, Galatians 1:11-24,
Ephesians 4:1-16, 1 Peter 2:4-10

Vengeful?

Matthew 5:38-42, Romans 12:17-21

Sourced & adapted from the American Bible Society.