

**DR. Z &
MAMA Z'S**



HOLIDAY SURVIVAL GUIDE

— *Allergy-Friendly Recipes, DIY Gift Ideas & More!* —



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& *The Essential Oils Diet*

Dr. Z and Mama Z's Holiday Survival Guide

by Dr. Eric & Sabrina Zielinski

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Introduction

Happy Holidays, Friend!

As we are well aware, the happiest time of the year can also be the most hectic and stressful season of the year. Especially if you want to stay healthy!

This Holiday Survival Guide is simply a collection of the recipes that we've developed over the years to help us do just that!

Plus, we've included some DIY gift ideas so you can truly give the gift of health this year to your loved ones.

Finally, we wrap up with some Holiday inspiration because who couldn't use a mental, emotional and spiritual boost in their lives nowadays, amen?

We hope you find this guide helpful and, as always, we hope & pray that you and your family enjoy the abundant life!

~ *Dr. Z & Mama Z*

SECTION 1

Our Favorite Holiday Recipes

Food and communal dining play a major role in celebrating holidays. It's wonderful to "break bread" with those near and dear, but that celebratory environment can also create challenges if you are in the process of changing your relationship with food. How do you stay in control when temptation beckons?

Avoiding Holiday Food Temptation

(Excerpt taken from *The Essential Oils Diet*)

- **Set yourself up for success.** Most of the time, it's eating after you're already full that causes problems. If you know that Aunt Harriet's chocolate chip cookies—or whatever is your stumbling block—will be there, bring your own healthier version. Have just one as a treat and then hand them around to others. Be sure to leave your cookies behind, although chances are they will have been devoured!
- **Balance eating with activity.** If you're consuming more sweet or starchy foods, also commit to spending more time at the gym or doing whatever you can to burn off some of that extra fuel. Join in a family game of touch football, or take some long brisk walks with your sister-in-law.
- **Fast before a feast.** Most people aren't tempted to overeat protein, but I do regularly hear "Bread is my downfall." Or pasta, or cookies, or sweets, which, of course, are all present at holiday gatherings. We recommend a ten- to fourteen-day "vacation" from high-carb foods or whatever trigger food is the culprit before the holidays, plus a few days of transition. Doing so will provide clarity on the effect such foods have on you, which can strengthen your resolve and help break your "addiction."
- **Follow a feast with a fast.** People often decide to fast after a holiday, which is fine, but don't use it as an excuse to gorge over the holiday. You always want to transition into a fast of any sort, which argues for moderation before you begin.
- **Fill up on water.** If you struggle with overeating or know the food isn't going to be that healthy, drink a big glass of water spiked with lemon

essential oil before you head out for a holiday meal. Sip some more before you sit down to curb your appetite. On the other hand, as long as the food is healthy, eat until you feel comfortably full but not stuffed.

How to Handle Holiday Food

Celebrating holidays is wonderful, but the types of food often associated with these events, to say nothing of the sheer quantity offered, can be challenging when you are following any weight-loss program or simply trying to maintain your weight and health goals. Here's how we navigate those tricky shoals.

- **BYOF.** We always bring our own food to Holiday functions. Not the entire meal, but things that we know we'll want or need. Usually, this includes desserts and appetizers and sides that will fill our plates (and bellies) while being dishes that add to the host's meal plan.
- **Never upstage your host.** Ask well in advance what's on the menu and what you can bring. So if you know that it's a Butterball turkey pumped full of antibiotics and raised on GMO corn, offer to bring a dish such as gluten-free, dairy-free macaroni and cheese that can be regarded as a side dish. That way, you're not casting any aspersions on her turkey.
- **Don't overlap.** If someone else is making mashed potatoes, offer to bring an equivalent dish, such as our Butternut Squash Soufflé (recipe below).
- **Offer options.** For example, if we're hosting, Mama Z will make her grandma's traditional macaroni and cheese, but she'll also do gluten- and dairy-free versions. Or, we might do a version of lasagna with grass-fed ground beef and another with spinach.
- **Bread and dessert are always welcome.** Plus, if you make it or select it, you won't regret it the next day. People are usually amazed at how great a loaf of fresh-baked gluten-free bread tastes!
- **Ditto for dips.** You can never go wrong with bringing a veggie tray and a couple of healthy dips like hummus and pumpkin dip (recipes below).

This is something that has taken nearly 20 years to perfect and trust us when we say that there is a lot of trial and error involved.

And that's why we put together this Holiday Survival Guide, to help fast-track you on your way to THRIVING, not just *surviving* the holiday season this year!

The recipes throughout this book follow the *Essential Oils Diet*, and each will be marked “Fast Track” or “Lifestyle” approved.”

The 30-day **Essential Fast Track**. This is when you’ll focus on using essential oils, changing key lifestyle habits, and eating clean, whole foods to reset your metabolism, soothe inflammation and banish pounds quickly.

The **Essential Lifestyle**, a gentle, practical maintenance program you can follow for life. Featuring delicious, easy recipes, meal plans, and strategies to keep you on track, you’ll learn how to harness essential oils and bioactive-rich foods to help your body reach the homeostasis necessary to help you achieve and maintain a healthy weight and abundant health.

Pick up your copy of the *Essential Oils Diet* [HERE!](#)

BEVERAGES

Dairy-Free Coffee Latte

DAIRY-FREE COFFEE LATTE



Ingredients

- ❖ 2 cups organic low-acid coffee*, freshly brewed
- ❖ 1 cup unsweetened organic vanilla-flavored almond or coconut milk or unsweetened almond or coconut "creamer" (see note)
- ❖ 4 droppers full vanilla or hazelnut-flavored liquid stevia
- ❖ 2 drops peppermint essential oil
- ❖ ½ tsp. ground Ceylon cinnamon or pumpkin pie spice mix (see Note, below), plus more to sprinkle
- ❖ Hot purified or distilled water

Instructions

- Pour the coffee and almond milk into a 32-oz. glass jar.
- Add the stevia, essential oils, and cinnamon and top it off with the hot water.
- Sprinkle more cinnamon on top, if desired.
- Serve immediately.

Notes

Nutpods and Califa Farms Better Half are both dairy-free, half and half "creamers." Be sure to use an unsweetened variety.

Immune Boosting Coffee: Add 2 drops our Immune-Boosting Blend. To make blend, add 10 drops each of cinnamon bark, clove, eucalyptus, lemon, orange and rosemary essential oils in a 5 ml bottle.

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Healthy Hot Cocoa

HEALTHY HOT COCOA



Ingredients

- ❖ 32 oz. hot water
- ❖ 1 cup unsweetened vanilla almond or coconut milk
- ❖ ¼ cup [Chocolate Gold](#) (optional)
- ❖ ¼ cup raw cacao
- ❖ 2 tablespoons grass fed butter
- ❖ 1 Tbl. unrefined coconut oil
- ❖ 1 tsp. pure vanilla extract
- ❖ 1 tsp. Himalayan pink salt
- ❖ ¼ tsp. powdered stevia
- ❖ 3 dropperfuls vanilla-flavored liquid stevia
- ❖ 3 dropperfuls chocolate-flavored liquid stevia

Instructions

- Bring water to boil and allow to cool for a minute.
- Place all ingredients in a high-powered blender (we use a VitaMix) and blend on high until frothy. (If you don't have [Chocolate Gold](#), then add an extra ¼ cup cacao powder).
- Serve immediately.
- Top with froth or coconut whipped cream
- Leftovers can be stored in a glass jar in the refrigerator.

NOTES

Variations:

- "High Octane": Add ½ cup organic, fair trade coffee and use a bit less milk.

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Matcha Green Tea Latte

MATCHA GREEN TEA LATTE



Ingredients

- 🌿 2 tsps. [Ujido matcha green tea](#)
- 🌿 1 tsp. maca powder (we like this maca / cacao blend)
- 🌿 1 tsp. cacao powder
- 🌿 1 dropper full of liquid stevia (vanilla flavored)
- 🌿 1 Tbl. unrefined coconut oil
- 🌿 ½ cup coconut milk
- 🌿 16 oz. hot water
- 🌿 1 drop peppermint essential oil (*optional*)
- 🌿 1 drop cinnamon essential oil (*optional*)

Instructions

- Put ingredients in blender (Vitamix) and voila!
- Serve immediately and can be refrigerated for a cool drink during summer months.

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Mulled Cider

MULLED CIDER



Ingredients

- 1 gallon of cider (fresh pressed is the best)
- ½ cup Frontier Natural Products Organic Cider Mate Mulling Spice
- 4 3-inch cinnamon sticks

Instructions

- Pour the juice into a large pot.
- Place the Organic Cider Mate Mulling Spice and cinnamon sticks into a tea bag.
- Add the teabag to the pot.

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Pumpkin Spice Latte

PUMPKIN SPICE LATTE



Ingredients

- 1 - 5.4 oz. organic coconut cream warmed
- ½ cup Bulletproof coffee (freshly brewed)
- ¼ cup pure pumpkin puree
- 2 Tbls. organic coconut oil (get a free jar on me!)
- 2 Tbls. organic, grassfed butter
- 2 eye droppers full of vanilla stevia
- 1 drop cinnamon leaf essential oil
- 1 drop clove bud essential oil
- 1 drop ginger essential oil
- Organic pumpkin pie spice, sprinkled (for garnish)

Instructions

- Put all in the VitaMix, blend well.
- Pour in coffee mug and sprinkle organic pumpkin pie spice on top.
- Enjoy!

Note: This recipe makes just enough for one! It is also a quick and easy to make! Taste the Fall season in a cup!

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Warmed Holiday Punch

WARMED HOLIDAY PUNCH



Ingredients

- ❖ 1 qt. 100% cranberry juice (unsweetened & not from concentrate)
- ❖ 2 qts. 100% orange juice (not from concentrate)
- ❖ 6 Tbls. Frontier Natural Products Cider Mate, Original Spice

Instructions

- Put the juice in a large pot.
- Put the Cider Mate, Original Spice into a tea bag and in the pot.
- Turn the burner onto high until boiling.
- Then simmer for 30 minutes

Notes:

You can make this ahead of time and freeze it. Then simply thaw, warm, and serve.

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APPETIZERS / SIDES

Butternut Squash Souffle

BUTTERNUT SQUASH SOUFFLE



Ingredients

- 2 cups cooked mashed butternut squash
- 1 tsp. pink Himalayan salt
- 5 - 6 Tbls. maple syrup
- 3 Tbls. organic non-GMO cornstarch
- 3 eggs, separated
- 1 ¼ cups full-fat coconut milk (canned)
- ½ cup organic butter or coconut oil, melted
- Slivered almonds for garnish

Instructions

- › Combine squash, salt, syrup, and cornstarch.
- › Beat until fluffy.
- › Add egg yolks, coconut milk, and butter.
- › Mix thoroughly.
- › Beat egg whites until stiff.
- › Fold into squash mixture.
- › Pour onto buttered 1 ½ qts. casserole dish.
- › Sprinkle with slivered almonds.
- › Bake at 350 degrees for 1 hour.
- › Serve immediately.

