

### Scriptures Relating to the Various Emotions

Emotion	Scripture reference	Scripture text
<b>Anger</b>	Ephesians 4:26,27 (NLT)	And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.
	James 1:19-20 (NLT)	Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.
	Romans 12:19 (TPT)	Beloved, don’t be obsessed with taking revenge, but leave that to God’s righteous justice. For the Scriptures say: “If you don’t take justice in your own hands, I will release justice for you,” says the Lord.
<b>Grief</b>	Psalms 34:18 (NLT)	The LORD is close to the broken-hearted; He rescues those whose spirits are crushed.
	Revelation 21:4 (NIV)	‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.
	Psalms 147:3 (NIV)	He heals the brokenhearted and binds up their wounds.
<b>Fear</b>	Joshua 1:9 (NLT)	This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.”
	John 14:27 (TPT)	I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don’t yield to fear or be troubled in your hearts—instead, be courageous!
	Psalms 27:1 (NIV)	The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?
<b>Confusion</b>	1 John 4:1 (TPT)	Delightfully loved friends, don’t trust every spirit, but carefully examine what they say to determine if they are of God, because many false prophets have mingled into the world.
	1 Corinthians 14:33 (KJV)	For God is not the author of confusion, but of peace.
	Proverbs 3:5-7 (The Message)	Trust God from the bottom of your heart; don’t try to figure out everything on your own. Listen for God’s voice in everything you do, everywhere you go; He’s the one who will keep you on track. Don’t assume that you know it all. Run to God! Run from evil!

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<b>Frustration</b>	Philippians 4:6,7 (NLT)	Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
	Philippians 4:8 (TPT)	So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.
<b>Helplessness</b>	Psalms 73:26 (NIV)	My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
	2 Timothy 1:7 (NLT)	For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.
	Isaiah 41:13 (NLT)	For I hold you by your right hand— I, the Lord your God. And I say to you, 'Don't be afraid. I am here to help you.'
<b>Disappointment</b>	Numbers 23:19 (ESV)	God is not man, that he should lie, or a son of man, that he should change his mind. Has He said, and will He not do it? Or has He spoken, and will He not fulfill it?
	2 Corinthians 4:17-18 (NIV)	For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
	Jeremiah 29:11-13 (ESV)	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. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.
<b>Weariness</b>	Galatians 6:9 (ESV)	And let us not grow weary of doing good, for in due season we will reap, if we do not give up.
	Matthew 11:28-30 (TPT)	Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.
	Jeremiah 31:25 (ESV)	For I will satisfy the weary soul, and every languishing soul I will replenish.