

God's Promises *for Your Mental Health*

Scripture for Anxiety, Depression, Fear & Exhaustion



Some seasons press harder than others. The mind races, the heart sinks, the body runs out of strength. If that is where you are, hear this first: **God is not distant from your struggle — He meets you inside it.** His Word does not shame the weary; it draws near to them. What follows are four of His promises for four of the heaviest weights a heart can carry.

God sees. God cares. God promises.

Wherever this finds you, you are not walking through it unseen or alone.

FOR ANXIETY

When Your Mind Won't Grow Quiet

Anxiety is something your mind and body do to try to protect you — not a sign of weak faith. Scripture's answer to worry is not "try harder," but "bring it here." You are invited to hand the weight to Someone strong enough to hold it, and to receive a peace you cannot manufacture on your own.

PHILIPPIANS 4:6-7

"...the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

1 PETER 5:7

"...casting all your anxieties on him, because he cares for you."

FOR DEPRESSION

Nearer in the Darkness, Not Further

Depression can whisper that you are too much, or not enough — that God has grown distant. The opposite is true. Scripture says He draws *nearest* to the broken, not furthest. You do not have to feel strong, or even hopeful, to be held. His nearness does not depend on your mood.

"The Lord is near to the brokenhearted and saves the crushed in spirit."

PSALM 34:18



FOR FEAR



You Are Not Facing It Alone

Fear shrinks the world down to the thing we dread. God's promise widens it back out: *I am with you*. You are not asked to be fearless — you are promised a Presence that steadies you, and a spirit shaped by power, love, and a sound mind rather than dread.

ISAIAH 41:10

"Fear not, for I am with you... I will strengthen you, I will help you, I will uphold you."

2 TIMOTHY 1:7

"...God gave us a spirit not of fear but of power and love and self-control."

FOR EXHAUSTION

An Invitation to Lay It Down

Exhaustion is not failure — it is a body and soul asking to be cared for. Even the prophet Elijah, worn to the point of despair, was first given sleep and food before anything else. Christ's invitation is gentle and unhurried: come as you are, and be given rest you don't have to earn.

"Come to me, all who labor and are heavy laden, and I will give you rest... For my yoke is easy, and my burden is light."

MATTHEW 11:28-30



Four Anchors to Return To



God's Word

brings truth when your thoughts cannot be trusted.



Prayer

brings strength you don't have to summon alone.



Community

brings encouragement; healing happens in relationship.



God's Presence

brings peace that stands guard over your mind.

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

ISAIAH 26:3

You won't remember four promises on the hardest day — but you can carry one. Choose the weight that sits heaviest right now, and the promise beside it, and let it be the sentence you return to this week.

1

The weight I'm carrying most right now is... (name it plainly — anxiety, sadness, fear, exhaustion, or something else)

2

The promise I want to hold onto is... (write the verse, or just a few words of it, in your own hand)

3

One gentle, doable step this week... (a prayer, a text to a friend, a walk, a call to a counselor)

You Don't Have to Carry It Alone

If the weight has been heavy for a while, a caring, faith-integrated counselor can walk with you — at your pace, with no pressure. The first step is just a conversation.

Schedule a Free Discovery Call →

gracechristiancounseling.com/schedule

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