

Emotional and mental health Bible Study



Here are a few Bible verses for you to reflect on, perhaps stay with one for a while and pray and think it through. One thing struck me particularly, how often thanksgiving is mentioned, so often, in fact, that we almost pass the word by without noticing it. I'm convinced that it's so important that if we only take one thing away from the verses, and act on it, learning to appreciate things and

thank God for them is one thing that will transform our ability to cope in adversity and in the face of all that is thrown at us.

Even if these Bible passages are so familiar to you that you can recite them all by heart, it's still a valuable exercise to take time to reflect on them and think around them. Look them up and read them in context to gain greater insight.

Scriptures relating to prayer and thanksgiving

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God and the peace of God, which passes all understanding, will keep your hearts and minds in Christ Jesus.”

PHILIPPIANS 4: 6-7

“Continue steadfastly in prayer, being watchful in it with thanksgiving.”

COLOSSIANS 4:2

“As therefore you received Christ Jesus the Lord, so live in Him, rooted and built up in Him and established in the faith, just as you were taught, abounding in thanksgiving.”

COLOSSIANS 2: 6-7

Scriptures relating to faith instead of fear

“Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

PROVERBS 3: 5-6

“But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God’s love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.”

JUDE 1: 20-21

“God is our refuge and strength, an ever-present help in trouble.”

PSALM 46:1 (Read the whole psalm when you have time.)

Antidotes to combat anxiety

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God and the peace of God, which passes all understanding, will keep your hearts and minds in Christ Jesus.” PHILIPPIANS 4:6-7

“But the Lord is faithful; He will strengthen you and guard you from evil.”

II THESSALONIANS 3:3

“Cast all your anxiety on Him because He cares for you.”

I PETER 5:7

“The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is thy faithfulness. ‘The Lord is my portion’ says my soul, ‘therefore I will hope in Him’.”

LAMENTATIONS 3: 22-24

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air, they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

MATTHEW 6:25-27

A healthy spiritual lifestyle - a summary

Love - “Walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God”.

EPHESIANS 5:2

Faith - “Whatever you ask in prayer, believe that you have received it, and it will be yours”.

MARK 11:24

Obedience - "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them".

JOHN 14:23

Prayer - "Pray in the Spirit on all occasions with all kinds of prayers and requests".

EPHESIANS 6:18

Thankfulness - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace, and be thankful".

COLOSSIANS 3:15 (When you have time, read the whole of that passage from verse 1 to verse 17.)

Do everything as serving the Lord - "Whatever you do, work heartily, as serving the Lord and not men".

COLOSSIANS 3:23

Do everything in the name of Jesus - " And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him".

COLOSSIANS 3:17 (Did you notice that "giving thanks" in there again?)

Hold fast to Jesus - "... holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God".

COLOSSIANS 2:19

For further reading:

The armour of God - Ephesians 6:10-18

The Sermon on the Mount - Matthew Chapters 5, 6 and 7

Psalms - 145 to 150

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