

The Spirit of Christ is our stress relief

"I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

John 14:16-17

"I will not leave you as orphans; I will come to you."

John 14:18

Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Gal 2:20

Walk by the Spirit, and you will not carry out the desire of the flesh.

Gal 5:16

The mind set on the Spirit is life and peace.

Rom 8:6

You are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.

Rom 8:9-10

For if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God.

Rom 8:13-14

The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.

Rom 8:16-17

The Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words.

Rom 8:26

For the love of Christ controls us, having concluded this, that One died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf. Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

2 Cor 5:14-15, 17

"I do not ask You to take them out of the world, but to keep them from the evil one. They are not of the world, even as I am not of the world. Sanctify them in the truth; Your word is truth. As You sent Me into the world, I also have sent them into the world. For their sakes I sanctify Myself, that they themselves also may be sanctified in truth." "I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me."

John 17:15-21

"Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full."

John 15:9-11

For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

Rom 8:18

"My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.

2 Cor 12:9

Now we see in a mirror dimly, but then face to face; now I know in part, but then I will know fully just as I also have been fully known. But now faith, hope, love, abide these three; but the greatest of these is love.

1 Cor 13:12-13

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful."

John 14:27

Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Rom 8:35, 37-39

"I am with you always, even to the end of the age."

Matt 28:20

The LORD is near to the broken hearted and saves those who are crushed in spirit.

Psalms 34:18