

Scripture for Quiet Moments

A Calming Bible Verses Collection

Created for moments when life feels heavy, loud, or overwhelming. There is no order and no pressure — begin wherever your heart needs rest.

Anxiety & Fear

Philippians 4:6–7 — Do not be anxious about anything...

Isaiah 41:10 — Do not fear, for I am with you...

Psalms 56:3 — When I am afraid, I put my trust in You.

Matthew 6:34 — Do not worry about tomorrow...

2 Timothy 1:7 — God has not given us a spirit of fear...

Psalms 34:4 — I sought the Lord, and He answered me...

John 14:27 — Peace I leave with you...

1 Peter 5:7 — Cast all your anxiety on Him...

Isaiah 26:3 — You will keep in perfect peace...

Psalms 94:19 — When anxiety was great within me...

Joshua 1:9 — Be strong and courageous...

Psalms 46:1 — God is our refuge and strength...

Proverbs 12:25 — Anxiety weighs down the heart...

Romans 8:15 — You did not receive a spirit of fear...

Psalms 23:4 — I will fear no evil...

Lamentations 3:22–23 — Great is Your faithfulness...

Isaiah 35:4 — Be strong, do not fear...

Hebrews 13:6 — The Lord is my helper...

Psalms 112:7 — They will have no fear of bad news...

Zephaniah 3:17 — He will quiet you with His love.

Weariness & Exhaustion

Matthew 11:28 — Come to Me, all who are weary...

Isaiah 40:29 — He gives strength to the weary...

Isaiah 40:31 — Those who hope in the Lord...

Psalms 23:1–3 — He restores my soul...

Galatians 6:9 — Let us not grow weary...

Psalms 73:26 — God is the strength of my heart...

2 Corinthians 12:9 — My grace is sufficient...

Hebrews 4:9–10 — There remains a Sabbath rest...

Psalms 62:1 — My soul finds rest in God...

Lamentations 3:31–33 — The Lord will not cast off forever...

Exodus 33:14 — I will give you rest...

Psalms 127:2 — He grants sleep to those He loves...

1 Peter 5:10 — He will restore you...

Isaiah 57:15 — I live with the lowly in spirit...

Psalms 116:7 — Return to your rest, my soul...

Deuteronomy 33:27 — Underneath are the everlasting arms...

2 Thessalonians 3:13 — Never tire of doing good...

Psalms 55:22 — He will sustain you...

Romans 15:13 — May the God of hope fill you...

Isaiah 26:3 — Perfect peace...

Grief & Sadness

Psalm 34:18 — The Lord is close to the brokenhearted...

Matthew 5:4 — Blessed are those who mourn...

Revelation 21:4 — He will wipe every tear...

Psalm 147:3 — He heals the brokenhearted...

John 16:22 — Your grief will turn to joy...

Lamentations 3:31–32 — No one is cast off forever...

Isaiah 61:1–3 — He binds up the brokenhearted...

2 Corinthians 1:3–4 — The God of all comfort...

Psalm 30:5 — Rejoicing comes in the morning...

Romans 8:18 — Present sufferings are not worth comparing...

Psalm 23:4 — You are with me...

Isaiah 53:4 — He bore our suffering...

Hebrews 4:15 — He empathizes with our weaknesses...

Psalm 42:11 — Put your hope in God...

1 Thessalonians 4:13 — We do not grieve without hope...

Isaiah 25:8 — He will wipe away tears...

Psalm 121:1–2 — My help comes from the Lord...

John 11:35 — Jesus wept.

Zephaniah 3:17 — He will quiet you with His love.

Psalm 66:20 — He has not withheld His love...

Loneliness & Feeling Unseen

Deuteronomy 31:6 — He will never leave you...

Psalm 139:1–3 — You know me...

Isaiah 49:15–16 — I will not forget you...

Joshua 1:9 — The Lord is with you...

Psalm 25:16 — I am lonely and afflicted...

Matthew 28:20 — I am with you always...

Hebrews 13:5 — Never will I forsake you...

John 14:18 — I will not leave you as orphans...

Psalm 68:6 — God sets the lonely in families...

Romans 8:38–39 — Nothing can separate us...

Isaiah 43:2 — I will be with you...

Psalm 147:3 — He heals the brokenhearted...

Zephaniah 3:17 — He delights in you...

Psalm 94:14 — The Lord will not reject His people...

Lamentations 3:31 — The Lord will not cast off forever...

John 10:14 — I know My sheep...

Psalm 16:11 — Joy in Your presence...

Psalm 34:18 — Close to the brokenhearted...

Isaiah 41:13 — I hold your right hand...

Psalm 9:10 — Those who seek You lack nothing...

Overwhelm & Loss of Control

Proverbs 3:5–6 — Trust in the Lord...

Psalm 46:10 — Be still...

1 Peter 5:7 — Cast your anxiety...

Isaiah 26:3 — Perfect peace...

Psalm 55:22 — He will sustain you...

Exodus 14:14 — The Lord will fight for you...

John 14:27 — Do not be troubled...

Romans 8:28 — God works for good...

Psalm 62:5–6 — Find rest...

Isaiah 43:2 — I will be with you...

Hebrews 4:16 — Approach the throne of grace...

Psalm 37:5 — Commit your way...

2 Corinthians 4:8–9 — Not crushed...

Lamentations 3:22–23 — Great is His faithfulness...

Joshua 1:9 — Do not be discouraged...

Psalm 121:1–2 — My help comes from the Lord...

Isaiah 55:8–9 — My ways are higher...

Philippians 4:13 — Strength through Christ...

Matthew 6:27 — Worry adds nothing...

Isaiah 41:10 — I will uphold you...