



Verses for Hope in
Emotion

For when you are feeling sad:

"He heals the brokenhearted, and bind up their wounds" - Psalm 147:3

For when you are feeling angry:

"But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness." - Psalm 86:15

For when you are feeling inadequate:

"Don't you know? Haven't you heard? The Lord is the everlasting God; he created all the world. He never grows tired or weary. No one understands his thoughts. He strengthens those who are weak and tired." - Isaiah 40:28-29

For when you are feeling worried:

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

For when you are feeling overwhelmed:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart; and you will find rest. For my yoke is easy, and my burden is light."
- Matthew 11:28-30

For when you are feeling weak:

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong." - 2 Corinthians 12: 9-10