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BUTTERNUT SQUASH SOUFFLE (CONT.)



Notes: *In a food processor/Vitamix.* If you're making this in a food processor you can blend everything together and just toss in the egg whites while it's mixing, then give it 15 more seconds.

Pour into containers, top evenly with nut slices and bake immediately. Serve!

Freezer version! When removing from the oven, let it cool and freeze. To reheat for your event, cover with parchment before reheating. Let it reheat slowly with your oven on warmer, or set oven at 325-350 for 30-45 minutes to thoroughly heat.

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Cocktail Meatballs

COCKTAIL MEATBALLS



Ingredients

- 1 pound 100% grass fed ground beef
- 1/3 cup onion, minced or 2 Tbls. dried
- 1 egg
- 1 tsp. pink Himalayan salt
- 1 tsp. Bragg Liquid Aminos
- 1/2 cup gluten-free bread crumbs or rice flour
- 1/4 cup almond or coconut milk
- 1/8 tsp. white pepper
- 1 Tbl. parsley, snipped OR 1 tsp. dried
- 1 Tbl. fresh rosemary, crushed OR 1 tsp. dried
- 1 (12-oz.) bottle chili sauce
- 1 (10-oz.) jar grape all fruit (about 1 cup)

Instructions

- Mix ingredients together (except chili sauce and grape jelly), and shape into 1-inch balls.
- Place on cookie sheets and bake for 30-45 minutes at 375°F.
- After they are cooked, they can be put in a glass container and frozen until needed.

Sauce:

- Heat chili sauce and jelly in a skillet, stirring constantly, until jelly is melted.
- Add meatballs and stir until thoroughly coated.
- Simmer uncovered 30 minutes.

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Dairy-Free Scalloped Potatoes

DAIRY-FREE SCALLOPED POTATOES



Ingredients

- 8 potatoes, pared and thinly sliced (8 cups) or can easily be put through a thin sliced option on the food processor (use a combination of organic sweet & red potatoes)
- 3 Tbls. chopped onion or 2 Tbls. dried

White Sauce

- 4 Tbls. organic butter or coconut oil
- 3 Tbls. all-purpose gluten-free flour
- 2 tsps. pink Himalayan salt
- 4 cups coconut milk

Instructions

- Combine the sweet and red potatoes so each type are evenly distributed.
- Place half the potatoes in a 2-quart casserole dish.
- Cover with half the onion and half the sauce.
- Repeat layers.
- Bake uncovered at 325°F for 2 hours.

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Herbed Butter

HERBED BUTTER



Ingredients

- 🌿 1 4-oz. stick of organic butter
- 🌿 1 tsp. of Herbes de Provence, dried

Instructions

- Soften the stick of butter and mix in dried herbs.
- Put mixture in refrigerator.
- Rub onto whole turkey or chicken before it goes into the oven.

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Hummus

MAMA Z'S HOMEMADE HUMMUS



Ingredients

- 🌿 3 cloves of garlic, peeled and whole
- 🌿 2 tsps. pink Himalayan salt, finely ground
- 🌿 1 (19 oz.) can of garbanzo beans, drained
- 🌿 3 Tbls. of tahini (sesame-seed paste)
- 🌿 3 Tbls. of lemon juice (fresh squeezed)
- 🌿 1 Tbl. of honey
- 🌿 2 Tbls. of purified water, or as needed
- 🌿 ¼ cup of Spanish olive oil
- 🌿 1 tsp. of Herbes de Provence or Italian seasoning, 1 Tbl. of chopped rosemary, fresh, or 1 tsp., dried

Instructions

- Combine into food processor or blender: garlic, sea salt garbanzo beans, tahini, lemon juice, honey, purified water and two tablespoons of oil. Process until smooth. Spoon into a 16 ounce container.
- Put herbs on top and drizzle two tablespoons of olive oil over the top.
- Freezes or refrigerates well.

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Oven Roasted Herbed Potatoes

OVEN ROASTED HERBED POTATOES



Ingredients

- 1.5 lbs red or yellow skinned potatoes, washed
- 2 Tbls. extra virgin olive oil
- 1 Tbl. fresh rosemary
- 1 Tbl. fresh thyme
- Pink Himalayan salt to taste

Instructions

- Preheat oven to 425 degrees.
- Cut potatoes into evenly sized wedges or cubes about 1".
- Toss potatoes, olive oil, herbs, and salt in a bowl.
- Place on a baking sheet lined with parchment paper.
- Bake for 30-35 minutes until browned and tender.

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Vegan Pumpkin Dip

VEGAN PUMPKIN DIP



Ingredients

- 🌿 15 oz. can organic pumpkin puree
- 🌿 8 oz. package of Daiya plain cream cheese style spread
- 🌿 3 drops cinnamon essential oil
- 🌿 1 drop clove essential oil
- 🌿 1 drop ginger essential oil
- 🌿 2 cups natural confectioners' sugar (take 2 cup honey granules or coconut crystals and blend in food processor with 3-4 tsps. arrowroot or non GMO organic corn-starch)

Instructions

- Put all ingredients in the food processor or blender for 1-2 minutes and refrigerate 2 hours or overnight and then serve with apples, gluten-free ginger snaps.

The amazing taste of Fall is in the air and what a great way to satisfy that sweet tooth in a healthy way!!! :) Please enjoy my healthy pumpkin dip using food grade essential oils. Yummy!

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ENTREES

Chicken Roll-Ups

CHICKEN ROLL UPS



Ingredients

- 4 boneless, skinless chicken breasts
- ½ cup raw/organic butter, softened
- ½ tsp. each: oregano, marjoram, parsley
- 1 cup gluten-free flour blend
- 2 eggs beaten
- 1 cup fine dry breadcrumbs
- ½ cup dry white wine
- ¼ lb. DaiyaJack style, block cheese (or Monterey Jack if your family uses dairy)

Instructions

- Mix butter, oregano, marjoram, and parsley together. Spread half of this butter mixture on top of the cheese block (use the side with the largest surface). Set aside the other half of the butter mixture which will be used to top the dish before baking.
- Score the butter into 8 even markings. Place cheese and butter into the refrigerator until butter becomes firm.
- Meanwhile, place the halved chicken breasts between two pieces of Saran Wrap™ and pound with a wooden mallet to flatten.
- Remove the cheese and butter from the refrigerator and cut through the cheese where you marked the butter.
- Place one of these sticks on each pounded chicken breast. Roll the way you would if making a jellyroll. Fasten with toothpicks.
- Coat chicken rolls with flour. Dip in beaten eggs, then in breadcrumbs. At this time, you may wrap the chicken breasts in Saran Wrap™ and place them in a freezer bag along with the butter. This may be kept frozen for several months. The day you're ready to prepare it, let it thaw out for 6 hours or overnight in the refrigerator.
- When thawed, place chicken breasts in a prepared flat baking dish and bake uncovered at 350° for 20 minutes.
- Meanwhile, unwrap the saved butter and melt it in a small saucepan and stir in the wine. When the timer rings, pour wine and butter mixture over chicken and bake for another 15 minutes.
- Serve with brown rice and pour the liquid from the baking dish over the rice.

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CHICKEN ROLL UPS



Notes

When scoring the butter, use a knife so that when the butter gets hard, it will already be marked and won't crack unevenly. I usually create two marks one way, and 4 the other way.

Here are some additional tips for this recipe.

Pound out the chicken breasts to make them more uniform and it makes the meat so tender.

When using gluten-free flour, you may need to use more eggs since gluten-free flour is more absorbent. I simply use 3 large bowls side by side and add any ingredient as it gets low. Of course, anything that you don't use from the dipping station must be discarded since it came in contact with raw chicken.

If you don't have bigger bowls, you can simply use gallon-sized Ziploc bags. If you have a chicken breast that is very big, then pound it out and cut it in half vertically and use it as a kid-sized portion.

When you score the herbed cheese, be mindful of the size of your chicken breasts and try to score the cheese congruent with those sizes since any cheese that isn't sealed inside the chicken will ooze out the sides when baking.

The butter herb sauce can also be made ahead and stored in the freezer. I usually put the frozen butter herb sauce in a pot with the wine on the back burner of the stove, and there's usually enough heat to melt it if I am using the oven during the day. Once it's melted, you can bring it to a low boil to cook the alcohol out of the wine. Be sure to do this with the lid on so that the sauce doesn't reduce down.

For the butter, use either raw/organic or Kerrygold butter. Mix in your herbs, fresh or dried, and serve this mixture on rolls, as well. Put in the herbed butter [hotlink here](#).

Lastly, the Daiya Monterey block melts perfectly in this recipe. The leftovers are also fabulous...Well, IF there are any leftovers.

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Easy Crockpot Lasagna

EASY CROCKPOT LASAGNA



Ingredients

- 1 lb. organic ground beef, cooked in 1 Tbl. Italian seasoning or Herbes de Provence
- 1 package of gluten-free lasagna noodles
- 2 qts. of my homemade spaghetti sauce
- 2 cups Daiya mozzarella shreds (1 bag)
- 2 eggs, beaten (or egg replacements)
- 15 oz. unsweetened coconut milk yogurt
- ½ cup Parmesan cheese (use more of the Daiya cheese shreds here if you are dairy-free, or raw organic Parmesan cheese is best if you do include dairy in your diet)
- Fresh herbs: basil, oregano, thyme & parsley

Instructions

- Brown the meat with the Italian seasoning (or Herbes de Provence). Drain, return to pot, and stir in 2 quarts of spaghetti sauce.
- In a medium mixing bowl, combine the yogurt, Daiya mozzarella or parmesan, eggs, and 1 tablespoon of each fresh herb (or 1 tsp. if using dried herbs). Mix well.
- Spread 1 cup of the spaghetti sauce over the bottom of your crock-pot dish. Layer a third of the uncooked lasagna noodles, yogurt mixture, cooked meat, spaghetti sauce, and mozzarella cheese. Repeat the layering two more times.
- Top with a layer of cheese, herbs, and then a final layer of cheese.
- Cook on high for 3 to 4 hours.

Notes

This is the slow cooker version of my original recipe. But if you were to make these two versions and put them on a plate side by side, you would not be able to tell the difference! You can also make multiple batches of this lasagna at the same time and freeze the extra batches for a quick meal later. Enjoy!

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Gluten-Free Gravy

GLUTEN FREE GRAVY



Ingredients

- ❖ 2 Tbls. organic butter or coconut oil
- ❖ ¼ cup rice starch or gravy thickener
- ❖ ½ cup free-range chicken stock OR vegetable stock
- ❖ ½ cup leftover drippings/fat from turkey
- ❖ 2 Tbls. Bragg Liquid Aminos
- ❖ ¼ cup pineapple or apple natural fruit juice
- ❖ 1 tsp. Herbes de Provence

Instructions

- Melt butter in pan over low heat
- Whisk in rice starch or gravy thickener to make a roux. Personally I love to use an immersion blender.
- Add in remaining ingredients starting with chicken stock.
- Raise heat to medium until liquid comes to a low boil.
- Simmer gravy, stirring frequently, until desired consistency.
- Serve with favorite meal - perfect for Thanksgiving Dinner!

