

15 Bible Verses About Stress To Help Kids Find Perfect Peace In Jesus

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Kids have stress too. Sharing **bible verses about stress** can help your child find peace in Jesus. In this post we will share some books and bible verses about stress that give strategies your child can use in times when they feel overwhelmed by new situations, exams, friendship issues or any other thing that troubles them. In addition to the Bible verses we will share in this post resources like this can also be helpful.

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Examples Of Stress In The Bible

One of the most popular examples of stress in the bible is that which occurred with the prophet Elijah. He had just finished doing a great work for the Lord and then he became discouraged, depressed, stressed because he felt he was the only servant of God who was still alive. He was so stressed that he asked God to let him die. The story is found in 1 Kings 19.

1 Kings 19:2-4

So Jezebel sent a messenger to Elijah. Jezebel said, â??By this time tomorrow I will kill you. I will kill you as you killed those prophets. If I donâ??t succeed, may the gods punish me terribly.â?•

When Elijah heard this, he was afraid. So he ran away to save his life. He took his servant with him. When they came to Beersheba in Judah, Elijah left his servant there. Then Elijah walked for a whole day into the desert. He sat down under a bush and asked to die. Elijah prayed, â??I have had enough, Lord. Let me die. I am no better than my ancestors.â?•

Did God let him die? No. God sent an angel with food and drink for this distressed prophet and God spoke words which encouraged Elijah. Your kids may feel stressed when they feel they are the only Christian in school or there may be some other stressor. Help them learn the strategies we will share in this post from the bible verses about stress so that they can find peace in Jesus when they feel overwhelmed by situations which happen in their lives.

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What Is A Good Bible Verse For Stress To Teach Kids?

There are many good bible verses about stress which can help kids find peace in Jesus. Some bible verses that can help bring peace include:

Matthew 11: 28-30

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

2 Thessalonians 3:16

Now the Lord of peace himself give you peace always by all means. The Lord be with you all.

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:19

But my God shall supply all your need according to his riches in glory by Christ Jesus.

These verses reminds us that it is God who gives us peace and rest and it is God who provides all that we need. So we can have peace in stressful times because the God of peace will give us the peace we need in these overwhelming situations.

Bible Verses About Stress Strategy 1

Bible verses about stress have various strategies we can use in times of stress. The first one is found in Isaiah 26:3. Teach your kids to use the strategy stated in this bible verse.

Isaiah 26:3

â??Thou wilt keep him in perfect peace, whose mind is stayed on theeâ?•

Did you see the strategy? Those who find peace in Jesus keep their minds on Jesus. So how can we keep our minds on Jesus. Great ways for kids to keep their minds on Jesus is through prayer, bible study or bible themed stories and Godly songs. Our post on short morning prayers can help give your kids some prayer ideas.

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Isaiah 26:3
Thou wilt keep him in perfect peace, whose mind is stayed on thee
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Bible Verses About Stress-Strategy 2

The next strategy for finding peace in Jesus in stressful times comes from Isaiah 41:10

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

The strategy kids can use from this verse is to remember that they are never alone God is always with them. He says He will strengthen and help and even hold us up when we are too weak to manage on our own. Teach your kids that if they are ever in a situation of overwhelm they should close their eyes and imagine that God is right beside them because He is and ask Him for help because He has promised that He will help.

Joshua 1:9

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Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Bible Verses About Stress-Strategy 3

When someone says something nice to you how do you feel? Well most people feel good when they are told kind words. Strategy number three is found in Proverbs 12:25.

Proverbs 12:25

Anxiety weighs down the heart, but a kind word cheers it up.

When kids feel stressed tell them to talk to someone they love and trust like a parent. The parent will have the right words to share with the child. They could be words of encouragement from life stories or kind words from the bible. Teach your child that if they ever feel stressed follow the command from these bible verses about stress and choose to find someone who can tell them kind words that can cheer them up and if they canâ??t find anyone to share a kind word encourage them to be kind to themselves and say kind words about themselves.

