



MENTAL HEALTH SCRIPTURES

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25 SCRIPTURES FOR MENTAL HEALTH

There is a current trend on Social Media where fabulous people are doing twenty-five press-ups for twenty-five days to bring attention to Mental Health issues. I commend such people for taking their time to bring awareness to such a silent, and crippling issue; anything that brings attention, and encourages people to seek help is awesome!

Mental Health can be a lifelong battle. I suffered from anxiety, and fear most of my life. Through these issues I became an alcoholic and took illegal drugs to hide my deep insecurities.

Overtime, darkness consumed my mind and I constantly struggled, and tirelessly fought to keep my internal battles locked in silence. I could not sleep at night and I started suffering overwhelming depression; at times, my head space would be so consumed and oppressed I would not speak to people for weeks on end. I also spent many hours curled up in a dark mess crying, alone.

But through the love and redemption found only in Jesus Christ, I found freedom and hope!

When I gave my life to Jesus Christ (August 2004), He instantly delivered me of alcoholism, depression, anger, and crippling anxiety (I give Jesus all the glory for the redemption He brought us on the cross) and I have lived in freedom since. However, this has not come without its battles...

Through times of purging and cleansing I have had to fight off tormenting spirits and suggestions of darkness, but through the *word of God* I learnt to stand against such things and allow the power of the Holy Spirit to break wrong thought patterns to distinguish the assaults of the enemy on my mind.

Now, I do not in any way suggest that I am a qualified counsellor, or medical expert of the mind, **but I do know the healing and liberating power in the *word of God***, and I know the spiritual/demonic war that rages against the mind.

So, in keeping with the *twenty-five* theme and doing what I can to help, I have listed twenty-five Scriptures to encourage you in your fight for freedom. These are all Scriptures that I had to use against the demonic powers that seek to bring us down.

The word of God brings deliverance:

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

(2 Corinthians 10:4-5)

The word of God carries *all power* over the enemy of our minds and carries the keys to freedom. Through reading and *applying the word of God*, we can find hope, deliverance, and healing for Mental Health.

As you read these Scriptures, I suggest you take your time to meditate (deliberately reflecting and focusing on a specific Bible passage and meaning) and allow the Holy Spirit to reveal truth in your heart. It will take some persistence as reading them once may not be enough to retrain your thoughts and bring revelation of truth; at times I carried some of these individual Scriptures with me and read them continuously until my breakthrough came.

May God bless you and I pray the Holy Spirit will lead you forward in victory through Jesus Christ.

LOVE:

To have peace in your heart and mind, is to know that you are loved and are secure in someone's love; never to be abandoned, regardless of your performance or stature. The love Jesus has for you is like nothing else in this world. As you meditate on these scriptures, may you allow the love of God penetrate your heart, soul, and mind. Remember, God loved us before we loved Him (1 John 4:10).

1. **JOHN 3:16-17** ~ *"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."*
2. **1 JOHN 4:18** ~ *"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."*
3. **ROMANS 8:38-39** ~ *"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."*

FREEDOM/DELIVERANCE:

Through the love and blood of Jesus Christ you have redemption (saved from sin and evil). The demonic powers that have kept you captive have been broken by Jesus Christ.

Colossians 1:13-14 is a powerful Scripture that is embedded in my soul, and a weapon I used against the powers of darkness as I passed through times of purging and refining. Declare these Scriptures over your life until they become part of your being.

4. **COLOSSIANS 1:13-14** ~ *"He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, ¹⁴ in whom we have redemption through His blood, the forgiveness of sins."*
5. **COLOSSIANS 1:21-22** ~ *"And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled ²² in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight."*

RETRAIN YOUR THOUGHT PATTERN:

We are too easily snared by thought patterns that keep us locked in places of depression and dark memories of the past. All trigger points can be broken through the *word of God* and bring you into

peace. Break your destructive thought patterns through the *word of God* and let the word transform you. Remember, Jesus loves you and is for you. He will help you if you ask Him.

6. **ROMANS 12:2** ~ *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*
7. **PHILIPPIANS 4:6-7** ~ *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*
8. **ISAIAH 26:3-4** ~ *“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. ⁴Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.”*
9. **COLOSSIANS 3:2** ~ *“Set your mind on things above, not on things on the earth.”*
10. **PHILIPPIANS 4:8** ~ *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”*

FORGIVE/CONFESS:

Dark things lurk in dark places; the mind is no different. Some of the main causes of Mental Health is the lack of forgiveness we show others. Holding on to unforgiveness keeps us in bondage to demonic spirits that torment our minds. Through releasing forgiveness to those who have hurt us and receiving God’s mercy and grace through the blood of Jesus, we are set free from these tormenting spirits.

Demonic spirits condemn us in our failings. If we cannot move forward from some of the sinful mistakes we have made, then the Bible says we need to confess our sins.

Ultimately, we confess our sins to Jesus (See 1 John 1:5-2:2). However, if we do not find complete freedom, Jesus may require us to confess our sins to another trusted person and receive prayer for your breakthrough.

Bringing our failings out of darkness and into the light of Christ destroys the power the enemy has over your mind. Remember, *“There is therefore no condemnation to those who are in Christ Jesus”* (Romans 8:1).

11. **MATTHEW 18:32-35** ~ *“Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. ³³Should you not also have had compassion on your fellow servant, just as I had pity on you?’ ³⁴And his master was angry, and delivered him to the torturers until he should pay all that was due to him. ³⁵‘So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.’”*
12. **1 JOHN 1:9** ~ *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*
13. **JAMES 5:16** ~ *“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”*

DO NOT FEAR:

The phrase **do not fear**, or **do not be afraid** is written in the Bible 365 times; one for every day of the year. We are not called to live in fear, and we have not been given a spirit of fear. So why should we live with something Jesus simply has not given us?

