🌿 Scriptures for Depression & Heaviness 🌿

Psalm 34:17–18

“The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 42:11

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God…”

Isaiah 41:10

“Do not fear, for I am with you… I will strengthen you and help you…”

2 Corinthians 1:3–4

“The Father of compassion and the God of all comfort, who comforts us in all our troubles…”

John 16:33

“In this world you will have trouble. But take heart! I have overcome the world.”

🕊️ Scriptures About Casting Your Cares 🕊️

1 Peter 5:7

“Cast all your anxiety on Him because He cares for you.”

Matthew 11:28–30

“Come to Me, all you who are weary and burdened, and I will give you rest…”

Psalm 55:22

“Cast your cares on the Lord and He will sustain you…”

Philippians 4:6–7

“Do not be anxious about anything… present your requests to God. And the peace of God… will guard your hearts and your minds…”

❤️ Scriptures About Healing the Heart & Soul ❤️

Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Jeremiah 30:17

“But I will restore you to health and heal your wounds,” declares the Lord.

Isaiah 53:5

“By His wounds we are healed.”

Psalm 23:3

“He restores my soul.”

Ezekiel 36:26

“I will give you a new heart and put a new spirit in you…”

3 John 1:2

“I pray that you may prosper in all things and be in health, just as your soul prospers.”

🌿 Scripture for Peace & Renewed Mind 🌿

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

Romans 15:13

“May the God of hope fill you with all joy and peace as you trust in Him…”

🔥 Healing & Surrender Prayer 🔥

Father, I come to You weary and heavy.

Your Word says to cast my cares on You, so right now—I release every burden, every anxiety, every heaviness.

Heal my heart.

Restore my soul.

Bind up every wound that no one else sees.

You are close to the brokenhearted, so I draw near to You now.

Replace my heaviness with peace.

Replace my sorrow with joy.

I receive Your healing.

I receive Your comfort.

I receive Your rest.

In Jesus’ name, Amen. 🤍