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Gluten-Free Lasagna

GLUTEN-FREE LASAGNA



Ingredients

- 🌿 1 (8-12-oz.) package gluten-free lasagna *
- 🌿 2 eggs
- 🌿 15 oz. unsweetened coconut milk yogurt/ricotta cheese
- 🌿 64 oz. my homemade spaghetti sauce
- 🌿 ½ cup dairy-free Daiya mozzarella style shreds or grated raw Parmesan cheese
- 🌿 1 pound 100% grass fed ground beef OR 100% organic fresh or frozen (thawed) spinach *
- 🌿 2 cups dairy-free Daiya mozzarella style shreds OR shredded mozzarella cheese
- 🌿 Fresh chopped or dried basil, oregano, parsley & thyme

Instructions

- Preheat oven to 350°F.
- In bowl, combine ricotta cheese, parmesan cheese, eggs & 1 Tbl. of each fresh herb or 1 tsp. when using dried herbs; mix well.
- In 9x13 dish, spread 1 cup spaghetti sauce. Layer ⅓ uncooked lasagna noodles, yogurt/ricotta cheese, cooked meat/spinach, spaghetti sauce & mozzarella. Repeat layering 2x.
- Top with fresh/dried herbs and the rest of the dairy-free Daiya mozzarella style shreds or parmesan cheese.
- Bake 1 hour covered & 10 minutes uncovered.

Notes

* Use almond-flour pasta and spinach instead of meat for Fast Track.

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Herbed Turkey Brine

HERBED TURKEY BRINE



Ingredients

- 1 cup of pink Himalayan salt
- 1 cup honey
- 1 quart boiling filtered water
- 7 qts. of filtered water
- 1 large onion, diced
- 2 large carrots, diced
- 3 stalks celery, diced
- 1 flower of garlic, open all the cloves
- ½ bunch rosemary
- ¼ cup Herbes de Provence
- 6 bay leaves
- Ice

Instructions

- Put all ingredients, except the 7 quarts of filtered water in a large pot.
- Stir in all the ingredients until salt and honey are dissolved.
- Pour the heated mixture over the turkey then add the rest of the 7 quarts of filtered water in a large pot with ice to top.
- Continue to add ice as you check it a couple times daily.
- Be sure to brine your turkey 2 days before cooking and no later than the morning, the day before Thanksgiving Dinner.

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Savory Gluten-Free Stuffing

SAVORY GLUTEN-FREE STUFFING



Ingredients

- 🌿 ¾ cup minced onion
- 🌿 1½ cups celery, chopped (stalks and leaves)
- 🌿 1 cup organic butter or coconut oil, or a combination of both
- 🌿 2 apples, chopped - one Granny Smith and one gala
- 🌿 9 cups soft gluten-free bread cubes cut from homeade or store bought healthy gluten-free bread
- 🌿 2 tsps. pink Himalayan salt
- 🌿 ½ tsp. ground white pepper
- 🌿 1 ½ tsps. Herbes de Provence or crushed sage leaves*
- 🌿 1 tsp. dried thyme leaves (omit if you use Herbes de Provence)
- 🌿 Vegetable broth for consistency

Instructions

- Sautee the onion and celery in the butter or coconut oil until tender.
- In a large bowl, combine all remaining ingredients.
- Fold in the onion and celery.
- Spread the mixture into a large oiled casserole dish.
- Bake on 350°F in the oven for 30-45 minutes.

Notes: *Do not use sage or sage blends if you are or are entertaining any breastfeeding mothers.

If you have other things in the oven for dinner and want everything to be done at the same time then just adjust the length of time accordingly based on the temp. The temperature this can cook at is flexible. So if dinner is cooking at 325°F then cook for 45 minutes to 1 hour.

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DESSERTS

Allergy-Friendly Cheesecake

ALLERGY-FRIENDLY CHEESECAKE



Ingredients

- 1 Cookie Crumb Style Pie Crust, completed and cooled
- 8 oz. package nondairy or almond cream cheese substitute, at room temperature
- 1/3 cup coconut sugar or 5-6 eye droppers full liquid stevia
- 1 cup grapeseed oil vegan mayonnaise or unsweetened vanilla coconut milk yogurt substitute
- 1 Tbl. pure vanilla extract
- 1/2 cup coconut whipped cream
- 1 Tbl. natural confectioners' sugar (take 1 cup honey granules or coconut crystals and blend in food processor with 1-2 tsps. arrowroot or non-GMO organic cornstarch)

Instructions

- In a food processor or large bowl beat cream cheese until smooth.
- Add sweetener, mayonnaise or yogurt, and vanilla and mix well.
- Then add coconut whipped cream and natural confectioners' sugar.
- Mix until mixture is well incorporated but do not over mix.
- Spoon into Cookie Crumb Style Pie Crust.
- Refrigerate for 4 hours before serving.

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Coconut Milk Vanilla Ice Cream

COCONUT MILK VANILLA ICE CREAM



Ingredients

- 🌿 1 ½ cups full of fat coconut milk (1 can)
- 🌿 1 ½ cups So Delicious coconut milk
- 🌿 1 Tbl. vanilla extract
- 🌿 2 servings pure stevia powder or liquid
- 🌿 dash pink Himalayan salt
- 🌿 1 Tbl. egg replacer
- 🌿 ¼ cup purified water
- 🌿 ¼ tsp. vanilla bean, ground/paste or scrape the innards of
- 🌿 ½ vanilla bean

Instructions

- Place the inside bowl of an automatic ice cream maker into a freezer for at least 12 hours. (I like the Cuisinart® Ice Cream/Yogurt Maker from Bed, Bath & Beyond.)
- Place the can of coconut milk in a blender then add the rest of the So Delicious coconut milk to reach the 3 cups mark.

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COCONUT MILK VANILLA ICE CREAM



Instructions

- Then add the rest of the ingredients into the blender and blend.
- Put the inside bowl into the ice cream maker with the paddle inside.
- Turn the machine on and put everything from the blender into the ice cream maker.
- Let it run for 30 minutes or when the ice cream reaches the best consistency for you.
- Serve immediately with fruit, nuts or topping.
- Store the rest of the ice cream in the freezer.

Notes:

- * For candy cane ice cream, add 2 drops of peppermint essential oil.
- * For chocolate ice cream, add ¼ cup cocoa powder.
- * For strawberry ice cream, add ½ cup strawberries.
- * For mocha ice cream, add 1 serving instant organic coffee.

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Coconut Whipped Cream

COCONUT MILK WHIPPED CREAM



Ingredients

- 1 can full of fat Coconut Milk
- 1 Tbl. vanilla extract or ¼ tsp. of organic vanilla beans ground
- 1-3 tsps. maple syrup *

Instructions

- Place can of coconut milk in the refrigerator overnight.
- Turn can upside-down and open it.
- Drain off liquid and use later in a smoothie.
- Put all the coconut cream left in the can in a stand mixer (I use Kitchen Aid), add vanilla & maple syrup to taste.
- Mix together with regular or whipping blade. Place in refrigerator 3-4 hours and serve over dessert.

Notes: *Use liquid stevia for Fast Track

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Cookie Crumb Pie Crust

COOKIE CRUMB PIE CRUST



Ingredients

- 1 ½ cups cookie crumbs (coconut sugar cookies – Simple Mills cinnamon or toasted pecan)
- ¼ cup organic/raw butter or coconut oil (plus ¼ tsp. pink Himalayan salt or sea salt), melted

Instructions

- Preheat oven to 350 F.
- Use spray oil to prep your glass pie pan.
- Mix crumbs and butter (I prefer doing this in the food processor.)
- If desired, reserve 2-3 tablespoons crumb mixture for topping. If not, keep in crust.
- Press remaining mixture firmly and evenly against bottom and side of glass pie pan.
- Bake for 10 minutes.
- Cool and fill.
- Makes 1 – 9 inch pie crust

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Crustless Gluten-Free Cranberry Pie

CRUSTLESS GLUTEN-FREE CRANBERRY PIE



Ingredients

- 1 cup all-purpose gluten-free flour
- 1 cup coconut sugar
- ¼ tsp. pink Himalayan salt
- 2 cups cranberries
- ½ cup chopped walnuts
- ½ cup butter, melted
- 2 eggs
- 3-6 drops orange essential oil
- 1 tsp. almond extract

Instructions

- Preheat oven to 350°F.
- Grease one 9 inch pie pan.
- Combine the flour, coconut sugar, and sea salt.
- Stir in the cranberries and the walnuts, and toss to coat.
- Stir in the butter, beaten eggs, and almond extract.
- If you are using frozen cranberries, the mixture will be very thick.
- Spread the batter into the prepared pan.
- Bake at 350°F for 40 minutes, or until a wooden pick inserted near the center comes out clean.

Notes: Serve warm with Mama Z's Coconut Milk Whipped Cream or Mama Z's Vanilla Coconut Milk Ice Cream.

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Italian Honey Balls (Struffoli)

ITALIAN HONEY BALLS (STRUFFOLI)



Ingredients

- 3 eggs
- 2 cups all-purpose gluten-free flour
- ¼ tsp. finely ground pink Himalayan salt
- 1 cup almonds (finely chopped)
- 1 cup raw honey
- ¼ cup coconut oil
- 1 chocolate bar or 1 bag vegan, stevia-sweetened-free chocolate chips
- 3 eye droppers full of liquid vanilla creme stevia
- ½ tsp. organic cinnamon powder or pumpkin pie spice
- Cooking oil (we like a mix of coconut, grapeseed and olive)

Instructions

Dough

- Get a 8 quart pot and heat about 3-4 inches of cooking oil on medium-low heat. On our stove, we used the #3 heat setting out of 10.
- While the oil is heating, sift flour and place in large glass bowl.
- Beat 3 eggs and mix with flour. You want the dough to be sticky so you may need to add one more egg, depending on the flour you use. Coconut and almond flours usually require more liquid.
- Knead dough on floured board and let rest for 5-10 minutes.
- Take small pieces of dough and roll into thin tubes thinner than a pencil. Like kids making snakes with play-doh.
- Chop the dough tubes into tiny pieces about ¼-½ inch long.
- Deep fry in oil until lightly golden brown and drain well in metal strainer or paper towel while cooling off.

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ITALIAN HONEY BALLS (STRUFFOLI)



Instructions

Syrup/Topping

- In the same 8 quart pot, mix together honey, coconut oil, liquid stevia, almonds and cinnamon/pumpkin pie spice on low heat until it simmers.
- Turn off heat and let cool until it thickens a bit.
- Not waiting too long, pour in the fried dough pieces and mix together so that the syrup is evenly distributed.
- Immediately, put your Italian honey balls into small serving bowls and top with shredded chocolate or chocolate chips.
- Enjoy!

