

Bible Verses to Cling to in Dark Times

Focusing on encouraging scriptures can sustain in the most desperate of times. Choose a verse, or portion of a verse, to ponder each day. God can use His Word to strengthen you in your dark time.

1. Psalm 119:92
KJV Unless thy law had been my delights, I should then have perished in mine affliction.
ESV If your law had not been my delight, I would have perished in my affliction.
2. Psalm 27:13
KJV I had fainted, unless I had believed to see the goodness of the LORD in the land of the living
ESV I believe that I shall look upon the goodness of the LORD in the land of the living!
3. Psalm 91:2
KJV I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.
ESV I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."
4. Psalm 91:15
KJV He shall call upon me, and I will answer him: I will *be* with him in trouble; I will deliver him, and honour him.
ESV When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.
5. Isaiah 40:29
KJV He giveth power to the faint; and to them that have no might he increaseth strength.
ESV He gives power to the faint, and to him who has no might he increases strength.
6. Psalm 34:4
KJV I sought the LORD, and he heard me, and delivered me from all my fears.
ESV I sought the LORD, and he answered me and delivered me from all my fears.
7. Psalm 62:8
KJV Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.
ESV Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah
8. Psalm 46:1
KJV God *is* our refuge and strength, a very present help in trouble.
ESV God is our refuge and strength, a very present help in trouble.

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9. John 16:33

KJV These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

ESV I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

10. Psalm 119:68

KJV Thou art good, and doest good; teach me thy statutes.

ESV You are good and do good; teach me your statutes.

11. Psalm 63:3

KJV Because thy lovingkindness is better than life, my lips shall praise thee.

ESV Because your steadfast love is better than life, my lips will praise you.

12. 1 Peter 3:12

KJV For the eyes of the Lord are over the righteous, and his ears are open unto their prayers:

ESV For the eyes of the Lord are on the righteous, and his ears are open to their prayer.

13. Psalm 37:39

KJV But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.

ESV The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble.

14. Psalm 34:6

KJV This poor man cried, and the LORD heard him, and saved him out of all his troubles.

ESV I was a nobody, but I prayed, and the LORD saved me from all my troubles.

GNB The helpless call to him, and he answers; he saves them from all their troubles.

15. Psalm 56:3

KJV What time I am afraid, I will trust in thee.

ESV When I am afraid, I put my trust in you.

16. 1 Peter 5:7

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

ESV Casting all your anxieties on him, because he cares for you.

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17. Galatians 2:20

KJV I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

ESV I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

18. Psalm 138:3

KJV In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul.

ESV On the day I called, you answered me; my strength of soul you increased.

19. Psalm 147:3

KJV He healeth the broken in heart, and bindeth up their wounds.

ESV He heals the brokenhearted and binds up their wounds.

20. Isaiah 43:2

KJV When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

ESV When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

21. Isaiah 40:31

KJV But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

ESV But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

22. Revelation 21:4 KJV And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

Bible Verses to Cling to in Dark Times

23. Psalm 91:4

KJV He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

ESV He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

24. Psalm 91:2

KJV I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

ESV I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."

BBE Who says of the Lord, He is my safe place and my tower of strength: he is my God, in whom is my hope.

25. 2 Corinthians 12:9

KJV And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

ESV But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

26. Psalm 138:8

KJV The LORD will perfect that which concerneth me: thy mercy, O LORD, endureth for ever: forsake not the works of thine own hands.

ESV The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

27. Psalm 71:3

KJV Be thou my strong habitation, whereunto I may continually resort: thou hast given commandment to save me; for thou art my rock and my fortress.

ESV Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress.

28. Psalm 73:25

KJV Whom have I in heaven but thee? and there is none upon earth that I desire beside thee.

ESV Whom have I in heaven but you? And there is nothing on earth that I desire besides you.

29. Psalm 34:18

KJV The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

ESV The LORD is near to the brokenhearted and saves the crushed in spirit.

