

# Verses to Help

## *in times of trouble*

Because *man is but a few days and full of trouble* (Job 14:1),  
here are 31 verses for *when you face your day of trouble* (2 Kings 19:3)



Psalm 46:1 God is our refuge and strength, A very present help in trouble.

\*\*\*Psalm 121:1-8 I will lift up my eyes to the hills—From whence comes my help? My help comes from the LORD, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel Shall neither slumber nor sleep. The LORD [is] your keeper; The LORD [is] your shade at your right hand. The sun shall not strike you by day, Nor the moon by night. The LORD shall preserve you from all evil; He shall preserve your soul. The LORD shall preserve your going out and your coming in from this time forth, and even forevermore.

Psalm 18:2 The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

Psalm 56:3 Whenever I am afraid, I will trust in You.

Psalm 54:4 Behold, God is my helper; The Lord is with those who uphold my life.

Psalm 142:5 I cried out to You, O LORD: I said, “You are my refuge, my portion in the land of the living.

Deuteronomy 31:6 “Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.”

Psalm 62:7 In God is my salvation and my glory; The rock of my strength, and my refuge, is in God.

Psalm 62:8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah

Psalm 9:9 The LORD also will be a refuge for the oppressed, A refuge in times of trouble.

Psalm 9:10 And those who know Your name will put their trust in You; For You, LORD, have not forsaken those who seek You.

Psalm 56:11 In God I have put my trust; I will not be afraid. What can man do to me?

Psalm 71:12 O God, do not be far from me; O my God, make haste to help me!

Psalm 107:13 Then they cried out to the LORD in their trouble, and He saved them out of their distress.

James 5:14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

2 Chronicles 20:15 And he said, “Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: ‘Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s.

Psalm 59:16 But I will sing of Your power; Yes, I will sing aloud of Your mercy in the morning; For You have been my defense And refuge in the day of my trouble.

Psalm 94:17 Unless the LORD [had been] my help, My soul would soon have settled in silence.

Proverbs 18:10 The name of the LORD is a strong tower; The righteous run to it and are safe.

Habakkuk 3:19 The LORD God is my strength; He will make my feet like deer's feet, and He will make me walk on my high hills.

Psalm 107:20 He sent His word and healed them, and delivered them from their destruction.

Deut. 7:21 "You shall not be terrified of them; for the LORD your God, the great and awesome God, is among you."

Psalm 38:22 Make haste to help me, O Lord, my salvation!

Psalm 23:1-6 The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You [are] with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the LORD forever."

Psalm 118:24 This is the day the LORD has made; We will rejoice and be glad in it

Joshua 10:25 Then Joshua said to them, "Do not be afraid, nor be dismayed; be strong and of good courage, for thus the LORD will do to all your enemies against whom you fight."

Proverbs 14:26 In the fear of the LORD there is strong confidence, and His children will have a place of refuge.

John 14:27 "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Psalm 107:28 Then they cry out to the LORD in their trouble, and He brings them out of their distress.

Mark 5:29 Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction.

Matthew 15:30 Then great multitudes came to Him, having with them the lame, blind, mute, maimed, and many others; and they laid them down at Jesus' feet, and He healed them.

Isaiah 40:31 But those who wait on the LORD shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