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Lemon Tea Bread

LEMON TEA BREAD



Ingredients

- 🌿 ½ cup organic butter or coconut oil, softened
- 🌿 1 cup coconut crystals or ½ cup agave or honey
- 🌿 2 large eggs
- 🌿 1 ¼ cup gluten-free all-purpose flour
- 🌿 ¼ cup coconut flour
- 🌿 1 tsp. aluminum free baking powder
- 🌿 ½ tsp. pink Himalayan salt
- 🌿 ½ cup coconut or almond milk
- 🌿 2 Tbls. lemon rind, divided
- 🌿 6 drops of lemon essential oil
- 🌿 1 cup natural confectioners' sugar (take 1 cup honey granules or coconut crystals and blend in food processor with 1-2 tsps. arrowroot or non GMO organic cornstarch)
- 🌿 2 Tbls. fresh lemon juice
- 🌿 1 Tbl. coconut crystals or ½ Tbl. agave or honey

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LEMON TEA BREAD (CONT.)



Instructions

- Beat softened organic butter or coconut oil at medium speed with an electric mixer until creamy.
- Gradually add 1 cup granulated sweetener or ½ cup liquid sweetener, beating until light and fluffy.
- Add eggs, 1 at a time.
- Stir together gluten-free flour, baking powder, and sea salt; add to organic butter mixture alternating with milk, beating at low speed just until blended, beginning and ending with flour mixture.
- Stir in 1 tablespoon lemon rind and essential oil.
- Spoon batter into greased and floured 8x4 inch loaf pan.
- Bake at 350°F for 1 hour or until a wooden pick inserted in center of bread comes out clean.
- Let cool in pan for 10 minutes before removing bread.
- Cool completely on a wire rack.
- Stir together powdered sugar and lemon juice until smooth; spoon evenly over top of bread, letting excess drip down sides.
- Stir together remaining 1 tablespoon lemon rind and 1 tablespoon sweetener; sprinkle on top of bread.

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Pumpkin Pie Ice Cream

PUMPKIN PIE ICE CREAM



Ingredients

- 1 can coconut cream
- 1 cup coconut milk
- 1 15-oz. can organic pumpkin puree
- 1 Tbl. chia seed
- ¼ cup walnuts
- 2 scoops powdered stevia (about ½ tsp.)
- 1 tsp. pumpkin pie spice
- ¼ tsp. pink Himalayan salt
- 5-10 drops essential oil immunity blend

Instructions

- Mix ingredients in blender and put inside ice cream maker.
- Mix until very smooth and enjoy!

Notes

**Immune Boost Blend:* Equal parts Cinnamon, Clove, Eucalyptus, Rosemary, Orange and Lemon Essential Oils

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SECTION 2

Giving the Gift of Health & DIY Stocking Stuffers

If you really want to help your loved ones this Holiday season and empower them to live their best lives now, you'll *give them the gift of health*. Meaning, don't buy (or make) your loved ones stuff that isn't good for them.

Sounds pretty straightforward, but why don't more people do it?

Well, by nature, we want to please people and we ultimately cater to their appetites and impulses and desires. Fake scented candles, cheese & nut trays, chocolates, fancy-smelling lotions and creams, and champagne are just a few of the commonly purchased items people buy for hosts at Holiday parties or their loved ones during gift exchanges.

But ask yourself...

- *Will my gift help [name] on their journey to living a more fulfilling, natural living, disease-free life?*
- *Or, will my gift promote bad health habits and food guilt?*

We started to ask this question almost 20 years ago and it reshaped the way we approached Holiday gift giving forever.

Of course, buying your niece or nephew some fun toy or game is totally acceptable, but don't fill up their gift bag with peppermint sticks or sugar-laden candy! Instead, skip food altogether. Or, if you must give them something to eat, stick to homemade healthy goodies like gluten-free (naturally-sweetened) cookies. What child doesn't like cookies!?!

For the adults, whether an inspirational book or a homemade gift package of yummy treats or do-it-yourself (DIY) skincare products, when you're shopping for your friends and family think in terms of lasting effect.

DIY

In this section, we share some popular and easy-to-make DIY gift ideas and stocking stuffers. This is by no means an exhaustive list, but it will get you started. We encourage you to search online for more ideas, and you'll find a bunch on our blog: NaturalLivingFamily.com.

Don't Have Time to DIY?

Truth be told, we don't DIY everything. With 5 kids, we just don't have the time.

So, when we need to pick up a quick healthy gift during the Holiday season, we go to our trusted list of natural living product suppliers.

Each year we scour the Internet to find the best deals on the healthiest (and most affordable) natural living products. It's become a yearly favorite with our online community who regularly ask us for our recommendation on everything from the air purifier to non-toxic wrinkle cream! Then, we feature these specials next to our annual Black Friday / Holiday sale and it's become our famous Natural Living Shopping Guide!

---> [Go HERE to see this year's best \(healthy\) deals!](#)

Aftershave

NATURAL HOMEMADE AFTERSHAVE CREAM

Ingredients

- ✓ ¼ oz. emulsifying wax
- ✓ ½ oz. carrier oil
- ✓ 3 drops vitamin E oil
- ✓ 2 oz. aloe vera juice (not gel!)
- ✓ ¾ oz. witch hazel (unscented and alcohol-free)
- ✓ 2 drops vegetable glycerin
- ✓ 6 drops cedarwood essential oil
- ✓ 4 drops peppermint essential oil
- ✓ 2 drops sandalwood essential oil



Instructions

- Put emulsifying wax, carrier oil, and vitamin E oil together into a small saucepan and melt over low heat. (double boilers work perfect)
- While melting, measure the aloe vera juice, witch hazel, and glycerin into a small glass cup or jar, warming them a little if needed, and stir to combine.
- Once oils are melted, add the liquids and heat everything just enough to ensure everything is melted and mixed well.
- Remove from the heat and whisk continually as the mixture cools. You'll need to keep whisking until the lotion is thick, creamy, and a little frothy.
- Whisk in the essential oils last.
- Store this in a little glass jar, or a pump bottle for easy dispensing!

Notes

This will only stay good for a couple weeks, so make in small batches. You can refrigerate to extend the shelf-life.

NATURAL HOMEMADE AFTERSHAVE SPRAY

Ingredients

- ✓ 4 Tbls. Witch Hazel
- ✓ 4 Tbls. Aloe Vera Gel
- ✓ 2 Tbls. organic grain alcohol
- ✓ 6 drops Hawaiian Sandalwood Essential Oil or Cedarwood Essential Oil
- ✓ 3 drops Frankincense Essential Oil



Instructions

- Combine all ingredients and keep in a dark glass spray bottle.
- Spray onto hands and pat face after shaving to soothe skin.

Notes: This recipe should last a couple weeks without using harmful preservatives. Store in the refrigerator to extend shelf-life.

Beard Oil

EVERYDAY BEARD OIL

Ingredients

- ✓ ½ oz. sweet almond oil
- ✓ ½ oz. jojoba oil
- ✓ 3 drops of clove essential oil
- ✓ 3 drops of white fir essential oil
- ✓ 2 drops of bergamot
- ✓ 2 drops of lemon essential oil
- ✓ 1 glass bottle with dropper



Instructions

- Pour sweet almond oil and jojoba oil into bottle.
- Add your essential oils and shake to blend.

Notes: No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.

MINTY FRESH BEARD OIL

Ingredients

- ✓ ½ oz. of coconut oil
- ✓ ½ oz. of jojoba oil
- ✓ 4 drops of peppermint essential oil
- ✓ 1 glass bottle with dropper



Instructions

- Pour coconut oil and jojoba oil in the bottle.
- Add your essential oils and shake to blend.

Notes: No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.

HARVEST SPICE BEARD OIL

Ingredients

- ✓ ½ oz. of argan oil
- ✓ ½ oz. of sweet almond oil
- ✓ 3 drops of cinnamon bark essential oil
- ✓ 3 drops of orange essential oil
- ✓ 1 drop tea tree essential oil
- ✓ 1 glass bottle with dropper



Instructions

- Pour argan oil and sweet almond oil in the bottle.
- Add your essential oils and shake to blend.

Notes: No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Argan, Coconut, Jojoba, Sweet Almond.

Essential Oil Cologne & Perfume

WOMEN'S DELIGHT PERFUME

Ingredients

- ✔ 5ml. glass roller bottle
- ✔ 2 drops of clary sage essential oil (see note below)
- ✔ 2 drops of ylang ylang essential oil
- ✔ Mama Z's Oil Base or your favorite carrier oil*



Instructions

- Add essential oils to your glass roller bottle.
- Fill the remaining space of your roller bottle with the carrier oil of your choice.
- Shake well.
- Roll on your wrist and behind the ears each morning.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

Mama's Milk Version:

Use Clary Sage during pregnancy to help start your breastmilk supply. Then use Basil & Fennel after birth to keep the supply coming.

HOMEMADE MEN'S COLOGNE

Ingredients

- ✓ 5ml. glass roller bottle
- ✓ 1 drops of bergamot essential oil
- ✓ 1 drops of vetiver essential oil
- ✓ 1 drops of nutmeg essential oil
- ✓ 1 drops of patchouli essential oil
- ✓ Carrier oil*



Instructions

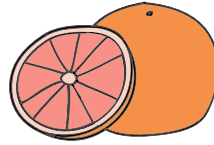
- Add your essential oils to a glass roller bottle.
- Fill the remaining space in your roller bottle with the carrier oil of your choice.
- Shake well.
- Apply to wrists and back of neck each morning.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.

GENDER NEUTRAL PERFUME

Ingredients

- ✓ 5 ml. Glass Roller Bottle
- ✓ Carrier Oil*
- ✓ 4 drops of essential oils**



Instructions

- Add your blend of essential oils to your roller bottle.
- Fill the remaining space in the glass roller bottle with the carrier oil of your choice.
- Shake well.
- Apply to wrists and back of neck each morning

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

** Gender Neutral Blends:

- Lime, Lemon, Bergamot, Geranium, Marjoram, Palmarosa, Lavender
- Lemon, Grapefruit, Helichrysum, Vetiver, Juniper, Eucalyptus
- Sandalwood, Patchouli, Sweet Orange, Ylang Ylang, Neroli, Cardamom

Hand Sanitizer

HAND SANITIZER



Ingredients

- ✓ 10 drops of essential oils
- ✓ 190 proof grain alcohol (or the highest proof alcohol you can get)*
- ✓ 1 oz. PET plastic flip top bottle

Instructions

- Pick and choose the essential oils to meet your desired result.
- Drop essential oils into bottle.
- Then add alcohol to fill the bottle.
- Mix thoroughly until the essential oil is fully mixed.
- Enjoy! It's THAT easy!
- Be sure to give your hands a thorough soak, rub vigorously, and keep wet for as long as possible until your hands air dry.

* At least 60% alcohol is necessary to sanitize the hands, but this concentration is not adequate for solubilizing essential oils.

