

When You Need Encouragement: A Bible Emergency Guide

Turning to God in Times of Need

Just as you would call **9-1-1** during a physical emergency, there are moments in life when your heart and mind need immediate encouragement, strength, and hope.

During times of fear, stress, sadness, confusion, or uncertainty, God invites us to turn to Him through prayer and His Word. Scripture reminds us of His promises, His presence, and His faithfulness.

The Bible is not simply a book to read during peaceful seasons—it is also a source of comfort and direction when life becomes difficult.

When you find yourself struggling, use this guide to help you quickly find Scripture that speaks to your situation. Take time to read the passage, pray honestly, and allow God's truth to strengthen you.

Bible Verses for Life's Difficult Moments

Angry?

Ephesians 4:26

Anxious?

Philippians 4:6-7

Feeling attacked or overwhelmed?

Psalms 27

Struggling to return to God?

Jeremiah 3:22

Feeling bitter or hurt by others?

1 Corinthians 13

Confused or unsure what to do?

Proverbs 3:5-6

Courage running low?

Joshua 1:9

Feeling depressed or discouraged?

Psalms 42-43

Feeling hopeless or exhausted?

Isaiah 40:27-31

Need direction?

Romans 12

Disappointed?

Proverbs 23:17-18

Feeling discontent?

Philippians 4:10-13, 19

Discouraged?

Galatians 6:7-10; Romans 15:13

Feeling afraid or shaken?

Psalms 34

Doubting your faith?

Acts 1:1-3; 1 Corinthians 15

Wanting to grow stronger in faith?

Hebrews 11

Fearful?

Isaiah 41:10

Frustrated?

Psalms 37:3-8

Feeling alone or forgotten?

Psalms 139

Grieving a loss?

Psalms 73:21-26

Hurting emotionally?

Colossians 3:12-17

Feeling inadequate?

2 Corinthians 9:8

Feeling insecure?

Psalms 23

Need guidance?

Psalm 32:8

Struggling with pride or self-importance?

Psalm 19

Need to forgive or show grace?

Ephesians 4:31-32

Seeking forgiveness and repentance?

Romans 10:9-10; Psalm 51

Feeling sad or needing comfort?

John 14

Feeling stressed or troubled?

John 14:27

Going through suffering?

Romans 5:3-4

Facing temptation?

1 Corinthians 10:13

Feeling tired and worn out?

Matthew 11:28-29

Feeling uncertain about the future?

Romans 8

Feeling weak?

Psalm 18:1-29

How to Use This Guide

When you find a verse that speaks to your situation:

1. **Read it slowly.**
Pay attention to what God is saying.
2. **Pray honestly.**
Tell God what you are feeling and what you need.
3. **Reflect on the truth.**
Ask how this Scripture can change your thoughts, actions, or perspective.

4. **Carry it with you.**

Return to God's Word throughout the day when you need encouragement.

God's Word is always available—ready to guide, comfort, strengthen, and remind you that you are never alone.