

Scripture When You Feel...

Emotion/Struggle	Scripture	Short Prayer
Anxious	Philippians 4:6–7	Lord, calm my heart. Help me trade my worry for Your peace.
Lonely	Psalms 27:10	Father, remind me that You never leave me or forsake me.
Angry	James 1:19–20	God, slow me down. Teach me to listen before I speak, and to respond.
Tired/Weary	Matthew 11:28–29	Jesus, I come to You for rest. Refresh my soul today.
Afraid	Isaiah 41:10	Lord, I will not fear. Strengthen me and hold me up with Your hand.
Confused	Proverbs 3:5–6	God, I trust You. Direct my path when I don't see the way.
Guilty/Shameful	1 John 1:9	Father, forgive me. Wash me clean and remind me I am Yours.
Hopeless	Romans 15:13	God of hope, fill me with joy and peace as I trust in You.
Tempted	1 Corinthians 10:13	Lord, give me strength to endure and show me the way out.
Unloved/Rejected	Romans 8:38–39	Thank You, God, that nothing can separate me from Your love.
Stressed	Matthew 6:34	God, help me focus on today and trust You with tomorrow.
Overwhelmed	Psalms 61:2	Lord, lead me to the rock that is higher than I.
Depressed	Psalms 34:18	Father, draw near to my broken heart and save me.
Insecure	Psalms 139:14	God, remind me that I am fearfully and wonderfully made.
Grieving	John 11:25–26	Jesus, thank You for being the resurrection and the life. Comfort me in my grief.
Financially Worried	Philippians 4:19	God, provide for my needs according to Your riches in Christ Jesus.
Ashamed of Past	2 Corinthians 5:17	Thank You, Lord, that I am a new creation in Christ.
Doubting	Mark 9:24	Lord, I believe—help my unbelief.
Lacking Direction	Jeremiah 29:11	God, I trust Your plans for my future. Show me the next step.
Weak	2 Corinthians 12:9	Lord, let Your grace be enough and Your power shine in my weakness.
Attacked	Psalms 91:2	God, You are my refuge and fortress. I trust in You.
Unforgiving	Ephesians 4:32	Lord, soften my heart to forgive as You forgave me.
Burdened	Psalms 55:22	Father, I cast my cares on You because You will sustain me.
Alone in Faith	Hebrews 10:24–25	God, connect me to Your people and stir up my faith in community.
Thankful	1 Thessalonians 5:16–18	Lord, help me rejoice always, pray continually, and give thanks in all circumstances.