Bible Verses to Cling to in Dark Times

30. Psalm 27:14

KJV Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

ESV Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

31. 1 Peter 2:6

KJV Wherefore also it is contained in the scripture, Behold, I lay in Sion a chief corner stone, elect, precious: and he that believeth on him shall not be confounded.

ESV For it stands in Scripture: "Behold, I am laying in Zion a stone, a cornerstone chosen and precious, and whoever believes in him will not be put to shame."

32. Psalm 139:17

KJV How precious also are thy thoughts unto me, O God! how great is the sum of them!

ESV How precious to me are your thoughts, O God! How vast is the sum of them!

33. Psalm 116:1-2

KJV I love the LORD, because he hath heard my voice and my supplications. Because he hath inclined his ear unto me, therefore will I call upon him as long as I live.

ESV I love the LORD, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.

34. Psalm 130:5

KJV I wait for the LORD, my soul doth wait, and in his word do I hope.

ESV I wait for the LORD, my soul waits, and in his word I hope;

35. Isaiah 41:10

KJV 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.

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.

BBE Have no fear, for I am with you; do not be looking about in trouble, for I am your God; I will give you strength, yes, I will be your helper; yes, my true right hand will be your support.

36. Psalm 121:1-2

KJV I will lift up mine eyes unto the hills, from whence cometh my help. My help *cometh* from the LORD, which made heaven and earth.

ESV I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.

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37. Hebrews 13:5

KJV *Let* your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

ESV Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

38. 2 Corinthians 4:16-18

KJV For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

ESV So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

39. Psalm 31:14-15

KJV But I trusted in thee, O LORD: I said, Thou art my God. My times are in thy hand:

ESV But I trust in you, O LORD; I say, "You are my God." My times are in your hand;

40. Psalm 32:7

KJV Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.

ESV You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

41. Psalm 36:7

KJV How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.

ESV How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings.

42. Psalm 4:8

KJV I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

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

43. Psalm 13:5

KJV But I have trusted in thy mercy; my heart shall rejoice in thy salvation.

ESV But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

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44. Psalm 31:19

KJV Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!

ESV Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!

45. Psalm 31:24

KJV Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.

ESV Be strong, and let your heart take courage, all you who wait for the LORD!

46. Psalm 37:39

KJV But the salvation of the righteous is of the LORD: he is their strength in the time of trouble.

ESV The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble.

47. Psalm 57:1

KJV Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.

ESV Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

48. Psalm 70:5

KJV But I am poor and needy: make haste unto me, O God: thou art my help and my deliverer; O LORD, make no tarrying.

ESV But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O LORD, do not delay!

49. Psalm 84:5-6

KJV Blessed is the man whose strength is in thee; in whose heart are the ways of them. Who passing through the valley of Baca make it a well; the rain also filleth the pools.

ESV Blessed are those whose strength is in you, in whose heart are the highways to Zion. As they go through the Valley of Baca they make it a place of springs; the early rain also covers it with pools.

50. Psalm 86:7

KJV In the day of my trouble I will call upon thee: for thou wilt answer me.

ESV In the day of my trouble I call upon you, for you answer me.

51. Psalm 90:2

KJV. . . Even from everlasting to everlasting, thou art God.

ESV. . . From everlasting to everlasting you are God.

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52. Psalm 119:114

KJV Thou art my hiding place and my shield: I hope in thy word.

ESV You are my hiding place and my shield; I hope in your word.

53. Psalm 119:143

KJV Trouble and anguish have taken hold on me: yet thy commandments are my delights.

ESV Trouble and anguish have found me out, but your commandments are my delight.

BBE Pain and trouble have overcome me: but your teachings are my delight.

54. Psalm 119:160

KJV Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

ESV The sum of your word is truth, and every one of your righteous rules endures forever.

CEV All you say can be trusted; your teachings are true and will last forever.

55. Psalm 28:7

KJV The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

ESV The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.