

# Bible Verses for Depressed Christians

A low-capacity Scripture guide for believers who still love God but do not feel okay.

## How to use this

Read one passage reference. You do not have to read the whole chapter today. Let one small phrase be enough. Because Bible translation copyright rules vary, this sheet lists references and gentle reflections rather than long quoted passages.

## Verses for when you feel crushed

**Psalm 34:18** - God is near to the brokenhearted. Your brokenness does not put you outside His care.

**Psalm 42:5** - The psalmist talks to his own downcast soul. Feeling low is not proof that faith is gone.

**Matthew 11:28** - Jesus invites the weary, not just the strong.

**2 Corinthians 1:3-4** - God is called the Father of mercies and God of all comfort.

## Verses for when you feel numb

**Romans 8:26** - When words fail, God is not confused by your weakness.

**Psalm 139:7-12** - Even darkness is not dark to God.

**Isaiah 42:3** - A bruised reed is not thrown away.

**John 11:35** - Jesus wept. Sorrow is not outside the life of faith.

## A tiny practice

Choose one reference. Read it slowly. Then pray: God, let one word be enough for today. Amen.

This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you are in immediate danger or might hurt yourself, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.