

# Where to Find Help in the Bible

God has given us a special book called the Bible. It teaches us all about God, and how the Lord Jesus Christ loves us and helps us. **The Bible is full of thousands of fascinating truths about us too.** That's right, we can learn a lot about ourselves and other people when we study God's Word. **And that's not all – the Bible can help us when we are sad, worried, hurt, angry, scared, and lonely.** It's a very special book from God to help us in our lives.

The Bible is a Book made up of smaller books.  
Here's what some of the books of the Bible  
talk about:

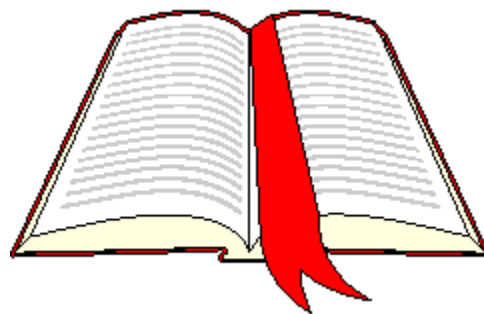
Genesis	How God created the world
Psalms	How to depend on God for all your needs
Proverbs	How to be wise and make good choices
Matthew, Mark, Luke, John	Jesus Christ
Hebrews	How to have faith and to trust God always
Revelation	What Heaven is like

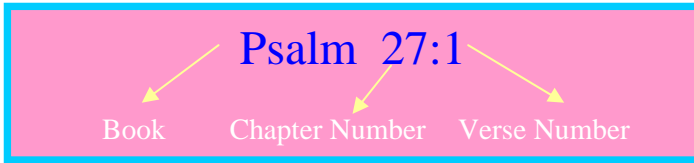
There are many books in the Bible... sixty-six in all. Be sure to read them all, because God has something special to teach you in each one.

**The Bible is most helpful when we read it all the way through,  
from beginning to end.**

But sometimes, when we need help right away,  
it's good to know  
where to go so we can  
quickly find help.

On the next page is a little guide  
to some verses to get you started.





The Bible is made up of books, chapters, and verses. That's so you can find your way around easily.

When you're feeling...



**Angry**

Ecclesiastes 7:9  
Ephesians 4:31-32  
Colossians 3:8



**Anxious**  
Isaiah 26:3  
John 14:27  
Psalm 121:1-2

**Afraid**

Psalm 27:1  
Psalm 31:24  
Proverbs 3:24



**Confused**

2 Timothy 1:7  
James 1:5-6  
Psalm 32:8



**Impatient**  
Psalm 40:1  
Romans 15:4-5  
James 1:3-4



**Lonely**

John 14:18  
Deuteronomy 31:6  
Romans 8:38-39



**Tempted to do wrong**

Psalm 119:11  
1 John 1:9  
Matthew 6:13



**Worried**  
Isaiah 26:3  
Psalm 91:1-2  
Jeremiah 29:11



**Sad**

Philippians 4:8  
Psalm 42:11  
Psalm 30:11



**Sick**

Matthew 9:35  
Jeremiah 17:14  
Psalm 103:2-3

"I have hidden your Word in my heart that I might not sin against you." – Psalm 119:11