

Scripture Index

Bible Verses for Hard Days

A gentle guide to help you find Scripture when your heart needs comfort, courage, peace, hope, forgiveness, or strength.

“Your word is a lamp to my feet and a light to my path.”
Psalm 119:105

Use this resource as a starting place. Look up each passage slowly, pray it honestly, and let the Lord meet you in His Word.

How to Use This Scripture Index

- 1. Choose the category that matches what you are carrying.** You do not have to have the perfect words. Start with the section that feels closest to your heart today.
- 2. Read one Scripture slowly.** Look it up in your Bible or preferred translation. Pause over words or phrases that feel personal.
- 3. Turn the verse into prayer.** Tell God what feels heavy, then pray His truth back to Him in simple words.
- 4. Write one sentence of response.** Ask: What is God showing me? What truth can I hold onto today?
- 5. End with thanksgiving of faith.** Thank God for who He is before you see the answer fully unfold.

Sections Included

Depression

Fear

Loneliness

Guilt & Shame

Stress

Anxiety

Grief & Loss

Anger & Bitterness

Hopelessness

Confidence & Self-Worth

Depression

When your heart feels heavy, these passages remind you that God is near, compassionate, and able to carry you through dark places.

Truth to remember: God is close to the brokenhearted.

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|---|--|
| <input type="checkbox"/> Psalm 34:17-18 | <input type="checkbox"/> John 16:33 |
| <input type="checkbox"/> Psalm 42:11 | <input type="checkbox"/> Romans 8:38-39 |
| <input type="checkbox"/> Psalm 147:3 | <input type="checkbox"/> 2 Corinthians 1:3-4 |
| <input type="checkbox"/> Isaiah 41:10 | <input type="checkbox"/> Philippians 4:6-7 |
| <input type="checkbox"/> Isaiah 43:2 | <input type="checkbox"/> 1 Peter 5:7 |
| <input type="checkbox"/> Matthew 11:28-30 | <input type="checkbox"/> Revelation 21:4 |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Anxiety

When worry feels loud, come back to the peace, presence, and care of God.

Truth to remember: God cares for what weighs on you.

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|---|---|
| <input type="checkbox"/> Psalm 27:1 | <input type="checkbox"/> Philippians 4:6-7 |
| <input type="checkbox"/> Psalm 55:22 | <input type="checkbox"/> Colossians 3:15 |
| <input type="checkbox"/> Psalm 94:19 | <input type="checkbox"/> 2 Thessalonians 3:16 |
| <input type="checkbox"/> Proverbs 3:5-6 | <input type="checkbox"/> 1 Peter 5:7 |
| <input type="checkbox"/> Isaiah 26:3 | <input type="checkbox"/> 1 John 4:18 |
| <input type="checkbox"/> Matthew 6:25-27 | <input type="checkbox"/> 2 Timothy 1:7 |
| <input type="checkbox"/> Matthew 11:28-30 | <input type="checkbox"/> Hebrews 13:6 |
| <input type="checkbox"/> John 14:27 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Fear

When fear rises, let Scripture remind you that the Lord is with you, helping you, holding you, and strengthening you.

Truth to remember: You do not have to face fear alone.

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| <input type="checkbox"/> Deuteronomy 31:6 | <input type="checkbox"/> Isaiah 43:1 |
| <input type="checkbox"/> Joshua 1:9 | <input type="checkbox"/> Matthew 10:29-31 |
| <input type="checkbox"/> Psalm 23:4 | <input type="checkbox"/> John 14:27 |
| <input type="checkbox"/> Psalm 27:1 | <input type="checkbox"/> Romans 8:15 |
| <input type="checkbox"/> Psalm 46:1-2 | <input type="checkbox"/> 2 Timothy 1:7 |
| <input type="checkbox"/> Isaiah 41:10 | <input type="checkbox"/> Hebrews 13:6 |
| <input type="checkbox"/> Isaiah 41:13 | <input type="checkbox"/> 1 John 4:18 |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Grief & Loss

When sorrow comes in waves, these verses offer comfort, hope, and the promise of God's tender nearness.

Truth to remember: God meets you gently in grief.

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|---|--|
| <input type="checkbox"/> Psalm 23:4 | <input type="checkbox"/> John 14:1-3 |
| <input type="checkbox"/> Psalm 34:18 | <input type="checkbox"/> John 16:22 |
| <input type="checkbox"/> Psalm 147:3 | <input type="checkbox"/> Romans 8:38-39 |
| <input type="checkbox"/> Isaiah 41:10 | <input type="checkbox"/> 1 Thessalonians 4:13-14 |
| <input type="checkbox"/> Isaiah 43:2 | <input type="checkbox"/> 2 Corinthians 1:3-4 |
| <input type="checkbox"/> Lamentations 3:31-32 | <input type="checkbox"/> Revelation 21:4 |
| <input type="checkbox"/> Matthew 5:4 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Loneliness

When you feel unseen or forgotten, these passages declare that God is present, faithful, and near.

Truth to remember: You are seen, known, and loved.

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| <input type="checkbox"/> Isaiah 41:10 | <input type="checkbox"/> 1 Peter 5:7 |
| <input type="checkbox"/> Psalm 34:18 | <input type="checkbox"/> Psalm 27:10 |
| <input type="checkbox"/> Deuteronomy 31:8 | <input type="checkbox"/> Romans 8:38-39 |
| <input type="checkbox"/> Matthew 28:20 | <input type="checkbox"/> 2 Corinthians 1:3-4 |
| <input type="checkbox"/> John 14:18 | <input type="checkbox"/> Joshua 1:9 |
| <input type="checkbox"/> Psalm 23:4 | <input type="checkbox"/> Psalm 68:5-6 |
| <input type="checkbox"/> Hebrews 13:5 | <input type="checkbox"/> Zephaniah 3:17 |
| <input type="checkbox"/> Psalm 139:7-10 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Anger & Bitterness

When anger, resentment, or hurt linger, these verses guide you toward wisdom, forgiveness, patience, and peace.