Heavenly Scent Room Spray

HEAVENLY SCENT ROOM SPRAY



Ingredients

- ✓ Glass amber spray bottle
- ✓ 2 drops blood orange essential oil
- ✓ 5 drops magnolia essential oil
- ✓ 1.5 oz distilled water
- ✓ 2 drops key lime essential oil
- ✓ 0.5 oz 190 proof alcohol
- ✓ 2 drops lemon essential oil

Instructions

- Add essential oils to the bottle. Add the 190 proof alcohol and mix well.
- Fill the rest of the way with the distilled water and shake gently to mix.
- Spritz on yourself, or in a room that needs freshening.
- Enjoy!

Hand Cream

HAND CREAM

Ingredients

- ✓ ¼ cup unrefined shea butter
- ✓ ⅓ cup Mama Z's Oil Base or favorite carrier oil*
- ✓ 1 Tbl. beeswax**
- ✓ 15 drops essential oils***



Instructions

- Put a glass jar or measuring cup in a pan of ½-1 inch of simmering water. Melt the shea butter, beeswax, and sweet almond or jojoba oil together in the glass container, stirring with a wooden utensil as the ingredients melt. (A popsicle stick works great for this because you can throw it away when you're done!)
- When all your ingredients are melted, remove the jar from the pan and allow the mixture to cool for 5-10 minutes.
- Next, add your blend of essential oils and stir well. Before the mixture cools, pour it into a glass salve container or shallow jar. It will take several hours to harden into a cream, but it will be worth the wait!

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

** If you are allergic to beeswax, try Candelilla Wax or Bayberry Wax

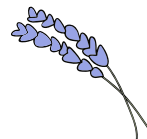
*** You can use a blend of your favorites, depending on the scent you like! Some oils like myrrh, lavender, frankincense, and cedarwood are great for your skin and circulation. Try pairing these with other favorites!

Lip Balm

LIP BALM

Ingredients

- ✓ 1 Tbl. Beeswax*
- ✓ 3 Tbls. Mama Z's Oil Base or your favorite carrier oil**
- ✓ 2 ½ tsps. Shea Butter
- ✓ 5 drops Vitamin E Oil
- ✓ 2 drops of Rosemary Essential Oil
- ✓ 3 drops of Peppermint Essential Oil
- ✓ 15-16 lip balm tubes or tins



Instructions

- Set a glass measuring cup or a jar into a sauce pan with an inch of water in it to create a double boiler. Melt the wax, coconut oil and shea butter in the jar over medium heat.
- Remove from heat and quickly stir in the Vitamin E and essential oils.
- Carefully pour into tubes or small tins.
- Let cool.

* If you are allergic to beeswax, try Candelilla Wax or Bayberry Wax

** No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

Muscle Rub

MUSCLE RUB

Ingredients

- ✓ 2 oz. Glass Salve Jar
- ✓ 2 oz. Mama Z's Salve Base OR Mama Z's Oil Base
- ✓ 22 drops White Fir Essential Oil
- ✓ 20 drops Wintergreen Essential Oil
- ✓ 10 drops Peppermint Essential Oil
- ✓ 8 drops Lemongrass Essential Oil OR Roman Chamomile Essential Oil



Instructions

- Mix essential oils into the base of your choice and store finished product in a glass jar.

Note: This is a 4.8% dilution rate so you wouldn't want to use this for a full-body application or massage oil, rather to spot treat specific muscles that were strained and sore. If you find this is too strong for your skin or you prefer a lower dilution simply add an additional ounce of carrier oil.

Salt Dough Ornaments

SALT DOUGH ORNAMENTS

Ingredients

- ✓ 1 cup white flour
- ✓ 1 cup table salt
- ✓ ½ cup warm water
- ✓ Peppermint essential oil (optional)



Instructions

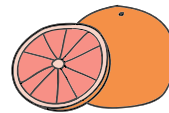
- Combine flour and salt. Knead in water till well mixed and not sticky.
- Roll out to ¼" and cut with your favorite cookie cutters.
- Place on an ungreased cookie sheet and poke holes with a straw.
- Bake at 250 degrees for 2-3 hours. Or let dry on a sheet for a couple of days.
- You can paint with acrylic paints if you like, but we like to hang them plain, scented with a few drops of peppermint essential oil!

Sugar Scrub

SUGAR SCRUB

Ingredients

- ✓ 6 Tbls. organic fair trade sugar
- ✓ 4 tsps. Mama Z's oil base or your favorite carrier oil*
- ✓ ¼ cup raw local honey
- ✓ 15 drops grapefruit essential oil



Instructions

- Mix all ingredients, store in glass container and enjoy as desired while bathing.

* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grape-seed, Jojoba, Sweet Almond.

Whipped Body Butter

WHIPPED BODY BUTTER

Ingredients

- ✓ 1 cup unrefined shea butter
- ✓ 1 cup Mama Z's oil base
- ✓ 50 drops essential oils*



Instructions

- In a double-boiler, melt shea butter.
- Mix thoroughly and remove from heat to let cool.
- Stir in essential oils and Mama Z's oil base.
- Place mixture in refrigerator or freezer to chill.
- When partly solidified, whip until a butter-like consistency.
- Store in mason jar.

Notes: * Try these essential oil blends for beauty and anti-aging:

- 20 drops helichrysum, 10 drops frankincense, 10 drops sandalwood, 5 drops lavender, 5 drops ylang ylang.
- 20 drops ylang ylang, 10 drops geranium, 10 drops lavender, 10 rose absolute.

SECTION 3

Holiday Inspiration

We wish things were different, but the harsh reality is that the Holiday season is tough on a lot of people.

If this is you, we can relate and we're praying for you.

Our Holidays have not always been the most pleasant because of unhealthy family relationships, financial stress, sickness and [fill in the blank] - the reasons are endless. It seems like the devil and his minions wait all year to unload on people negative thoughts, unhealthy emotions, and sickness (flu season anyone?) smack-dab in the middle of the "happiest time of the year."

But we're here to let you know that you can THRIVE (emotionally, mentally and spiritually) during the Holidays, and not just survive them.

And, for us, it all starts with prayer, preparation and making sure we fix our stinkin' thinkin' by staying in God's Word.

The Bible verses that you'll find in this section have been the fountain of life for us since we've become Christians nearly 20 years ago.

Truth be told, without Christ, we don't know how we'd have gotten through all these years of stressful Holiday get-togethers and we count our blessings every year because things get better and better as we focus on our own spiritual growth. And, there's no better way to grow spiritually than by meditating on God's word!

We hope you spend a few minutes each day this Holiday season to pause, and allow these verses to minister to your spirit.

God Bless, Friend.

Bible Verses About Thankfulness

If you've ever wondered what the best way to get into God's presence is, it's quite simple: having a grateful heart and being lavish in your praise. That's why one of my favorite Bible verses about Thankfulness is, *"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."* ~ Psalm 100:4

That pretty much sums it up, doesn't it?

The Power of Thanksgiving

Every day is the perfect day to be thankful! You'd be hard pressed to find someone who is more excited about the one time of the year we get to be exceptionally thankful with friends and family over a wonderful day of feasting on our bountiful harvest. Even more so than just one day, we are called to be thankful and rejoice every day in the Lord. We are creatures of praise and worship for all the good things our Father has done. We are to remain thankful in all times, and in all circumstances.

Were you laid off from work recently? Be thankful that the Lord has and will continue to provide. Did you wreck your new car? Be thankful for your recovery from that accident. What about losing a close friend or family member? Be thankful in the life that God gave and the times you shared together. This task seems overwhelmingly hard in times of sadness, but God is sovereign and rules over all.

His plan is perfect, even if we do not understand it at the time. This is exactly where our faith and trust is made true. Our thankfulness should come in spite of our temporal circumstances, and because of His eternal grace and salvation. While on this earth, we will have trials and tribulations, but our joy in Him should keep our souls grateful, because we are ultimately complete in Him.

Our lives should not dictate what the soul feels. God is good, His love endures forever! These words are the very reason our hearts should rejoice in thanksgiving everyday!

May these Bible verses about thankfulness give you something to reflect on and to be thankful for in this season and always, that it may not be a one time of year thing, but to see God's goodness in all things daily. May you be blessed abundantly!

Old Testament Bible Verses About Thankfulness

The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

~ Psalm 28:7

Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples!

~ Psalm 105:1

Cry out, "Save us, God our Savior; gather us and deliver us from the nations, that we may give thanks to your holy name, and glory in your praise."

~ 1 Chronicles 16:35

I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High.

~ Psalm 7:17

With praise and thanksgiving they sang to the Lord: "He is good; his love toward Israel endures forever." And all the people gave a great shout of praise to the Lord, because the foundation of the house of the Lord was laid.

~ Ezra 3:11

I will extol the LORD at all times; his praise will always be on my lips.

~ Psalm 34:1

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

~ Psalm 100:4

And you will say in that day: "Give thanks to the Lord, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted. Sing praises to the Lord, for he has done gloriously; let this be made known in all the earth."

~ Isaiah 12:4-5

Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever.

~ Psalm 106:1

From them will come songs of thanksgiving and the sound of rejoicing. I will add to their numbers, and they will not be decreased; I will bring them honor, and they will not be disdained.

~ Jeremiah 30:19

My glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!

~ Psalm 30:12

Give thanks to the LORD, for he is good; his love endures forever.

~ Psalm 107:1

May he give you the desire of your heart and make all your plans succeed.

~ Psalm 20:4

Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods.

~ Psalm 95:2-3

"I will praise God's name in song and glorify him with thanksgiving."

~ Psalm 69:30

New Testament Scriptures About Gratitude

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

~ 1 Thessalonians 5:18

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

~ Colossians 3:15

I always thank my God for you because of his grace given you in Christ Jesus.

~ 1 Corinthians 1:4

Devote yourselves to prayer, being watchful and thankful.

~ Colossians 4:2

For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God.

~ Ephesians 2:8

Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom is no variableness, neither shadow of turning.

~ James 1:17

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

~ Philipians 4:6

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

~ Romans 5:1

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

~ Romans 6:23

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."

~ Hebrew 12:28:29

Thanks be to God for his inexpressible gift!

~ 2 Corinthians 9:15

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.

~ 1 Timothy 4:4-5

All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

~ 2 Corinthians 4:15-16

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

~ 2 Corinthians 9:11

This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God.

~ 2 Corinthians 9:12

Bible Verses About Christmas

One of my favorite Bible verses for Christmas has to be this passage from Luke, *"At that time there was a man in Jerusalem named Simeon. He was righteous and devout and was eagerly waiting for the Messiah to come and rescue Israel. The Holy Spirit was upon him and had revealed to him that he would not die until he had seen the Lord's Messiah. That day the Spirit led him to the Temple. So when Mary and Joseph came to present the baby Jesus to the Lord as the law required, Simeon was there. He took the child in his arms and praised God, saying,*

'Sovereign Lord, now let your servant die in peace, as you have promised. I have seen your salvation, which you have prepared for all people. He is a light to reveal God to the nations, and he is the glory of your people Israel!'
(Luke 2:25-32)

At Christmas time I can't help but wonder at the anticipation of Isaiah, the wonder of the shepherds, the joy of Simeon, and the adoration of the wise men. Christ, come down to earth, meek and lowly; a servant. Below are some of my favorite bible verses for Christmas, starting with one of my favorite passages... the day Simeon met the Messiah!

