

We live in a world with persistent challenges and an enemy that never rests. As believers, it's crucial to recognize our authority in Christ, which is vital for both gaining and maintaining freedom. As followers of Christ, we are called to bring God's rule to earth. "Authority" means "delegated power," so our authority is based on the power of Christ. According to Matthew 28:18, Jesus has all authority in heaven and on earth, and by putting our faith in Him, we share in that authority. This is reassuring because the universe's power supports our authority, allowing us to confront the enemy with confidence.

Now that we understand this authority, we need to use it. Job 22:28 says, "You will declare a thing, and it will be established for you; so light will shine on your ways."

Below are scriptures for various mental health challenges that you can use to counter the enemy. Declare and pray these with authority. The enemy cannot keep a believer who understands their authority in Christ bound. Here are 14 scriptures for mental health:

Scripture to Help Overcome Fear

- 2 Timothy 1:7 "For God did not give us a spirit of fear, but of power and of love and a sound mind."
- Deuteronomy 31:8 "He will never leave you nor forsake you. Do not be afraid; do not be discouraged."
- Isaiah 43:1 "Don't fear, for I have redeemed you; I have called you by name; you are Mine."
- Isaiah 41:10 "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand"

Scripture to Help Overcome Depression

- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."
- Psalm 42:11 "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."
- 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."
- Psalm 40: 1-3 1 "I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him."

Scripture to Help Overcome Anxiety

- Philippians 4:6-7 "Be anxious for nothing, 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 minds through Christ Jesus."

- Jeremiah 29:11 “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.”
- John 14:27 “Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.”

Scripture to Help Overcome Perfectionism

- Galatians 1:10 “Am I trying to win the approval of men, or God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ”
- Psalm 18:32 “It is God who arms me with strength and makes my way perfect”
- 1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”