

Verses for Reading Assignment

Each day for a month read the same (one or more) of the passages listed. Or feel free to substitute your own favorite verse, chapter or book of the Bible. The goal is just to read the same passage(s) every day for a month. You can memorize, meditate, write or just read, but try to do it every day. Put the verse(s) up somewhere you can see them, bookmark or write them down somewhere.

Identity

Ephesians 1:3-8 "3 All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. 4 Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. 5 God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. 6 So we praise God for the glorious grace he has poured out on us who belong to his dear Son. 7 He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. 8 He has showered his kindness on us, along with all wisdom and understanding." (NLT)

Colossians 3:1-4 "Therefore, if you have been raised with Christ, keep seeking the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on the things that are above, not on the things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory."

Ephesians 2:4-5 "But God, being rich in mercy, because of His great love with which He loved us, 5 even when we were dead in our wrongdoings, made us alive together with Christ (by grace you have been saved)."

Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

Psalms 139:13-16

"For you created my inmost being; you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! "

2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

1 Peter 2:9 "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."

Further Reading: Ephesians 1 and 2

Depression

Psalm 130:1-2, 5-6

1 "Out of the depths I cry to you, Lord; 2 Lord, hear my voice. Let your ears be attentive to my cry for mercy. 5 I wait for the Lord, my whole being waits, and in his word I put my hope. 6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning."

Psalm 34:18 "The Lord is near to the brokenhearted and saves those who are crushed in spirit."

John 12:46 "I have come into the world as a light, so that no one who believes in me should stay in darkness."

Psalm 18:28 "You, Lord, keep my lamp burning; my God turns my darkness into light."

Deuteronomy 31:8 "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Psalm 42:11 "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Psalm 40:1-3 "I waited patiently for the Lord; he turned to me and heard my cry. 2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him."

Psalm 13 "How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? 3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. 5 But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been good to me."

For further reading: Jeremiah 29:11

Anxiety

Isaiah 41:13 "For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you."

Philippians 4:6-7 "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus."

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

Isaiah 26:3 "You keep him in perfect peace whose mind is stayed on you, because he trusts in You."

Psalm 4:8 "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Discouragement or Suffering

Psalms 9:12 "God remembers those who suffer; He does not forget their cry."

Psalms 56:8 "You have taken account of my miseries; Put my tears in Your bottle. Are they not in Your book?"

Isaiah 43:1-2 "But now, this is what the Lord says, He who is your Creator, Jacob, And He who formed you, Israel: "Do not fear, for I have redeemed you; I have called you by name; you are Mine! 2 When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you."

Lamentations 3:21-24 "I recall this to my mind, Therefore I wait. 22 The Lord's acts of mercy indeed do not end, For His compassions do not fail. 23 They are new every morning; Great is Your faithfulness. 24 "The Lord is my portion," says my soul, "Therefore I wait for Him."

Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Weariness

Isaiah 40:28-31 "Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Matthew 11:28-30 ""Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Psalms 46:1-2 "God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

Psalms 62:5-6 "Yes, my soul, find rest in God; my hope comes from him. 6 Truly he is my rock and my salvation; he is my fortress, I will not be shaken."

1 Samuel 17:47 "All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."

2 Chronicles 20:15b "...This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'"

Exodus 14:13-14 "Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. 14 The Lord will fight for you; you need only to be still."

Shame over sin and/or being sinned against

Psalm 103:2-18 "Praise the Lord, my soul, and forget not all his benefits—

3 who forgives all your sins and heals all your diseases,

4 who redeems your life from the pit and crowns you with love and compassion,

5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

6 The Lord works righteousness and justice for all the oppressed.

7 He made known his ways to Moses, his deeds to the people of Israel:

8 The Lord is compassionate and gracious, slow to anger, abounding in love.

9 He will not always accuse, nor will he harbor his anger forever;

10 he does not treat us as our sins deserve or repay us according to our iniquities.

11 For as high as the heavens are above the earth, so great is his love for those who fear him;

12 as far as the east is from the west, so far has he removed our transgressions from us.

13 As a father has compassion on his children, so the Lord has compassion on those who fear him;

14 for he knows how we are formed, he remembers that we are dust.

15 The life of mortals is like grass, they flourish like a flower of the field;

16 the wind blows over it and it is gone, and its place remembers it no more.

17 But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—

18 with those who keep his covenant and remember to obey his precepts."

1 John 3:19-20 "This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything."

Psalm 34:4-5 "I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame."

Romans 8:1-2 "Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

Isaiah 61:7

"Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours."

Isaiah 54:4-5

"Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.

5 For your Maker is your husband—the Lord Almighty is his name—the Holy One of Israel is your Redeemer; he is called the God of all the earth."

Psalm 32:3-5 "When I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin."

For further reading: Isaiah 61

Fear

Romans 8:31-39 “31 What, then, shall we say in response to these things? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

John 14:1, 27 14 “Do not let your hearts be troubled. You believe in God; believe also in me.”
27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Psalms 73:25-26 “Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Isaiah 42:16 “I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.”

2 Timothy 1:7 “For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment.”

1 John 4:18 “There is no fear in love; instead, perfect love drives out fear, because fear involves punishment.”

Joshua 1:9b “Do not be afraid or discouraged, for the Lord your God is with you wherever you go.”

Suicidal thoughts

2 Corinthians 4:16-18 “So we aren’t depressed. But even if our bodies are breaking down on the outside, the person that we are on the inside is being renewed every day. 17 Our temporary minor problems are producing an eternal stockpile of glory for us that is beyond all comparison. 18 We don’t focus on the things that can be seen but on the things that can’t be seen. The things that can be seen don’t last, but the things that can’t be seen are eternal.” (CEV)

1 Corinthians 6:19-20 “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? 20 For you have been bought for a price: therefore glorify God in your body.”

John 10:27-29 “My sheep listen to My voice, and I know them, and they follow Me; 28 and I give them eternal life, and they will never perish; and no one will snatch them out of My hand. 29 My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand.”

Ephesians 6:12 “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

2 Corinthians 1:10 “He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us.”

Anger or Bitterness

James 1:19-20 "Now everyone must be quick to hear, slow to speak, and slow to anger; 20 for a man's anger does not bring about the righteousness of God."

Ephesians 4:31-32 "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (NLT)

Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

Proverbs 15:18 "A hot-tempered person stirs up strife, but the slow to anger calms a dispute."

Hebrews 12:15 "See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many become defiled."

Proverbs 29:11 "Fools give full vent to their rage, but the wise bring calm in the end."

Psalms 141:3 "Set a guard over my mouth, Lord; keep watch over the door of my lips."

Romans 12:21 "Do not be overcome by evil, but overcome evil with good."

For further reading: James 4

Unforgiveness

Colossians 3:12-14 "So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so must you do also. 14 In addition to all these things put on love, which is the perfect bond of unity."

Ephesians 4:32 "Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you."

For further reading - Matthew 18, Lord's prayer

Biblegateway.com You can use this resource to look up verses in different translations or type in a keyword to help you look up verses by topic, or when you can't remember the whole verse but a part of it.

Biblestudytools.com Filled with tools to help you study God's Word – including Strong's Concordance so you can find the original words in Hebrew and Greek that the Bible was written in and deepen your understanding of the meaning of specific words.