

Scriptures/ Stressors

1. Luke 21:19 / Adversity
2. James 1: 2-4 / Worldly Stress
3. Psalm 119: 143 / Anxiety
4. Matthew 6:34 / Overthinking about the unknown
5. Exodus 14:14 / Trusting your faith
6. Philippians 4:6 / Worry
7. Luke 12:25-26 / Time
8. Proverbs 3:4-6 / Second Guessing Decisions
9. Psalm 94:19 / Mental Burdens
10. Chronicles 16:11 / Times of Weakness
11. Deuteronomy 31:8 / Fear
12. John 14:27 / Clouded thoughts
13. Proverbs 16:3 / When feeling unorganized
14. Romans 8:6 / When dealing with negative thoughts
15. Psalm 55:22 / When feeling overwhelmed
16. 1 Corinthians 16:13 / When you feel like giving up
17. Isaiah 40:31 / When feeling hopeless
18. 1 Peter 5:7 / Anxiety
19. Philippians 4:13 / Self- esteem is low
20. Revelation 21:4 / When dealing with emotional stress or pain.

<https://www.womansday.com/life/inspirational-stories/g28367679/bible-verses-about-stress/>