Bible Verses About Stress-Strategy 4

Strategy number 4 that we can gather from bible verses about stress is found in 1 Peter 5:7.

1 Peter 5:7

Casting all your care upon him; for he careth for you.

The strategy we learn from this verse is that we should give all our stressors to God. If your kids have an exam stress teach them to tell God all about it. Whatever our concern we should share it with God

and ask Him to take care of it for us. Afterall the Bible does say that we should cast all our anxieties on Him.

Sometimes we are worried about things that we have no power to change. Your child may be worried or stressed by another child who treats them badly. The truth is though they may try different strategies, they cannot control how that other child behaves. So, what is the point of being stressed about it? It is better to give it to God and ask him to take care of it.

Luke 12:25-26

And which of you with taking thought can add to his stature one cubit?

If ye then be not able to do that thing which is least, why take ye thought for the rest?

Let God fight your battles, he is much better at the job than we can ever be.

Exodus 14:14

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The Lord shall fight for you, and ye shall hold your peace.

You can download this bible verse about stress printable to remind your kids that God will take care of the situation that is causing them stress.



Bible Verses About Stress- Strategy 5

Do you know the song â??One day at a time, sweet Jesus, thatâ??s all Iâ??m asking of youâ?• Well thatâ??s the next strategy that we find in these bible verses about stress. It is found in Matthew 6:34

Matthew 6:34

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Teach your kids to focus on the problems of today for today. Do not bring tomorrows concerns into today. The things your kid is stressed about that may happen tomorrow may never happen and your kid would have wasted the precious moments of joy that were today. One day at a time. Share with your kid the message-One day at a time.

What Is The Best Bible Verse For Stress And Anxiety For Kids?

Do your kids know that you love them? If they do, then they donâ??t fear when their parent or guardian is there with them. Do your kids know that God loves them? We think one of the best bible verse for stress and anxiety is Luke 12:6-7. This is one of the bible verses about stress that makes it clear that God loves us and if he takes care of sparrows which are worth very little, wont he take care of us who are worth so much more?

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Luke 12: 6-7,

Are not five sparrows sold for two farthings, and not one of them is forgotten before God?

But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.

Whatâ??s A Good Scripture For Comfort? Will God Ease Your Stress?

Share Psalm 34:4 with your kids. It is one of the bible verses about stress that you should have them memorize the words of. These words serve as words of comfort especially for those who may wonder â??Will God ease your stress?â?• They can use this verse to declare when they are stressed that as they ask the Lord for help, he will answer and save them from all that is causing them stress. Isnâ??t this a great comfort? Isnâ??t it good to know that when your kid calls on the Lord, he is going to answer and save them? Blessed be the name of the Lord!

Psalm 34:4

I asked the Lord for help, and he answered me.
He saved me from all that I feared.

Other Resources For Managing Stress In Kids

We live in a stressful world and kids are not exempt. From bullying, peer pressure, and demanding academic expectations, kids today have challenges. In *The Stress-Buster Workbook for Kids*, Katie Hurley has **75 evidence-based strategies, activities, and scripts** to help kids deal with the stressors of everyday life, overcome challenges, and build self-confidence. This book is best suited to help kids

aged 4 to 11 years.

