



If you're struggling with mental health, try looking at these scriptures, reading and praying over them!

Isa. 26:3, NKJV

You will keep him in perfect peace,
Whose mind is stayed on You, Because he trusts in You.

Declaration: *God keep me in perfect peace because my mind is stayed on you, and I trust in you.*

Jer. 29:11, NKJV

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Declaration: *God's thoughts toward me are thoughts of peace, and not of evil, to give me an expected end.*

Phil. 4:8, ESV

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Declaration: *I think on the things that are true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise.*

Phil. 4:6-7, ESV

Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Declaration: *I am not anxious about anything, but in everything by prayer and supplication with thanksgiving I make my requests known to God and the peace of God which surpasses all understanding, guards my heart and mind in Christ Jesus.*

Col. 3:2, ESV

Set your minds on things that are above, not on things that are on earth.

Declaration: *I set my mind on things that are above, not on things that are on earth.*

Eph. 23 4:23, NKJV

and be renewed in the spirit of your mind.

Declaration: *I am renewed in the spirit of my mind.*

Rom. 12:2, WEB

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable, and perfect will of God.

Declaration: *I am not conformed to this world, but I am transformed by the renewing of my mind, that I may prove what is that good and acceptable, and perfect will of God.*

Rom. 8:5, ESV

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Declaration: *I live according to the Spirit and set my mind on the things of the Spirit.*

1 Pet. 1:13, ESV

Therefore, preparing your minds for action, and being sober minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Declaration: *I prepare my mind for action, and I am sober minded. I set my hope fully on the grace that will be brought to me at the revelation of Jesus Christ.*

2 Cor. 10:5, ESV

We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ.

Declaration: *I destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ.*

2 Tim. 1:7, WEB

For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.

Declaration: *God has not given me the spirit of fear, but of power, and of love, and of a sound mind.*

Psa. 118:6, ESV

The Lord is on my side; I will not fear. What can man do to me?

Declaration: *Lord I thank you that you are on my side. I will not fear.*

Psa. 4:8, ESV

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Declaration: *I will lie down and sleep in peace because the Lord makes me to dwell in safety.*

Isa. 41:10, ESV

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Declaration: *I will not fear because the Lord is with me, neither will I be dismayed because He is my God. God strengthens me, God helps me, and God upholds me with His righteous right hand.*

Psa. 139:2, ESV

You know when I sit down and when I rise up; you discern my thoughts from afar.

Declaration: *God knows when I sit down and rise up; God discerns my thoughts from afar.*

Prov. 16:3, NKJV

Commit your works to the LORD, and your thoughts will be established.

Declaration: *I commit my works to the Lord, and my thoughts are established.*

Rom. 7:25, NKJV

So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

Declaration: *With my mind I am serving the law of God.*

Psa. 119:59, NLT

I pondered the direction of my life, and I turned to follow your laws.

Declaration: *I ponder the direction of my life and turn to follow the laws of God.*

Luk. 10:27, ESV

And he answered "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.

Declaration: *I love the Lord my God with all my heart, with all my soul, with all my strength, with all my mind and I love my neighbour as myself.*

Luk. 24:45, ESV

Then he opened their minds to understand the Scriptures.

Declaration: *The Lord Jesus opens my mind to understand the Scriptures.*

