



These are some of my favorite scriptures to confess when dealing with mental anguish and memories from the past:

"I do not remember the former things nor consider the things of old. Behold, God is doing a new thing in my life and now it shall spring forth." - Isaiah 43:19

"I cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." - 2 Cor. 10:5

"In my anguish I cried to the Lord, and he answered by setting me free." - Ps. 118:5

"In the multitude of my anxieties within me, Your comforts delight my soul."

"May your unfailing love be my comfort." - Ps. 119:76

"You give power to the weak and to those who have no might you increase strength." - Is. 40:29

"Your grace is sufficient for me. Your strength is made perfect in weakness." - 2 Cor. 12:9

"The righteous cry out and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit." - Ps. 34:17-18