Truth to remember: God can soften what hurt has hardened.

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| <input type="checkbox"/> Ephesians 4:31-32 | <input type="checkbox"/> Matthew 5:44 |
| <input type="checkbox"/> James 1:19-20 | <input type="checkbox"/> Proverbs 14:29 |
| <input type="checkbox"/> Proverbs 15:1 | <input type="checkbox"/> Ecclesiastes 7:9 |
| <input type="checkbox"/> Proverbs 16:32 | <input type="checkbox"/> Psalm 4:4 |
| <input type="checkbox"/> Colossians 3:8 | <input type="checkbox"/> 1 Peter 3:9 |
| <input type="checkbox"/> Romans 12:19 | <input type="checkbox"/> Matthew 6:14-15 |
| <input type="checkbox"/> Proverbs 29:11 | <input type="checkbox"/> Galatians 5:22-23 |
| <input type="checkbox"/> Psalm 37:8 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Guilt & Shame

When guilt or shame feels heavy, these verses point you back to confession, forgiveness, cleansing, and new life in Christ.

Truth to remember: In Christ, shame does not get the final word.

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| <input type="checkbox"/> 1 John 1:9 | <input type="checkbox"/> Psalm 51:10 |
| <input type="checkbox"/> Romans 8:1 | <input type="checkbox"/> Isaiah 54:4 |
| <input type="checkbox"/> Psalm 103:12 | <input type="checkbox"/> Jeremiah 31:34 |
| <input type="checkbox"/> Isaiah 1:18 | <input type="checkbox"/> Philippians 3:13-14 |
| <input type="checkbox"/> 2 Corinthians 5:17 | <input type="checkbox"/> 1 Peter 2:24 |
| <input type="checkbox"/> Hebrews 10:22 | <input type="checkbox"/> Zephaniah 3:17 |
| <input type="checkbox"/> Psalm 32:5 | <input type="checkbox"/> Romans 10:11 |
| <input type="checkbox"/> Micah 7:18-19 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Hopelessness

When hope feels far away, these Scriptures lift your eyes to God's promises, faithfulness, mercy, and steadfast love.

Truth to remember: Hope is held by the God who is faithful.

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| <input type="checkbox"/> Jeremiah 29:11 | <input type="checkbox"/> Romans 8:24-25 |
| <input type="checkbox"/> Psalm 42:11 | <input type="checkbox"/> Psalm 62:5-6 |
| <input type="checkbox"/> Romans 15:13 | <input type="checkbox"/> Hebrews 10:23 |
| <input type="checkbox"/> Isaiah 40:31 | <input type="checkbox"/> John 16:33 |
| <input type="checkbox"/> Psalm 34:17-18 | <input type="checkbox"/> Isaiah 41:10 |
| <input type="checkbox"/> 2 Corinthians 4:8-9 | <input type="checkbox"/> Romans 8:38-39 |
| <input type="checkbox"/> Lamentations 3:22-23 | <input type="checkbox"/> Micah 7:7 |
| <input type="checkbox"/> Psalm 147:3 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Stress

When life feels pressured or overwhelming, use these passages to return to God's rest, wisdom, and sustaining strength.

Truth to remember: You can bring the weight to God.

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|--|---------------------------------------|
| <input type="checkbox"/> Philippians 4:6-7 | <input type="checkbox"/> Joshua 1:9 |
| <input type="checkbox"/> Matthew 11:28-30 | <input type="checkbox"/> Isaiah 41:13 |
| <input type="checkbox"/> Psalm 55:22 | <input type="checkbox"/> Psalm 94:19 |
| <input type="checkbox"/> 1 Peter 5:7 | <input type="checkbox"/> Psalm 23:1-3 |
| <input type="checkbox"/> John 14:27 | <input type="checkbox"/> Isaiah 40:29 |
| <input type="checkbox"/> Isaiah 26:3 | <input type="checkbox"/> Romans 8:28 |
| <input type="checkbox"/> Psalm 46:1 | <input type="checkbox"/> Psalm 61:2 |
| <input type="checkbox"/> Proverbs 3:5-6 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

Confidence & Self-Worth

When you question your worth, these verses remind you that your identity is rooted in God's love, calling, and grace.

Truth to remember: Your worth begins with being loved by God.

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| <input type="checkbox"/> Psalm 139:13-14 | <input type="checkbox"/> Romans 8:37 |
| <input type="checkbox"/> Ephesians 2:10 | <input type="checkbox"/> 1 Corinthians 6:19-20 |
| <input type="checkbox"/> Jeremiah 1:5 | <input type="checkbox"/> Zephaniah 3:17 |
| <input type="checkbox"/> Romans 8:31 | <input type="checkbox"/> Proverbs 3:26 |
| <input type="checkbox"/> 2 Timothy 1:7 | <input type="checkbox"/> Colossians 2:10 |
| <input type="checkbox"/> 1 Peter 2:9 | <input type="checkbox"/> 1 John 3:1 |
| <input type="checkbox"/> Isaiah 43:4 | <input type="checkbox"/> 2 Corinthians 12:9 |
| <input type="checkbox"/> Philippians 4:13 | |

Prayer prompt: Lord, meet me in this place and help me receive what Your Word says about who You are and how You care for me.

A Simple Scripture Prayer Page

Today I am bringing this to God:

Scripture I read:

Words or phrases that stood out:

My prayer:

Thanksgiving of faith:
