

# BIBLE VERSES FOR *when you're overwhelmed*

## FINDING STRENGTH *in God*

- Psalm 63:1** You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.
- Psalm 42:11** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.
- Acts 4:13** When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

## TRUSTING *God*

- Psalm 68:19** Praise be to the Lord, to God our Savior, who daily bears our burdens.
- Romans 8:28** And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

## WAITING *on God*

- Psalm 27:14** Wait for the Lord; be strong and take heart and wait for the Lord.
- Psalm 37:7** Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.
- Galatians 6:9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

## SEEKING *help*

- Galatians 6:2** Carry each other's burdens, and in this way you will fulfill the law of Christ.
- Ephesians 4:15-16** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

### Ideas for using these verses:

Memorize them.

Keep this list somewhere visible for a reminder.

Copy them into a journal or on notecards.

Meditate on them in prayer.

Turn them into artwork.

Study context. See commentary at [ginampoier.com/encouraging-bible-verses-overwhelmed/](http://ginampoier.com/encouraging-bible-verses-overwhelmed/)