

21 Scriptures For When You're Having A Bad Day

A biblical reset for overwhelmed hearts.

When the day feels heavy, return to what is steady.

If you downloaded this, chances are you're having a difficult day, month, or year. Maybe nothing catastrophic has happened, but the weight of life feels heavier than usual. The responsibilities, the disappointments, the lingering worries, the quiet frustrations that build over time. Some days simply feel harder than others.

The Bible never promises that life will always feel easy. In fact, Jesus said plainly that *in this world we will have trouble*, but Scripture also reminds us that **God is near to us in those very moments**. He does not disappear when life feels overwhelming. He *draws near to the brokenhearted and strengthens those who feel weak*.

Sometimes, the most powerful thing we can do in the middle of a hard season is pause and return to what is true.

These verses are not meant to be rushed through like a checklist. Read them slowly. Let them remind you of who God is, what He promises, **and where your hope ultimately rests**.

Even when your circumstances haven't changed, anchoring your heart in truth can steady your perspective. If today feels heavy, you are not alone. And more importantly, the God who holds the world together is holding you as well.

Take a breath, open your Bible, and let His Word speak into this very moment.

A handwritten signature in black ink that reads "Courtney Harder". The script is fluid and cursive, with the first letter of each word being capitalized and larger than the others.

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1. Psalm 34:18

"The Lord is near to the brokenhearted and saves the crushed in spirit."

2. 1 Peter 5:7

"Casting all your anxieties on him, because he cares for you."

3. Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

4. Philippians 4:13

"I can do all things through him who strengthens me."

5. Psalm 46:10

"Be still, and know that I am God."

6. 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."

7. 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."

8. Zephaniah 3:17

"The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by

9. Ephesians 6:10

"Finally, be strong in the Lord and in the strength of his might."

10. Romans 15:13

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

11. Romans 5:3-4

"Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope."

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12. Psalm 46:1

"God is our refuge and strength, a very present help in trouble."

13. Romans 8:28

"And we know that for those who love God all things work together for good, for those who are called according to his purpose."

14. Isaiah 43:18-19

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it

15. Isaiah 41:13

"For I, the Lord your God, hold your right hand; it is I who say to you, 'Fear not, I am the one who helps you.'"

16. Psalm 46:1-3

"God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved

17. 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."

18. 2 Thessalonians 3:16

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."

19. Nehemiah 8:10

"Do not be grieved, for the joy of the Lord is your strength."

20. Proverbs 3:5-6

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

21. Isaiah 43:2

"When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."