

Emotional/Mental Healing Scriptures

All Bible references are from *The Amplified Bible*.

Is there something in your past or your present that is causing problems with your emotions or thoughts? If we're honest, all of us would admit there are times when we struggle with wrong thoughts and the unhealthy emotions they create. Sometimes this can even lead to depression or other serious ongoing conditions that keep us from being emotionally and mentally whole.

I've experienced issues like this in my own life as a result of the abuse that happened to me throughout my childhood. But the power of God's love and His Word in my life have brought me total restoration, and they can do the same for you. Whatever your need may be in this area of your life, use these scriptures to renew your mind and experience mental and emotional wholeness in Christ.

1 Peter 5:7

Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

Psalm 147:3

He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows].

Philippians 4:6-7

Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus.

Psalm 42:5

Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, my Help and my God.

Psalm 30:11

You have turned my mourning into dancing for me; You have put off my sackcloth and girded me with gladness.

Psalm 34:18

The Lord is close to those who are of a broken heart and saves such as are crushed with sorrow for sin and are humbly and thoroughly penitent.

Psalm 119:50

This is my comfort and consolation in my affliction: that Your word has revived me and given me life.

Deuteronomy 31:6

Be strong, courageous, and firm; fear not nor be in terror before them, for it is the Lord your God Who goes with you; He will not fail you or forsake you.

2 Timothy 1:7

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.

Ephesians 4:23-24

And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], and put on the new nature (the regenerate self) created in God's image, [Godlike] in true righteousness and holiness.

Isaiah 26:3

You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.

Confession for emotional/mental healing: "I have peace, power, love and a calm and well-balanced mind because I trust God. I don't worry about anything, instead, I pray about everything and God blesses me by giving me His peace."