



## *Scripture Remedies* for Common Negative Feelings and Thoughts

You have the power to overcome any negative thought patterns and feelings by replacing them with the Word of God. In doing so, since the Word of God is the truth, rather than simply telling the thoughts and feelings to go away, you are supplanting them with more productive and accurate ideas.

As soon as one of the thoughts or feelings listed below pops into your heart and mind, read and reflect on the corresponding Scripture—and to take it one step further, use the Blank Journal Page on page XX of this appendix to come up with and record a new thought.

The Scripture quoted below comes from the Amplified Bible unless otherwise noted; I enjoy the way it expands God's word.

### **Abandonment**

"He Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down! [Assuredly not!]" ~HEBREWS 13:5

### **Anger**

"Let all bitterness and indignation and wrath [passion, rage, bad temper] and resentment [anger, animosity] and quarreling [brawling, clamor, contention] and slander [evil-speaking, abusive or blasphemous language] be banished from you, with all malice [spite, ill will, or baseness of any kind]. And become useful and helpful and kind to one another, tenderhearted [compassionate, understanding, loving-hearted], forgiving one another [readily and freely], as God in Christ forgave you." ~EPHESIANS 4:31-32

"I will be quick to hear [a ready listener], slow to speak, slow to take offense and to get angry. For my anger does not promote the righteousness God [wishes and requires]." ~JAMES 1:19-20

### **Anxiety and worry**

"I will not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble." ~MATTHEW 6:34

"My worrying and being anxious will not add one unit of measure [cubit] to my stature or to the span of my life." ~MATTHEW 6:27

# Scripture Remedies

## FOR COMMON NEGATIVE FEELINGS AND THOUGHTS *(continued)*

### Dirty

"I will [freely] admit that I have sinned and confess my sins, He is faithful and just [true to His own nature and promises] and will forgive my sins [dismiss our lawlessness] and [continuously] cleanse me from all unrighteousness [everything not in conformity to His will in purpose, thought, and action]." ~JOHN 1:9

### Distrust

"When I am afraid, I will have confidence in and put my trust and reliance in You. By [the help of] God I will praise His word; on God I lean, rely, and confidently put my trust; I will not fear. What can man, who is flesh, do to me?"

~PSALM 56:3-4

"The fear of man brings a snare, but whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high." ~PROVERBS 29:25

### Doubt

"I will be in faith that He asks with no wavering [no hesitating, no doubting]. For the one who wavers [hesitates, doubts] is like the billowing surge out at sea that is blown hither and thither and tossed by the wind." ~JAMES 1:6

### Fear

"God will cover me with His pinions, and under His wings I will trust and find refuge; His truth and His faithfulness are a shield and a buckler. I shall not be afraid of the terror of the night, nor of the arrow [the evil plots and slanders of the wicked] that flies by day." ~PSALM 91:4-5

### Guilt

"Because Christ lives in me [then, although] my [natural] body is dead by reason of sin and guilt, the spirit is alive because of [the] righteousness [that He imputes to me]." ~ROMANS 8:10

"God does not condemn me because He has justified me, Jesus does not condemn me because He is seated at the right hand of God and is interceding for me." ~ROMANS 8:33-34

### Hopelessness

"I will say to myself, 'The Lord is my inheritance; therefore, I will hope in him!' The Lord is good to those who depend on him, to those who search for him. So it is good to wait quietly for help from the Lord." ~LAMENTATIONS 3:24-26

"The Lord has His eye upon those who fear Him [who revere and worship Him with awe], who wait for Him and hope in His mercy and loving-kindness." ~PSALM 33:18

# Scripture Remedies

## FOR COMMON NEGATIVE FEELINGS AND THOUGHTS *(continued)*

### Insecurity

"I will fear not, for God is with me; I am not dismayed; for He is my God. He will strengthen me, yes, He will help me, He will uphold me with His righteous right hand." ~ISAIAH 41:10

"No weapon formed against me shall prosper, and every tongue that rises against me in judgment I shall show to be in the wrong. This [peace, righteousness, security, triumph over opposition] is my inheritance because I am a servant of the Lord." ~ISAIAH 54:17

### Laziness

"I know your [record of] works and what you are doing; you are neither cold nor hot. Would that you were cold or hot! So, because you are lukewarm and neither cold nor hot, I will spew you out of my mouth!" ~REVELATION 3:15-16

"Better is he who is lightly esteemed but works for his own support than he who assumes honor for himself and lacks bread." ~PROVERBS 12:9

### Out of Control

"The love of Christ controls me." ~2 CORINTHIANS 5:14

"I am a God-pleaser, not a people-pleaser. I obey God before man." ~ACTS 5:29

### Powerlessness

"He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it abound]." ~ISAIAH 40:29

"I have been given authority and power over all the power that the enemy [possesses]; and nothing shall in any way harm me." ~LUKE 10:19

### Pride

"When swelling and pride come, then emptiness and shame come also, but with the humble [those who are lowly, who have been pruned or chiseled by trial, and renounce self] are skillful and godly Wisdom and soundness." ~PROVERBS 11:2

"Pride lands me flat on my face, but humility prepares me for honor." ~PROVERBS 29:23 [THE MESSAGE]

### Rejection

"If God is for me, who can be against me?" ~ROMANS 8:31

"When I go someplace and the people don't receive and accept me, I don't let it get me down, I just shake it off and go on about my business." ~LUKE 10:10-11

# Scripture Remedies

## FOR COMMON NEGATIVE FEELINGS AND THOUGHTS *(continued)*

### Unlovableness

“For God so greatly loved and dearly prized the world that He [even] gave up His only begotten [unique] Son, so that whoever believes in [trusts in, clings to, relies on] Him shall not perish [come to destruction, be lost] but have eternal [everlasting] life.” ~JOHN 3:16

“God loves those who love Him, and those who seek Him early and diligently shall find Him.” ~PROVERBS 8:17

### Unforgiveness

“If I forgive people their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], my heavenly Father will also forgive me.” ~MATTHEW 6:14

“And whenever I stand praying, if I have anything against anyone, I forgive him and let it drop [leave it, let it go], in order that my Father who is in heaven may also forgive me my [own] failings and shortcomings and let them drop. But if I do not forgive, neither will my Father in heaven forgive my failings and shortcomings.” ~MARK 11:25-26

### Victimization

“Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us.” ~ROMANS 8:37

### Worthlessness

“And in accordance with this will [of God], I have been made holy [consecrated and sanctified] through the offering made once for all of the body of Jesus Christ [the Anointed One].” ~HEBREWS 10:10

“For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome.” ~JEREMIAH 29:11