

Biblical Mental Health Card

If anxious:

The **Holy Spirit** gives you indwelling power to restore peace.

“Now the God of peace be with you all. Amen.” Romans 15:33

“Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.” 2 Peter 1:2

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23

If depressed or sad:

The **Holy Spirit** gives you indwelling power to restore joy.

“You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.” Psalm 16:11

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.” Ephesians 3:20-21

If afraid and fearful:

God’s Word is powerful to abolish fear.

“So shall My word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.” Isaiah 55:11

“For God gave us a spirit not of fear but of power and love and self-control.” 2 Timothy 1:7

If feeling hopeless:

God’s character gives you hope.

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

“May our Lord Jesus Christ Himself and God our Father, who loved us and by His grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.” 2 Thessalonians 2:16-17

If feeling unworthy or unwanted:

The **God of Truth** can overcome the enemy’s lies (John 8:44). God sees and hears you.

“The eyes of the Lord are toward the righteous and His ears toward their cry.” Psalm 34:15

“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through Me.’” John 14:6
You’re a child of the King. “But to all who did receive Him, who believed in His name, He gave the right to become children of God.” John 1:12

“I praise You, for I am fearfully and wonderfully made.” Psalm 139:14

If traumatized:

You have **God’s healing** and **restorative power**.

“For I will restore health to you, and your wounds I will heal, declares the Lord, because they have called you an outcast: ‘It is Zion, for whom no one cares!’” Jeremiah 30:17

“Bless the Lord, O my soul, and all that is within me, bless His holy name! ... who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.” Psalm 103: 1, 4-6

If devastated:

You have **God’s comfort**.

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.” 2 Corinthians 1:3

If bullied:

You have **God’s protection** and God’s provision (of a friend).

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” Psalm 9:9

“God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” 2 Corinthians 9:8

In Him you have a **purpose**. You can rely on His **presence** and His **promises**.