

Scriptural Serotonin for Spiritual Elevation: Finding the High in The Highest Biblical Guidance for Dealing with Stress

Joshua 1:9

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

1Samuel 30:6

... but David encouraged himself in the LORD his God.

Nehemiah 8:10

... for the joy of the LORD is your strength.

Job 13:15

Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.

Psalms 19:14

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psalms 23:4

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalms 27:1

The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

Psalms 27:14

Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

Psalms 33:20-21

Our soul waiteth for the LORD: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name.

Psalms 34:18

The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

Psalms 43:5

Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

Psalms 46:10

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

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Psalm 55:22

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalm 94:22

But the LORD is my defence; and my God is the rock of my refuge.

Psalm 112:7

He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

Psalm 118:8-9

It is better to trust in the LORD than to put confidence in man.

It is better to trust in the LORD than to put confidence in princes.

Psalm 119:10-12

With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee. Blessed art thou, O LORD: teach me thy statutes.

Psalm 119:50

This is my comfort in my affliction: for thy word hath quickened me.

Psalm 119:105

Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119:165

Great peace have they which love thy law: and nothing shall offend them.

Psalm 146:5

Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

Proverbs 3:5-7

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil.

Proverbs 14:17

He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Proverbs 16:18-19

Pride goeth before destruction, and an haughty spirit before a fall. Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.

Proverbs 16:20

He that handleth a matter wisely shall find good: and whoso trusteth in the LORD, happy is he.

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Proverbs 16:32

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Ecclesiastes 7:9

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Isaiah 26:3-4

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

Isaiah 40:31

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Matthew 4:4

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 5:3-4

Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted.

Matthew 6:25-34

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Matthew 28:20

... I am with you alway, even unto the end of the world. Amen.

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Mark 9:24

... Lord, I believe; help thou mine unbelief.

John 3:30

He must increase, but I must decrease.

John 16:33

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Romans 8:38-39

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 10:17

So then faith cometh by hearing, and hearing by the word of God.

Romans 12:1-3

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

2 Corinthians 1:9

... we should not trust in ourselves, but in God which raiseth the dead:

2 Corinthians 12:8-10

For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

Ephesians 4:26-27

Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.

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Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there any virtue, and if there be any praise, think on these things.

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

James 1:19-20

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.

James 3:3-12

Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh.

1 Peter 5:6-7

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.

1 John 2:15-17

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

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