Boldly declare these Scriptures over your life and command every lingering anxious thought, and spirit of fear to leave you in Jesus name.

14. **ISAIAH 41:10** ~ *"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."*
15. **2 TIMOTHY 1:7** ~ *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*
16. **ROMANS 8:15** ~ *"For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.'"*

HOPE:

The world may hope it never rains or hope they do not get a speeding ticket. **But our hope is in Jesus Christ**, and His hope is eternal.

Jesus can turn your darkness into a bright, new day, filled with peace. You may have walked through dark places or fallen in defeat, but there is hope for you today, and there is hope for your future.

Let the hope and promises of God's word saturate your mind and soul.

17. **1 PETER 1:3** ~ *"Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead."*
18. **PSALM 66:10-12** ~ *"For You, O God, have tested us; You have refined us as silver is refined. ¹¹You brought us into the net; You laid affliction on our backs. ¹²You have caused men to ride over our heads; we went through fire and through water; but You brought us out to rich fulfillment."*

DON'T LOOK BACK:

Looking back will drag your thoughts into failure and defeat. But through Jesus Christ all failures are forgiven, and all defeat has been demolished through His blood; you are no longer bound to such things because through Jesus Christ, you are a new creation; old things have passed away and all things have become new (See 2 Corinthians 5:17).

It may take faith and perseverance, but start to look forward today and allow the *word of God* to speak into your new day available in Christ Jesus.

19. **GALATIANS 2:20** ~ *"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."*
20. **ISAIAH 43:18-19** ~ *"Do not remember the former things, nor consider the things of old. ¹⁹Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert."*

HOLY SPIRIT POWER:

I could never have done it without the presence and power of the Holy Spirit in my life. When I was left to myself, I suffocated in torment and anxiety. But through the power that is in Jesus Christ, the chains broke off and He brought me into a life of purpose and hope.

Defeat is not for you anymore! Ask Jesus to fill you with His Holy Spirit and lead forward in power; *“for everyone who asks receives”* (See Luke 11:5-13).

21. **ACTS 1:8** ~ *“But you shall receive power when the Holy Spirit has come upon you.”*
22. **ZECHARIAH 4:6** ~ *“Not by might nor by power, but by My Spirit, says the LORD of hosts.”*
23. **PHILIPPIANS 4:13** ~ *“I can do all things through Christ who strengthens me.”*

REST IN GOD:

After years of addiction and Mental Health battles - living in fear, depression, and anxiety - I met Jesus Christ who delivered me. Sometime later I was sitting on the couch and a strange feeling was upon me (I had been experiencing this feeling for a long period of time). I did not know what it was, and asked Jesus. Jesus simply replied, *“It is peace.”*

True peace had been so foreign to me I did not know what it was when I received it. Through Jesus Christ you too can receive true peace for your mind and soul. Continue to yield to Him and lay your burden down before Him. Do not be afraid to receive good things from Him and live in peace – you are worthy of it.

24. **MATTHEW 11:28-30** ~ *“Come to Me, all you who labour and are heavy laden, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.”*
25. **PSALM 4:8** ~ *“I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.”*

ULTIMATE FREEDOM:

Ultimate freedom can only come through Jesus Christ (the True and Living God).

Jesus came to earth to die on the cross where He paid the price and took the punishment for your sins. When you give/surrender your life to Jesus Christ you receive God’s full forgiveness and are born-again by His Holy Spirit where all sin is removed from you. Through the blood of Jesus Christ, and the mercy, grace, and love of God, you become a new creation and receive eternal life in Him.

Jesus Christ is the *“Wonderful, Counsellor, Mighty God, Everlasting father, Prince of Peace”* (Isaiah 9:6). He knows you intimately, and knows every pain, worry, regret, abuse you have suffered, and deeply desires to set you free.

I never felt I was good enough for God, but at the darkest time of my life I cried out to God for help, and Jesus came and delivered me. I thought Jesus was going to either punish or reject me for the life I had lived, but I was wrong. Jesus opened His arms to me and welcomed me into a place of peace and love that I had never known previously.

Even when I was lost in sin, darkness, and torment, Jesus never stopped reaching out to me in love, and He is reaching out to you today if you would like to know Him and know His saving power.

If you would like to receive Jesus into your life, where He can lead you into a life of freedom and peace, please pray this prayer:

Lord Jesus, I need Your forgiveness in my life. I thank You that You died on the cross to take away my sin. I now confess with my mouth that You are the Son of God and I believe in my heart that God raised You from the dead.

Please forgive me of all my sin, and I ask You Jesus to come into my life and be my Lord forever. I know I have a lot to learn, but I now ask that you would please give me a new heart, and a sound mind, and I ask You to fill me with Your precious Holy Spirit to guide my life forever and ever. Amen.

CLOSING NOTE:

Your life matters, you have value, and you are important to God. There is nothing that is too hard for Him, and there is nothing that you can do to make Him not love you. His desire is for you to live in freedom and He is passionate to protect you from all harm.

There is no shame in asking for help, and Jesus also uses counsellors to guide you to a place of healing and freedom. If you continue to struggle with Mental Health, please reach out and seek help from a trusted professional, or trusted friend.

If you need further help, I recommend seeking a *Christian focused* counsellor which most Christian Churches should be able to assist you with.

We would love to hear from you if you have made a new decision to receive Jesus Christ into your life.

Please remember, the best days are ahead of you, and Jesus has paid the price for your freedom.

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“Nations Encountering Jesus Christ through Holy Spirit Power and Fire!”