The True Gift of Christmas

This time of year we can get so busy preparing our gifts for each other that it's easy to lose sight of the best gift of Christmas – *Christ!*

He came as such a small, seemingly insignificant member of society. A baby. In a manger. Yet through His coming, our entire world is changed. That little baby grew up into a perfect, sinless man who died to save us all.

And so the gift is more personal than just a gift to the world at large. Our Savior is a gift for YOU as an individual. Jesus changes our very hearts. His gift reaches beyond some long ago day. He is a gift for us in the here and now.

Hallelujah!

His gift frees us from sin – a spiritual detox if you will. These Bible verses for Christmas will help you remember just how powerful His coming is for us.

Old Testament Verses

Therefore the Lord himself will give you a sign. Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel.

~ Isaiah 7:14

For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

~ Isaiah 9:6

There shall come forth a shoot from the stump of Jesse, and a branch from his roots shall bear fruit.

~ Isaiah 11:1

New Testament Verses

She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.

~ Matthew 1:21

Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel (which means, God with us).

~ Matthew 1:23

When they saw the star, they rejoiced exceedingly with great joy.

~ Matthew 2:10

And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus."

~ Luke 1:30-31

And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger.

~ Luke 2:12

When the angels went away from them into heaven, the shepherds said to one another, "Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us." And they went with haste and found Mary and Joseph, and the baby lying in a manger.

~ Luke 2:15-16

And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people."

~ Luke 2:10

For unto you is born this day in the city of David a Savior, who is Christ the Lord.

~ Luke 2:11

Glory to God in the highest, and on earth peace among those with whom he is pleased!

~ Luke 2:14

Bible Verses About Comfort During Hardship

One of my favorite Bible verses about comfort is, *"Let your constant love comfort me, as you have promised me, your servant."* (Psalm 119:76)

Sometimes when we are walking through the valley of the shadow of death, we find ourselves in need of comfort.

We aren't always able to change our circumstances – we just need some encouraging reminders that we are not alone as we move forward in life. That's where God comes in, and these Bible verses about comfort and encouragement.

Comfort in the Tough Times

We have the Lord's promises to cling to. We know that He will never leave us or forsake us. We know that He will bring us to the mountain top and soothe our aching wounds. We also know that anything we experience here on earth is just temporary.

Whenever I feel myself on the verge of depression or anxiety I turn to my daily affirmations and remember who I am in the Lord. That alone – the immense change in identity that comes as a Christian brings me comfort and joy. My old man is no longer in control because I am a new creation in Christ. Hallelujah!

I also have to remember that I do not have to walk in confusion or fear. God's peace is powerful and beyond our limited comprehension. But He is in control and able to strength, carry, and help me, as these Bible verses about comfort remind us.

The final reminder I want to highlight in these Bible verses about comfort is that we are living a temporary life here on earth. We are given the chance to follow God in an abundant, faith-filled life now. And then we are raised in eternal life with Him later. Forever. The reminder that any mourning and pain is just for a season comforts me.

It is, as always, my prayer that you will experience God's peace, joy, and encouragement in these Bible verses about comfort.

Old Testament Verses

The LORD himself will lead you and be with you. He will not fail you or abandon you, so do not lose courage or be afraid.

~ Deuteronomy 31:8

He sets on high those who are lowly, and those who mourn are lifted to safety.

~ Job 5:11

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. ... Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

~ Psalm 23:4, 6

For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.

~ Psalm 30:5

This poor man cried, and the LORD heard him and saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and delivers them.

~ Psalm 34:6-7

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, My refuge and my fortress, my God, in whom I trust.

~ Psalm 91:1-2

Let your constant love comfort me, as you have promised me, your servant.

~ Psalm 119:76

He heals the brokenhearted and binds up their wounds.

~ Psalm 147:3

Behold, God is my salvation, I will trust and not be afraid; For the LORD GOD is my strength and song, And He has become my salvation.

~ Isaiah 12:2

Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.

~ Isaiah 41:10

For I, the LORD your God, hold your right hand; it is I who say to you, Fear not, I am the one who helps you.

~Isaiah 41:13

Sing, heavens! Shout for joy, earth! Let the mountains burst into song! The LORD will comfort his people; he will have pity on his suffering people.

~ Isaiah 49:13

For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.

~ Jeremiah 29:11

The LORD is good, A stronghold in the day of trouble, And He knows those who take refuge in Him.

~ Nahum 1:7

The LORD your God is in your midst, A victorious warrior He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.

~ Zephaniah 3:17

New Testament Verses

Blessed are those who mourn, for they shall be comforted.

~ Matthew 5:4

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

~ Matthew 11:28-29

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

When I go, you will not be left all alone; I will come back to you. In a little while the world will see me no more, but you will see me; and because I live, you also will live.

~ John 14:18-19

I have told you these things so that you can have peace in me. In this world you will have troubles. But be brave! I have defeated the world!

~ John 16:33

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.

~ Romans 8:18

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

~ Romans 8:28

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

~ 1 Corinthians 10:13

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

~ 2 Corinthians 1:3-4

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

~ 2 Corinthians 5:17

And He has said to me, "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 Corinthians 12:9

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

~ Philippians 4:6

So we can confidently say, The Lord is my helper; I will not fear; what can man do to me?

~ Hebrews 13:6

Consider it all joy, my brethren, when you encounter various trials,

~ James 1:2

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

~ Revelation 21:4

Bible Verses About Depression

One of my favorite Bible verses about depression is, *"Casting all your anxieties on Him, because He cares for you."* (1 Peter 5:7)

It reminds us how amazing we are and that we are stronger in Him. You are more than just an overcomer, but you are a conqueror with the Mighty hand of God by your side. May you be blessed Abundantly!

The Lies That Depression Tells Us

Let me ask you a couple of questions. Are you currently depressed? How long have you been depressed? Where does your faith currently stand?

Take the time to answer these and really reflect where you are currently as a believer. I have heard it said that "It is OK not to be OK, but it is not OK to stay there". God will be your strength, He will be the rock you stand on, and the shoulder to cry on.

We have been thinking recently about our identity in Christ, and what precisely that means. Just being reminded of the promises of God and the way He sees us vs the way we see ourselves makes us smile.

So often we slip into an unhealthy mindset of beating ourselves up, or listening to the lies we're bombarded with...

And these lies can devastate us. God created humans to function with each other in community. If you or someone you know struggles with suicidal thoughts or tendencies, call the National Suicide Prevention Hotline at 1-800-273-TALK (8255) any time day or night 24/7, or go online at www.suicidepreventionlifeline.org.

It's time we call them out as the lies they are and speak God's truth into our hearts instead. Then His light will be able to flood the dark places with truth.

LIES

- you are overweight
- you are not beautiful
- you are alone

- you are a failure
- you are weak
- this is all your fault

TRUTH

- you are fearfully and wonderfully made
- you are held
- you have the victory
- you are strong
- your future is secure

Whether or not you struggle with feeling alone, we want to challenge you to go read what the bible says about depression, and if you need to, print out and hang a copy of the bible verses about depression on your fridge where you can see them and be reminded constantly of His love for you.

And if you suffer from depression, we want you to know that you are NOT alone. Even King David, the man after God's own heart, showed signs of deep depression on multiple occasions. Over and over again we see him sink low, then rise again as he remembers where his Help and Healing come from.

No wonder the Psalms bring us so much encouragement and comfort. Let's look at some of our favorite bible verses about depression as part of a natural way to help ease depression.

Old Testament Verses

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.

~Psalm 34:17-18

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

~Deuteronomy 31:8

To the choirmaster. A Psalm of David. I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

~Psalm 40:1-3

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.

~Isaiah 41:10

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

~Proverbs 15:13

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

~Jeremiah 29:11

The steps of a man are established by the Lord, when he delights in his way; though he fall, he shall not be cast headlong, for the Lord upholds his hand.

~Psalm 37:23-24

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

~Proverbs 3:5-6

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

~Psalm 23:4

They will fight against you, but they shall not prevail against you, for I am with you, declares the Lord, to deliver you."

~Jeremiah 1:19

Anxiety in a man's heart weighs him down, but a good word makes him glad.

~Proverbs 12:25

But you, O Lord, are a shield about me, my glory, and the lifter of my head.

~Psalm 3:3

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

~Psalm 34:18

Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.

~Psalms 143:7-8

For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

~Psalms 30:5

New Testament Verses

Come to me, all who labor and are heavy laden, and I will give you rest.

~Matthew 11:28

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

~1 Peter 5:7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

~Philippians 4:6-7

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

~Romans 12:2

Teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.

~Matthew 28:20

For God gave us a spirit not of fear but of power and love and self-control.

~1 Timothy 1:7

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

~John 10:10

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

~Matthew 6:33

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

~Romans 15:13

I can do all things through him who strengthens me.

~Philippians 4:13

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.

~John 16:33

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

~Romans 8:38-39

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

~Matthew 11:28-30

Rejoice in the Lord always; again I will say, Rejoice.

~Philippians 4:4

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

~Romans 8:28

Special Note: Bible Verses About Depression

Depression. Even reading or saying the word can start to bring me down a bit, so where do I begin? One of the Bible Verses About Depression that comes to mind is... *Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy* ~ (John 16:22). As well, the writer of Ecclesiastes sums up the range of our emotional responses to life with “there is a time for everything”. Yes, this includes the natural human emotion of being depressed. I have been there too, but God’s hand and my faith in Him brought me out of the deepest darkest places.

The *National Institute of Mental Health* says that depression is a common, but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. Like anxiety, depression is an emotional response that can easily take on physical characteristics.

Historically in America, depression (along with all other mental illnesses) was somewhat ignored by the mainstream and generally treated as something you just needed to “get over”. But that’s not the attitude we see in these Bible verses about depression. God’s heart is to heal us. Thankfully, due to horrendous high profile tragedies over the past couple of decades, the tides have turned in our response and care for those suffering from these debilitating diseases.

To be fair, there are many levels of depression. Some are just felt in the moment of something that is indirect in our lives such as when we’re reading a biography or watching a documentary that is detailing obstacles and struggles that we strongly relate to in that emotive sense. Other times of depression might be felt for extended time frames such as when a natural tragedy like a bad weather event strikes our local community with devastation or we’re dealing with a job loss and the financial strain it can lead to in our household.

Any type of depression can affect your daily activities. From the fleeting momentary thought of something bad that causes you to pause and reflect to the more sustained difficulty of not wanting to get out of bed or leave the house for extended periods of time to “deal” with the world. Sometimes we function well with depression and other times we don’t. Whatever your specific circumstance is with depression, is unique to you and it’s not something to take lightly. Being honest with yourself and having a good support group of family and friends who you can be vulnerable with are keys to helping you overcome various types and times of depression.

The most important thing to do to get yourself out of the pit is seek God and His Word of wisdom. All of the writers of Scripture were humans just like you and I who experienced depression. They've walked before us in faith and most wrote about their struggles in some form or fashion. That is where you start your journey to dig yourself out of the hole of despair and unto unbridled joy.

