



SHATTER  
STIGMA!

## 17 VERSES TO SHATTER STIGMA

Do you struggle to believe that your mental illness is real? Do you wonder if others think it's real? Do you feel shame? When we go to God, we never hear, "Shame on you." *With God, mental illness has no stigma.* Scripture is balm for our souls, speaking straight to our hearts.

1. Not one word of all the good promises that the Lord had made to the house of Israel had failed; all came to pass. (Joshua 21:45)
2. Now therefore stand still and see this great thing that the Lord will do before your eyes. (1 Samuel 12:16)
3. Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! (Psalm 4:1)
4. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. (Psalm 4:8)
5. Give ear to my words, O Lord; consider my groaning. Give attention to the sound of my cry, my King and my God, for to you do I pray. But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you. (Psalm 5:1-2, 11)
6. May the Lord answer you in the day of trouble! May the name of the God of Jacob protect you! May he send you help from the sanctuary and give you support from Zion! May he remember all your offerings and regard with favor your burnt sacrifices! May he grant you your heart's desire and fulfill all your plans! May we shout for joy over your salvation, and in the name of our God set up our banners! May the Lord fulfill all your petitions! (Psalm 20:1-5)

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



7. I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul. (Psalm 31:7)
8. Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him! The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. (Psalm 34:8, 18-19)
9. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. (Psalm 62:8)
10. You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again. (Psalm 71:20)
11. When the cares of my heart are many, your consolations cheer my soul. (Psalm 94:19)
12. I believed, even when I spoke: "I am greatly afflicted." (Psalm 116:10)
13. My soul melts away for sorrow; strengthen me according to your word! (Psalm 119:28)
14. Lord, be gracious to us; we wait for you. Be our arm every morning, our salvation in the time of trouble. (Isaiah 33:2)
15. 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. (Isaiah 43:2)
16. For I will satisfy the weary soul, and every languishing soul I will replenish. (Jeremiah 31:25)
17. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. (Philippians 1:6)

*With God, there is no shame. There is no guilt. We are not judged. When we come to God, we are loved — kindly, compassionately, and completely. We are the beloved.*

*With God, mental illness has no stigma.*

[chronic-joy.org/mental-illness](http://chronic-joy.org/mental-illness)

