



*CCYM has compiled a list of scriptures to help youth with stress. If you have additional Scriptures you would like to share, please email them to: [CCYM@bwcumc.org](mailto:CCYM@bwcumc.org). Thank you.*

### **Ephesians 4.1-4**

‘Conduct yourselves with all humility, gentleness, and patience. Accept each other with love, and make every effort to preserve the unity of the Spirit with the peace that ties you together.’

### **1 Timothy 4:12**

‘Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.’ (NIV)

### **Matthew 22:37**

Jesus replied: ‘**Love** the Lord your God with all your heart and with all your soul and with all your mind.’

### **Romans 8:39**

‘neither height nor depth, nor anything else in all creation, will be able to separate us from the **love** of God that is in Christ **Jesus** our Lord.’

### **Proverbs 3:5-6**

‘Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.’

### **Mathew 6:25-27**

‘Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?’

### **Isaiah 41: 13**

‘For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.’

### **Proverbs 2:6**

‘For the LORD gives wisdom; from his mouth come knowledge and understanding.’

### **1 Peter 5:7**

‘Cast all your anxiety on him because he cares for you.’

### **Psalms 139:14**

‘I praise you because I am fearfully and wonderfully made; your works are wonderful’

### **Romans 12:1**

‘Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.’

### **Mark 10:45**

‘For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.’

*CCYM youth Stress Less. Contact Pam Bowen for additional information:  
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