

Scriptures for Resilience

God's Word has many promises that will point you to his truth of how resilient you are. This will renew your mind as you face life's challenges, great and small. Use these truths from scripture to stand strong no matter what comes your way, knowing God is with you.

Resiliency and Perseverance

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. (Romans 8:18)

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:17-18)

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 40:31)

Be strong and take heart, all who hope in the LORD. (Psalm 31:24)

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Philippians 3:14)

Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

You need to persevere so that when you have done the will of God, you will receive what he has promised. (Hebrews 10:36)

And my God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:19)

He gives strength to the weary, and increases the power of the weak. (Isaiah 40:29)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

In your relationships with one another, have the same mindset as Christ Jesus. (Philippians 2:5)

I long to see you so that I may impart to you some spiritual gift to make you strong. (Romans 1:11)

As for you, brothers and sisters, never tire of doing what is good. (2 Thessalonians 3:13)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)

God is within her, she will not fall; God will help her at break of day. (Psalm 46:5)

Thoughts and the Mind

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3)

Rejoice in the LORD always. I will say it again: Rejoice! Let your gentleness be evident to all. The LORD is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:4–9)

Call to me and I will answer you and tell you great and unsearchable things you do not know. (Jeremiah 33:3)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. (Colossians 3:1–2)

Commit to the LORD whatever you do, and he will establish your plans. (Proverbs 16:3)

Trust in the LORD with all your heart and lean not on your own understanding. (Proverbs 3:5)

Jesus replied: "Love the LORD your God with all your heart and with all your soul and with all your mind. (Matthew 22:37)

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. (Isaiah 43:18–19)

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. (1 John 4:4)

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. (1 Peter 1:13)

How precious to me are your thoughts, God! How vast is the sum of them! (Psalm 139:17)

To be made new in the attitude of your minds. (Ephesians 4:23)

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. So do not be ashamed of the testimony about our LORD or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. (2 Timothy 1:6–8)

For the grace of God has appeared, that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age. (Titus 2:11–12)

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. (Romans 8:6)

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. (Romans 12:3)

For, “Who has known the mind of the LORD so as to instruct him?” But we have the mind of Christ. (1 Corinthians 2:16)

Create in me a pure heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)

Mind and Body

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3)

Love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength. (Mark 12:30)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

For, “Who has known the mind of the LORD so as to instruct him?” But we have the mind of Christ. (1 Corinthians 2:16)

Commented [JW1]: Some of the verses in this section are repetitive from the section above. I assume that's intentional.

To be made new in the attitude of your minds. (Ephesians 4:23)

Them make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. (Philippians 2:2)

In your relationships with one another, have the same mindset as Christ Jesus. (Philippians 2:5)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

Set your minds on things above, not on earthly things. (Colossians 3:2)

Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach. (1 Timothy 3:2)

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. (2 Timothy 1:7)

Such a person is double-minded and unstable in all they do. (James 1:8)

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. (1 Peter 1:13)