

# 25 Encouraging Bible Verses on Affliction

VERSES FROM THE NEW INTERNATIONAL VERSION

*Deuteronomy 31:8* The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

*Psalm 9:10* Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

*Psalm 23:1-4* The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

*Psalm 46:1-3* God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

*Psalm 46:10* He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

*Psalm 56: 8-11* Record my misery; list my tears on your scroll—are they not in your record? Then my enemies will turn back when I call for help. By this I will know that God is for me. In God, whose word I praise, in the LORD, whose word I praise—in God I trust and am not afraid. What can man do to me?

*Psalm 69:29* But as for me, afflicted and in pain—may your salvation, God, protect me.

*Psalm 94:19* When anxiety was great within me, your consolation brought me joy.

*Isaiah 40:31* But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

*Isaiah 41:10* So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

*Isaiah 43:1-2* "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

*Isaiah 54:10*

"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you.

*Jeremiah 29:  
11-14a*

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD.

*Jeremiah 31:3-4*

The LORD appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness. I will build you up again, and you, Virgin Israel, will be rebuilt. Again you will take up your timbrels and go out to dance with the joyful.

*Lamentations  
3:19-26*

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD.

*Matthew 11:28-30*

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

*John 14:27*

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

*John 16:33*

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

*Romans 8:31-32*

What, then, shall we say in response to these things? If God is for us who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

*Romans 8:38-39*

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

*2 Corinthians  
1:3-4*

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

*2 Corinthians*  
*12:8-10*

Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

*1 Peter 5:10*

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

*1 Peter 1:6-7*

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.

*Revelation 21:4*

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.