

Here are 74 Bible verses to encourage you in your trying times, suffering, and wilderness experiences:

1. **Psalm 34:18** – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
2. **Isaiah 41:10** – "So do not fear, for I am with you; do not be dismayed, for I am your God."
3. **2 Corinthians 1:3-4** – "Praise be to the God of all comfort, who comforts us in all our troubles."
4. **Romans 8:18** – "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."
5. **Isaiah 43:2** – "When you pass through the waters, I will be with you."
6. **Deuteronomy 31:6** – "Be strong and courageous... for the Lord your God goes with you."
7. **1 Peter 5:7** – "Cast all your anxiety on him because he cares for you."
8. **Psalm 46:1** – "God is our refuge and strength, an ever-present help in trouble."
9. **Matthew 11:28** – "Come to me, all you who are weary and burdened, and I will give you rest."
10. **Romans 8:28** – "And we know that in all things God works for the good of those who love him."
11. **Isaiah 40:31** – "But those who hope in the Lord will renew their strength."
12. **Philippians 4:6-7** – "Do not be anxious about anything... and the peace of God... will guard your hearts."
13. **Psalm 23:4** – "Even though I walk through the darkest valley, I will fear no evil, for you are with me."
14. **John 16:33** – "In this world you will have trouble. But take heart! I have overcome the world."

15. **James 1:2-3** – "Consider it pure joy... whenever you face trials of many kinds."
16. **Romans 5:3-4** – "We also glory in our sufferings, because we know that suffering produces perseverance."
17. **Hebrews 13:5** – "Never will I leave you; never will I forsake you."
18. **Psalms 55:22** – "Cast your cares on the Lord and he will sustain you."
19. **2 Corinthians 12:9** – "My grace is sufficient for you, for my power is made perfect in weakness."
20. **Lamentations 3:22-23** – "Because of the Lord's great love we are not consumed."
21. **Joshua 1:9** – "Be strong and courageous... the Lord your God will be with you wherever you go."
22. **1 Peter 4:12-13** – "Do not be surprised at the fiery ordeal that has come on you to test you."
23. **Psalms 9:9** – "The Lord is a refuge for the oppressed, a stronghold in times of trouble."
24. **Isaiah 61:3** – "He will give a crown of beauty for ashes."
25. **Matthew 5:4** – "Blessed are those who mourn, for they will be comforted."
26. **Proverbs 3:5-6** – "Trust in the Lord with all your heart and lean not on your own understanding."
27. **2 Corinthians 4:17** – "For our light and momentary troubles are achieving for us an eternal glory."
28. **Psalms 30:5** – "Weeping may stay for the night, but rejoicing comes in the morning."
29. **Psalms 32:7** – "You are my hiding place; you will protect me from trouble."
30. **Isaiah 49:13** – "The Lord comforts his people and will have compassion on his afflicted ones."

31. **Psalms 147:3** – "He heals the brokenhearted and binds up their wounds."
32. **1 Thessalonians 5:16-18** – "Rejoice always, pray continually, give thanks in all circumstances."
33. **Nahum 1:7** – "The Lord is good, a refuge in times of trouble."
34. **Psalms 27:1** – "The Lord is my light and my salvation—whom shall I fear?"
35. **Isaiah 40:29** – "He gives strength to the weary and increases the power of the weak."
36. **Zephaniah 3:17** – "The Lord your God is with you, the Mighty Warrior who saves."
37. **2 Timothy 1:7** – "For the Spirit God gave us does not make us timid, but gives us power."
38. **Psalms 94:19** – "When anxiety was great within me, your consolation brought me joy."
39. **Isaiah 26:3** – "You will keep in perfect peace those whose minds are steadfast."
40. **Romans 15:13** – "May the God of hope fill you with all joy and peace as you trust in him."
41. **Jeremiah 29:11** – "For I know the plans I have for you, declares the Lord."
42. **Psalms 34:17** – "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."
43. **Philippians 4:13** – "I can do all this through him who gives me strength."
44. **Psalms 91:1** – "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."
45. **Isaiah 54:10** – "Though the mountains be shaken... yet my unfailing love for you will not be shaken."
46. **Romans 12:12** – "Be joyful in hope, patient in affliction, faithful in prayer."

47. **Psalms 40:1-2** – "I waited patiently for the Lord; he turned to me and heard my cry."

48. **John 14:27** – "Peace I leave with you; my peace I give you."

49. **Exodus 14:14** – "The Lord will fight for you; you need only to be still."

50. **1 Peter 1:6-7** – "Now for a little while you may have had to suffer grief in all kinds of trials."

51. **Isaiah 12:2** – "Surely God is my salvation; I will trust and not be afraid."

52. **Psalms 73:26** – "My flesh and my heart may fail, but God is the strength of my heart."

53. **Isaiah 30:18** – "The Lord longs to be gracious to you."

54. **1 Chronicles 16:11** – "Look to the Lord and his strength; seek his face always."

55. **2 Corinthians 1:5** – "For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ."

56. **Psalms 31:24** – "Be strong and take heart, all you who hope in the Lord."

57. **Micah 7:7** – "But as for me, I watch in hope for the Lord, I wait for God my Savior."

58. **Habakkuk 3:17-19** – "Though the fig tree does not bud... yet I will rejoice in the Lord."

59. **Psalms 119:50** – "My comfort in my suffering is this: Your promise preserves my life."

60. **Isaiah 55:8-9** – "For my thoughts are not your thoughts, neither are your ways my ways."

61. **Romans 5:5** – "And hope does not put us to shame, because God's love has been poured out."

62. **Psalms 56:3** – "When I am afraid, I put my trust in you."

63. **Matthew 28:20** – "And surely I am with you always, to the very end of the age."

64. **Psalms 37:5** – "Commit your way to the Lord; trust in him and he will do this."
65. **Hebrews 4:16** – "Let us then approach God's throne of grace with confidence."
66. **Psalms 62:8** – "Trust in him at all times, you people; pour out your hearts to him."
67. **Isaiah 41:13** – "For I am the Lord your God who takes hold of your right hand."
68. **1 John 4:18** – "There is no fear in love. But perfect love drives out fear."
69. **Romans 8:31** – "If God is for us, who can be against us?"
70. **Jeremiah 17:7** – "But blessed is the one who trusts in the Lord, whose confidence is in him."
71. **Psalms 86:7** – "When I am in distress, I call to you, because you answer me."
72. **Psalms 121:1-2** – "I lift up my eyes to the mountains—where does my help come from?"
73. **Isaiah 32:17** – "The fruit of that righteousness will be peace; its effect will be quietness and confidence."
74. **Philippians 1:6**– "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."