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# Bible Verses About Depression: 15 Helpful Scriptures

by [Pamela Rose Williams](#) on November 29, 2011 ·

Depression is something that has been around for thousands of years. WebMD uses the following words in its definition of [depression](#) “Major depression is an episode of sadness or apathy along with other symptoms that lasts at least two consecutive weeks and is severe enough to interrupt daily activities”<sup>[1]</sup>. People who suffer from [depression](#) often are sad or uninterested in anything. Depressed people sleep a lot and enjoy spending time in darkness, rather than the light. God’s Word encourages us to come out of the darkness and concentrate on the things of others. This will take our focus off of [ourselves](#) and help us to find true peace and [joy](#) in serving others. I have found some things in the Bible that should help you to overcome depressing times. Take a look at these 15 helpful Scriptures.

**Featured Memory Verse: Philippians 4:8** *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

## God Never Loses Sight of You

**Deuteronomy 31:8** “... It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

In a desert land he found him, in a barren and howling waste.

**Deuteronomy 32:10:** *In a desert land he found him, in a barren and howling waste. He shielded him and cared for him; he guarded him as the apple of his eye.*

**Psalms 34:17** *When the righteous cry for help, the LORD hears and delivers them out of all their troubles.*

**Psalms 40:1-3** *I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.*

## **Your Trust and Hope is In Him; Call Upon Him**

**Psalms 3:3** *But you, O LORD, are a shield about me, my glory, and the lifter of my head.*

**Psalms 32:10** *Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.*

**Psalms 37:3-4** *Trust in the LORD, and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and he will give you the desires of your heart.*

**Psalms 42:11** *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.*

**1 Peter 5:6-7 (KJV)** *Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.*

## **He Has Great Plans for You; Hang in There**

**Jeremiah 29:11** *For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.*

**John 16:33** *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.*

**Romans 8:38-39** *For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

**2 Corinthians 1:3-4** *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.*

**1 Peter 4:12-13** *Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.*