

Bible Reading Plan for Depression

Seven days. One short passage per day. No guilt if you miss a day.

Seven-day plan

- Day 1: Psalm 34:18
- Day 2: Matthew 11:28
- Day 3: Psalm 61:2
- Day 4: Isaiah 42:3
- Day 5: 1 Kings 19:5-8
- Day 6: John 11:35
- Day 7: Romans 8:38-39

Low-capacity rule

Read one sentence. Stop there if needed. One verse can be enough.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.