



10 Verses For When You Are Having a Bad Day

1.) The Lord is near.

*The Lord is near to the brokenhearted and saves the crushed in spirit.
~Psalm 34:18*

2.) God is with you and He loves you.

*The Lord your God is in your midst, a mighty one who will save;
he will rejoice over you with gladness; he will quiet you by his love;
he will exult over you with loud singing.
~Zephaniah 3:17*

3.) You are in a spiritual battle - be strong in the Lord!

*Be strong in the Lord and in the strength of his might.
~Ephesians 6:10*

4.) You are not alone.

*It is the Lord who goes before you. He will be with you;
he will not leave you or forsake you. Do not fear or be dismayed.
~Deuteronomy 31:8*

5.) Give your worries to Jesus.

*Cast all your anxieties on him, because he cares for you.
~1 Peter 5:7*

6.) Run to Jesus and rest in Him.

Come to me, all who labor and are heavy laden, and I will give you rest.

²⁹ *Take my yoke upon you, and learn from me,*

for I am gentle and lowly in heart, and you will find rest for your souls.

³⁰ *For my yoke is easy, and my burden is light.*

~Matthew 11:28-30

7.) Keep believing. Cling to hope.

*May the God of hope fill you with all joy and peace in believing,
so that by the power of the Holy Spirit you may abound in hope.*

~Romans 15:13

8.) This is unnatural, but rejoice.

*We rejoice in our sufferings, knowing that suffering produces endurance,
and endurance produces character, and character produces hope.*

~Romans 5:3,4

9.) Peace is only found in Jesus.

I have said these things to you, that in me you may have peace.

In the world you will have tribulation. But take heart; I have overcome the world.

~John 16:33

10.) God is present with you. Let Him be your refuge and strength.

God is our refuge and strength, a very present help in trouble.

~Psalm 46:1