Their human struggles are reflected in these Bible verses about depression and our prayer is you learn from them. You are here and alive because God has a plan for you. Lean on Him, and not your own understanding of how this life is supposed to go. Ask other believers for help along the way and remember we're all in this together and He will see us through according to His will.

God created humans to function with each other in community. If you or someone you know struggles with suicidal thoughts or tendencies, call the National Suicide Prevention Hotline at 1-800-273-TALK (8255) any time day or night 24/7, or go online at www.suicidepreventionlifeline.org.

Bible Verses About Family

One of my favorite Bible verses about family is, *"Train up a child in the way he should go; even when he is old he will not depart from it."* (Proverbs 22:6) So many of my choices are made with my family in mind. It's important to us to raise our children in a godly way and to develop our family dynamics into something that pleases the Lord.

Family is Created by God

The family was created by God, but not all families are the same. Some may have just a mom, maybe just a dad, or maybe grandparents, as parents. Not one family is alike, but still all families can be strong Godly families as these Bible verses about family show us!

Our family brings us joy and happiness, especially when things are going great. But what about the times when there is tension between husband and wife, tension between parents and children? How do you raise a Godly family in our culture today? How do you bring back the joy in your household? How do you stay strong when things are falling apart?

These Bible verses about family are a good place to start! God has provided us with instruction on how to love and respect one another, how to communicate with each other in love, and how to have complete faith in Him.

He teaches us to build a relationship with our children from the beginning, to teach them the ways of the Lord. To pray with our wives and children, as well as pray for them. Keeping a family in prayer, spending quality time with one another, and knowing how to forgive all wrongs are some key points in scripture.

May these Bible verses about family give you a good starting point to dig in deeper, to build a stronger foundation of faith for you and your family. May God bless you and your family Abundantly!

Old Testament Verses

Train up a child in the way he should go; even when he is old he will not depart from it.

~ Proverbs 22:6

"Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

~ Exodus 20:12

Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

~ Psalm 128:3

For I have chosen him, so that he will direct his children and his household after him to keep the way of the Lord by doing what is right and just.

~ Genesis 18:19

Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

~ Psalm 127:3-5

An excellent wife is the crown of her husband, but she who brings shame is like rottenness in his bones.

~ Proverbs 12:4

A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous.

~ Proverbs 13:22

But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments.

~ Psalm 103:17-18

And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

~ Genesis 1:28

Listen to your father who gave you life, and do not despise your mother when she is old.

~ Proverbs 23:22

Then the man said, "This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man."

~ Genesis 2:23

Better a small serving of vegetables with love than a fattened calf with hatred.

~ Proverbs 15:17

New Testament Verses

Children, obey your parents in everything, for this pleases the Lord.

~ Colossians 3:20

He must manage his own family well and see that his children obey him, and he must do so in a manner worthy of full respect.

~ 1 Timothy 3:4

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name.

~ Ephesians 3:14-15

Husbands, love your wives, just as Christ loved the church and gave himself up for her.

~ Ephesians 5:25

But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God.

~ 1 Corinthians 11:3

And as you wish that others would do to you, do so to them.

~ Luke 6:31

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

~ 1 Corinthians 13:4-8

Let love be genuine. Abhor what is evil; hold fast to what is good.

~ Romans 12:9

Bear with one another and, if one has a complaint against another, forgive each other; as the Lord has forgiven you, so you also must forgive.

~ Colossians 3:13

A devout man who feared God with all his household, gave alms generously to the people, and prayed continually to God.

~ Acts 10:2

However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

~ Ephesians 5:33

And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." And they spoke the word of the Lord to him and to all who were in his house. And he took them the same hour of the night and washed their wounds; and he was baptized at once, he and all his family. Then he brought them up into his house and set food before them. And he rejoiced along with his entire household that he had believed in God.

~ Acts 16:31-34

Bible Verses About Friendship

One of my favorite Bible verses about friendship comes from the book of Proverbs, where it says *“a friend loves at all times, and a brother is born for adversity”* ~Proverbs 17:17. The Bible has much to say about friendship and the book of Proverbs seems to be the featured book of Scripture when it comes to highlighting the virtues of true friends and the pitfalls of false ones.

A Friend is Truer Than a Brother

You don't have to live long on this earth (maybe not even past grade school) to experience the varying degrees of friendship. Most of us are blessed to have a half dozen or so really close friends, but all too often these days a lot of us get caught up in the social media aspect of “friendship” which is measured by quantity over quality. Some of us literally have hundreds of online friends, but how many of these would meet the definition found in these Bible verses about friendship?

To love someone at all times is a high standard for someone to qualify as a friend. That means that friendship has big similarity to a godly marriage or the parent/child relationship, in the fact that we are to love our friend unconditionally through the high times and the low, regardless of circumstances and outcomes. But when we have a friend who has made a bad decision in their life or a friend who has clearly wronged us and let us down, what then? Are we to keep on loving them like nothing ever happened and remain neutral or free of judgement? God forbid! The book of Proverbs also speaks to the “faithfulness” and “sweetness” of the friend who brings wise counsel and offers correction for their friend's folly.

What does friendship mean to you? That was the question Reader's digest once asked some of their fans and the responses were creative. Here are a few that I particularly liked;

“Friendship is a majestic garden full of roses, butterflies and bees, supporting each other for the sake of survival and realizing dreams.”

“Friendship is like a brilliant star which shines brighter when the sky turns darker.”

“Making a million friends is not a miracle. The miracle is to make a friend who will stand by you when millions are against you.”

"It is one of the blessings of old friends, that you can afford to be stupid with them" ~ Ralph Waldo Emerson

But beyond what man has to say about being friends with those around us, we can read these Bible verses about friendship and see what God has to tell us!

Old Testament Bible Verses

David went out to meet them and said to them, "If you have come to me in friendship to help me, my heart will be joined to you; but if to betray me to my adversaries, although there is no wrong in my hands, then may the God of our fathers see and rebuke you."

~ 1 Chronicles 12:17

Oh, for the days when I was in my prime, when God's intimate friendship blessed my house.

~ Job 29:4

The friendship of the LORD is for those who fear him, and he makes known to them his covenant.

~ Psalm 25:14

A friend loves at all times, and a brother is born for adversity.

~ Proverbs 17:17

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.

~ Proverbs 18:24

Say to wisdom, "You are my sister," and call insight your intimate friend,

~ Proverbs 7:4

Many seek the favor of a generous man, and everyone is a friend to a man who gives gifts.

~ Proverbs 19:6

He who loves purity of heart, and whose speech is gracious, will have the king as his friend.

~ Proverbs 22:11

Faithful are the wounds of a friend; profuse are the kisses of an enemy.

~ Proverbs 27:6

Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel.

~ Proverbs 27:9

Do not forsake your friend and your father's friend, and do not go to your brother's house in the day of your calamity. Better is a neighbor who is near than a brother who is far away.

~ Proverbs 27:10

Make no friendship with a man given to anger, nor go with a wrathful man.

~ Proverbs 22:24

But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend;

~ Isaiah 41:8

New Testament Bible Verses

I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do.

~ Luke 12:4

Greater love has no one than this, that someone lay down his life for his friends.

~ John 15:13

You are my friends if you do what I command you.

~ John 15:14

No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

~ John 15:15

And the Scripture was fulfilled that says, "Abraham believed God, and it was counted to him as righteousness" — and he was called a friend of God.

~ James 2:23

You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

~ James 4:4

Peace be to you. The friends greet you. Greet the friends, each by name.

~ 3 John 15

Bible Verses About Joy

One of my favorite Bible verses about joy is, *"And we are writing these things so that our joy may be complete."* (1 John 1:4) It reminds us that God has a plan for us in this life and it is joy-filled abundance. Isn't that spectacular?

What Is Joy?

Many assume joy and happiness are one in the same. Or that you need happiness to have joy. But when you meditate on Bible verses about joy you see that in reality joy is a state of being all its own. Joy is deeply rooted in the soul.

We are made to seek satisfaction and pleasure. By God's design we are made to find joy in our Creator. We know the Bible says Jesus is our greatest and true joy. Life with Him is better than anything else. No amount of fame or fortune can compare to the ultimate satisfaction found in Him.

Even in a difficult time in our lives, our joy remains because of the love of our Savior.

May these Bible verses about joy give you a positive outlook on life. No matter your situation or problem, may your joy never be taken away, because Jesus is by your side. Bless You Abundantly!

Old Testament Verses

There on the poplars we hung our harps, for there our captors asked us for songs, our tormentors demanded songs of joy; they said, "Sing us one of the songs of Zion!" How can we sing the songs of the Lord while in a foreign land?

~ Psalm 137:2-4

For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord. Hear my voice when I call, Lord; be merciful to me and answer me.

~ Psalm 27:5-7

Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound. In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

~ Psalm 4:6-8

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

~ Psalm 16:11

Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord.

~ Psalm 27:6

Clap your hands, all you nations; shout to God with cries of joy. For the Lord Most High is awesome, the great King over all the earth. He subdued nations under us, peoples under our feet.

~ Psalm 47:1-3

My lips will shout for joy when I sing praise to you— I whom you have delivered.

~ Psalm 71:23

Hate evil, you lovers of the Eternal. He protects the souls of those who follow Him; He rescues them from the devices of the wicked. Light is sown in the just; as it grows, it brings joy to the pure of heart. Celebrate the Eternal God, all you who are faithful; offer thanks to His holy name.

~ Psalm 97:10-12

The wicked have set a snare for me, but I have not strayed from your precepts. Your statutes are my heritage forever; they are the joy of my heart. My heart is set on keeping your decrees to the very end.

~ Psalm 119:110

For you make me glad by your deeds, Lord; I sing for joy at what your hands have done. How great are your works, Lord, how profound your thoughts!

~ Psalm 92:4-5

Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them." The Lord has done great things for us, and we are filled with joy.

~ Psalm 126:2-3

Even though powerful princes conspire against me, I fix my mind on what You require. Yes, Your testimonies are my joy; they are like the friends I seek for counsel.

~ Psalm 119:23-24

A joyful heart is good medicine, but a crushed spirit dries up the bones.

~ Proverbs 17:22

For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

~ Psalm 30:5

A Psalm for giving thanks. Make a joyful noise to the Lord, all the earth!

~ Psalm 100:1

Restore to me the joy of your salvation, and uphold me with a willing spirit.

~ Psalm 51:12

New Testament Verses

To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy — to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen

~ Jude 1:2-5

How can we thank God enough for you in return for all the joy we have in the presence of our God because of you?

~ 1 Thessalonians 3:9

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

~ Hebrews 12:2-3

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you.

~ 1 Peter 4:12-14

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

~ Romans 15:13

Count it all joy, my brothers, when you meet trials of various kinds.

~ James 1:2

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

~ John 16:24

So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.

~ John 16:22

For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

~ Romans 14:17

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

~ John 16:24

And we are writing these things so that our joy may be complete.

~ 1 John 1:4

I am acting with great boldness toward you; I have great pride in you; I am filled with comfort. In all our affliction, I am overflowing with joy.