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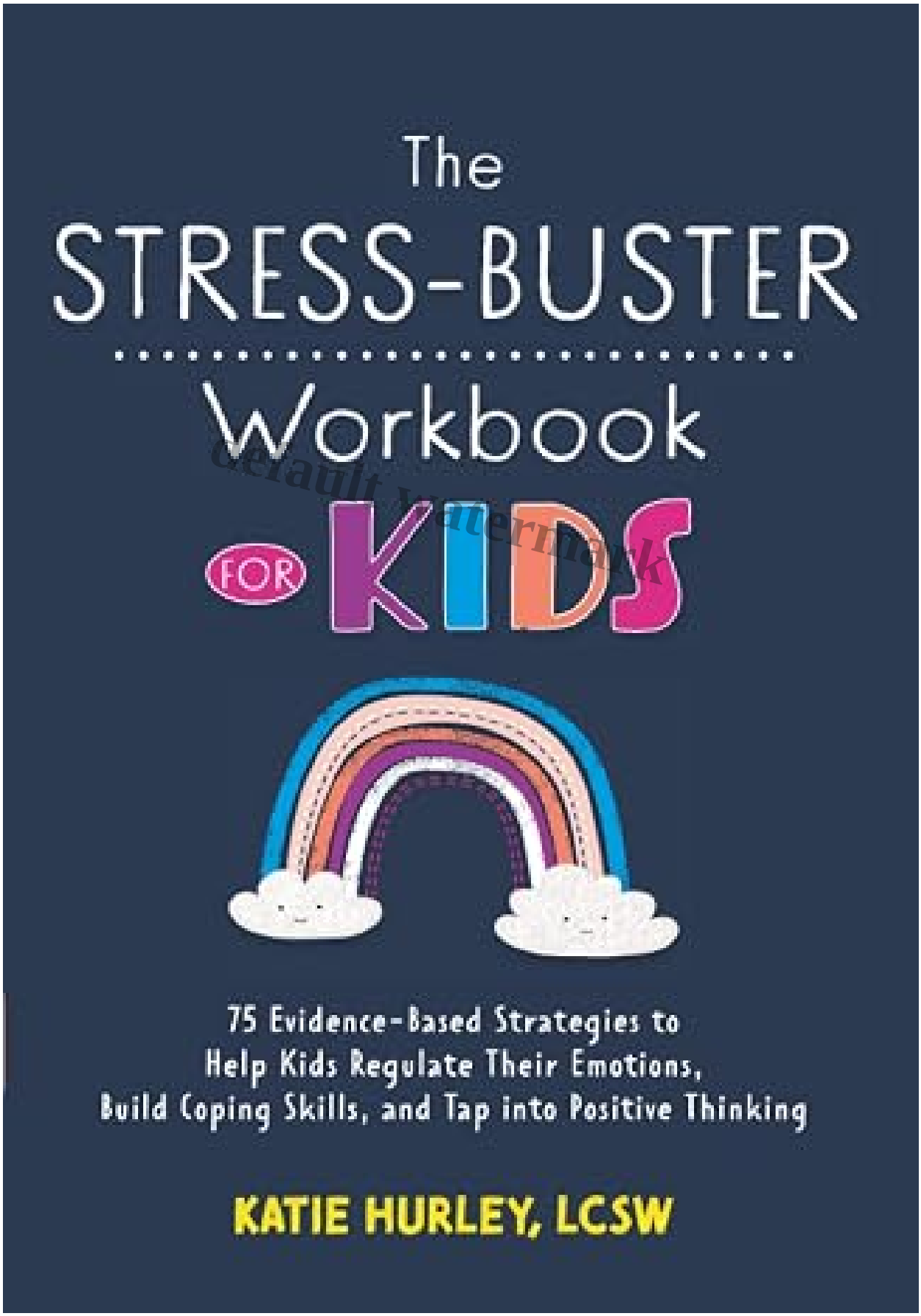

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Stress balls are also a great tool to have handy for kids. You could also add bible verse wall decor such as this to encourage trust in God versus being overwhelmed by stress.

Bible Verses About Stress And Anxiety

We hope that the bible verses for overwhelming times that we shared in this post are ones that will help your kids find perfect peace in Jesus when they face stressful times. Teach them the key strategies which we have learned from these bible verses about stress. Teach them to keep focused on God, trust God, say or listen to kind words, give your concerns to God and to take one day at a time.

We would love to hear from you friends. Have you or your kids used any of these bible strategies before? Which ones worked best for you? Do you have other strategies that you have gathered from Bible verses about stress? Feel free to share in the comments below.

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