

IKF Bible Guide for Difficult Feelings

God's Word Heals Your Troubled Feelings

When you feel fear	Psalm 27; 34:4; Isaiah 41:10
When you feel worried	Philippians 4:6-7; John 14:27; Psalm 23, 55
When you feel upset	John 14:1-6; Psalm 46, 94:19; 145:8-21
When you feel danger	Psalm 91; Romans 35- 39; Numbers 6:23-26
When you feel sad	Philippians 4:4-7; Psalm 116; 1 Thessalonians 4: 13-18
When you feel lonely	Matthew 28: 20; John 14:16-27; Psalm 27:10, 25:15-21
When you feel tired	Matthew 11: 28-30; Isaiah 40:28-31; Psalm 55:22
When you feel depressed	Lamentations 3:22-26; Psalm 42; 2 Corinthians 4:7-14
When you feel guilty	Micah 7:18-19; Psalm 32; Romans 8:1-2
When you feel weak	2 Corinthians 12:9; Isaiah 40:29-31; 1 Corinthians 1:26-31
When you feel pain	Romans 8:35-39; Job 5:15-19; Philippians 1:27-30
When you feel bad	John 16:33; Psalm 18, 91:14-16; Exodus 15:2
When you feel injustice	2 Corinthians 4:17-18; Psalm 18; Exodus 14:14
When you feel despair	Nehemiah 8:10; Psalm 88; Lamentations 3:22-26
When you feel proud	Proverbs 16:18; Psalm 129:23-24; James 4:6-10; Romans 3:9-12
When you feel confused	James 1:5-8; Psalm 55; 2 Timothy 1:12; Hebrews 6: 19
When you feel frustrated	Psalm 13; John 3:16-17; Lamentations 3:22-26; Jeremiah 1:4-10
When you feel rejected	Matthew 5: 10-16; Psalm 43; Isaiah 49:15;
When you feel low	John 1:12, 15:13-16; Jeremiah 1:4-10; 1 Peter 2:4-10
When you feel helpless	Romans 5:3-11; Psalm 38; Deuteronomy 31:8; Philippians 4:6-7
When you feel jealous	James 3:13-18; Psalm 73; Galatians 6:4
When you feel a failure	Micah 7:3; 2 Timothy 1:7; 2 Corinthians 4:13-18; Psalm 31
When you feel the desire to escape from God	Psalm 139; Isaiah 50:10–11; Jonah 2:1–10- 3:1–10
When you feel envy	Galatians 5:24-25; Psalm 37
When you feel hopeful	Lamentations 3:22-26; Psalm 118, 145
When you feel the need	Luke 12: 22-31; Psalm 63, 2 Corinthians 12:9-11
When you feel hatred	Matthew 5: 38-48; Psalm 109:1-5

When you feel angry	Ephesians 4:26-30; Psalm 4:1-4
When you feel persecuted	Matthew 5: 38-48; Psalm 142; 2 Timothy 3:10-14; Romans 35-39
When you feel unbelief	Mark 9:23-25; Isaiah 43:1-5; Luke 12: 1-12; John 3:18-19