



# 10 Verses for When You Are Having a Bad Day

**1.** The Lord is near to the brokenhearted and saves the crushed in spirit.

*-Psalm 34:18*

**2.** 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.** Be strong in the Lord and in the strength of his might.

*-Ephesians 6:10*

**4.** 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.** Cast all your anxieties on him, because he cares for you.

*-1 Peter 5:7*

**6.** Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.

*-Matthew 11:28-30*

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

*-Romans 5:3-4*

**9.** 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 our refuge and strength, a very present help in trouble.

*-Psalm 46:1*