~ 2 Corinthians 7:4

May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy.

~ Colossians 1:11

And my spirit rejoices in God my Savior.

~ Luke 1:47

His master said to him, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."

~ Matthew 25:21

For to the one who pleases him God has given wisdom and knowledge and joy, but to the sinner he has given the business of gathering and collecting, only to give to one who pleases God. This also is vanity and a striving after wind.

~ Ecclesiastes 2:26

Bible Verses About Hope

One of my favorite Bible verses about hope would have to be, *“Rejoice in hope, be patient in tribulation, be constant in prayer.”* (Romans 12:12) Hope takes us on a journey towards confidence and gives us a reason to come before the Lord.

The Confidence of Hope

No where to go, no one to talk to. You feel utterly alone, and beyond the point of help, and all you have to hold on to is hope. Hope that you will survive another day. Hope that whatever it is that you're dealing with will be over soon. Hope that you can weather this storm. It may feel hopeless but these Bible verses about hope will encourage you.

We all have hopes and dreams. We have aspirations to get a better job, to travel around the world, to get a car that won't break down every other month, and, God forbid, a hope that an abusive or toxic relationship would abruptly end. The definition of hope is a feeling of expectation and desire for a certain thing to happen. Having this feeling alone without some faithful action taken will never bring your hope to reality.

What is there to do in times of darkness so deep that you cannot even imagine the spark of a flame in the vision of the future? When hope is a distant thought, you must act on your faith and take that proverbial “leap.” Faith, or acts of faithfulness are there to remind you that there is something worth hoping for even while you keep stumbling and falling in the darkness.

You were created for a purpose and believing in the purpose you were designed for is the very reason to continue putting one foot in front of the other, and fanning that spark or small glimmer of light until it turns into a flame of passion. Once you reach this point, you are now in a position to help provide hope for others. Encourage others with your testimony of falling into the abyss and yet you have a story of triumph. God has firm promises for His children, that he will not ultimately leave them nor forsake them.

May these Bible verses about hope bring you vision and clarity. May you be strengthened to stand on the Rock of salvation. No matter how dark your darkness is, the light will always overcome it. May you be blessed abundantly!

Old Testament Verses

Of the increase of His government and peace there will be no end, upon the throne of David and over His kingdom, to order it and establish it with judgment and justice from that time forward, even forever more. The zeal of the Lord of hosts will perform this.

~ Isaiah 9:7

They shall not hurt or destroy in all my holy mountain, for the earth shall be full of the knowledge of the LORD as the waters cover the sea.

~ Isaiah 11:9

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

~ Jeremiah 29:11

And in the days of these kings the God of heaven will set up a kingdom which shall never be destroyed; and the kingdom shall not be left to other people; it shall break in pieces and consume all these kingdoms, and it shall stand forever.

~ Daniel 2:44

Those who are wise shall shine like the brightness of the firmament, and those who turn many to righteousness, like the stars forever and ever.

~ Daniel 12:3

But everyone shall sit under his vine and under his fig tree, and no one shall make them afraid; for the mouth of the LORD of hosts has spoken.

~ Micah 4:4

The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.

~ Zephaniah 3:17

Then those who feared the LORD spoke to one another, and the LORD listened and heard them; so a book of remembrance was written before Him for those who fear the LORD and who meditate on His name.

~ Malachi 3:16

Know that wisdom is such to your soul; if you find it, there will be a future, and your hope will not be cut off.

~ Proverbs 24:14

One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

~ Psalm 27:4-5

God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?

~ Numbers 23:19

Though he slay me, I will hope in Him; yet I will argue my ways to his face.

~ Job 13:15

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!

~ Psalm 46:10

Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might.

~ Deuteronomy 6:4-5

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

~ Deuteronomy 31:6

New Testament Verses

Be watchful, stand firm in the faith, act like men, be strong.

~ 1 Corinthians 16:13

Now faith is the assurance of things hoped for, the conviction of things not seen.

~ Hebrews 11:1

Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.

~ John 4:13-14

While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" But overhearing what they said, Jesus said to the ruler of the synagogue, "Do not fear, only believe."

~ Mark 5:35-36

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

~ Romans 15:13

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

~ Romans 15:4

Rejoice in hope, be patient in tribulation, be constant in prayer.

~ Romans 12:12

If in Christ we have hope in this life only, we are of all people most to be pitied.

~ 1 Corinthians 15:19

That being justified by his grace we might become heirs according to the hope of eternal life.

~ Titus 3:7

Paul, a servant of God and an apostle of Jesus Christ, for the sake of the faith of God's elect and their knowledge of the truth, which accords with godliness, in hope of eternal life, which God, who never lies, promised before the ages began.

~ Titus 1:1-2

His lord said to him, "Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord."

~ Matthew 25:21

Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.

~ 1 Corinthians 2:9

Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

~ 2 Peter 1:10-11

Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.

~ 1 John 3:2

And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.

~ Revelation 21:4

Bible Verses About Peace

One of my favorite Bible verses about peace is, *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”* (Galatians 5:22-23)

It can be so hard to feel peaceful and be at peace with things going on around you. But that’s where the Holy Spirit comes into play.

The Spirit Of Peace

As children of the Almighty God, we are blessed with the promise of perfect peace! The peace that comes from God surpasses our understanding and allows us to experience hope, blessing, strength, and joy! We serve a gracious God of peace, who promises to take care of us, comfort us, provide for us, and restore our hope and joy! As a reminder I put together this list of 30 bible verses about peace for you to read and study.

We can experience the perfect peace that God provides by simply trusting in Him and allowing Him to work out His plans for our lives. No matter what circumstances we face, we can confidently rest assured that God is working all things together for our good and His glory! All we must do is trust and obey His omniscient power and glory!

May these Bible verses and scriptural promises encourage you to trust in our Loving Father, as He comforts and satisfies you with the perfect peace that only He can provide! God Bless You Abundantly!

Old Testament Verses

The LORD gives strength to his people; the LORD blesses his people with peace.

~ Psalm 29:11

Turn from evil and do good; seek peace and pursue it.

~ Psalm 34:14

Consider the blameless, observe the upright; a future awaits those who seek peace.

~ Psalm 37:37

Be still, and know that I am God.

~ Psalm 46:10

I will listen to what God the LORD says; he promises peace to his people, his faithful servants– but let them not turn to folly.

~ Psalm 85:8

Great peace have those who love your law, and nothing can make them stumble.

~ Psalm 119:165

Those who promote peace have joy.

~ Proverbs 12:20

When a man's ways please the LORD, he makes even his enemies to be at peace with him.

~ Proverbs 16:7

For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

~ Isaiah 9:6

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

~ Isaiah 26:3

LORD, you establish peace for us; all that we have accomplished you have done for us.

~ Isaiah 26:12

"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

~ Isaiah 54:10

For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands.

~ Isaiah 55:12

New Testament Verses

"Glory to God in the highest, and on earth peace among those with whom he is pleased!"

~ Luke 12:14

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

~ John 14:27

These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

~ John 16:33

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

~ Romans 5:1-2

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

~ Romans 8:6

Do all that you can to live in peace with everyone.

~ Romans 12:18

Let us therefore make every effort to do what leads to peace and to mutual edification.

~ Romans 14:19

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

~ Romans 15:13

The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you.

~ Romans 16:20

For God is not a God of disorder but of peace—as in all the congregations of the Lord's people.

~ 1 Corinthians 14:33

Finally, brethren, rejoice, be made complete, be comforted, be like-minded, live in peace; and the God of love and peace will be with you.

~ 2 Corinthians 13:11

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

~ Galatians 5:22-23

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

~ Philippians 4:6-7

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

~ Colossians 3:15

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

~ 2 Thessalonians 3:16

Make every effort to live in peace with everyone and to be holy.

~ Hebrews 12:14

Peacemakers who sow in peace reap a harvest of righteousness.

~ James 3:18

Bible Verses About Stress & Anxiety

One of my favorite Bible verses about stress is, *"Cast all your anxiety on Him because He cares for you."* (1 Peter 5:7) Life often presents us with stressful situations and it is easy to allow ourselves to succumb to fear, worry, and anxiety.

But thanks be to God – He is our Ultimate Source of peace, hope, strength, courage, and joy amidst trial. We can trust Him to supply all of our needs and calm our anxious hearts with His Spirit of peace, joy, hope, and love.

My hope and prayer is that these Bible verses about stress and scriptural promises will encourage your heart and help you to experience the true peace of Christ, which surpasses all understanding!

Lay Down Your Burdens

Before I share my 25 Bible verses for stress and anxiety, it is important to remember that many of our mental and emotional battles are caused by physical triggers. Research has proven beyond a shadow of a doubt that eating a wholesome diet and avoiding harmful chemicals in our water and the air that we breathe can help stop stress and anxiety in its tracks.

Sadly, finding these things is becoming increasingly challenging in our fallen world as toxic chemicals have overtaken our soil and atmosphere. In spite of our efforts (and great expense) to purchase essential products for a healthy home, we still get sick and God is here to bless you with His healing touch when you need it.

Using natural therapies like essential oils for stress and aromatherapy for anxiety often prove to be effective remedies, and making your own DIY anxiety aromatherapy inhaler is a cinch!

But sometimes we need to address the spiritual and emotional root causes of anxiety. This verse in Psalms says, *"Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken."* (Psalm 55:22)

It reminds me of how often the stress and anxiety we have in our life is something we place on ourselves. It becomes a burden. One we choose.

In these Bible verses about stress, one thing you'll notice is the presence of the Lord. He's always here for us able and willing to pick up our burdens. The question is, are you willing to let go?

Old Testament Verses

The Lord is a refuge for the oppressed, a stronghold in times of trouble.

~ Psalm 9:9

I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

~ Psalm 16:8

The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all.

~ Psalm 34:17-19

God is our refuge and strength, an ever-present help in trouble.

~ Psalm 46:1

Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken.

~ Psalm 55:22

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge.

~ Psalm 61:3

When my anxious inner thoughts become overwhelming, your comfort encourages me.

~ Psalm 94:19

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

~ Proverbs 3:5-6

A joyful heart is good medicine, but a crushed spirit dries up the bones.

~ Proverbs 17:22

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

~ Proverbs 12:25

Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.

~ Isaiah 35:4

Even youths grow tired and weary, and young men stumble and fall; 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 40:30-31

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.

~ Isaiah 41:10

New Testament Verses

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?

~ Matthew 6:25-27

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

~ Matthew 6:34

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

~ Matthew 11:28-30

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

~ Luke 10:41-42

Let not your hearts be troubled. Believe in God; believe also in me.

~ John 14:1

In this world you will have trouble. But take heart! I have overcome the world.
~ John 16:33

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

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
~ Philippians 4:6-7

But my God shall supply all your need according to his riches in glory by Christ Jesus.
~ Philippians 4:19

So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"
~ Hebrews 13:6

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.
~ James 1:2-4

Cast all your anxiety on Him because He cares for you.
~ 1 Peter 5:7

About the Authors



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