

7 Scriptures to Help You Beat Winter Blues

Meditate on these scriptures to lift your thoughts and find encouragement.

You light a lamp for me. The Lord, my God, lights up my darkness.
Psalm 18:28 NLT

For you are the fountain of life, the light by which we see.
Psalm 36:9 NLT

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.
Isaiah 9:2 NIV

Even the wilderness and desert will be glad in those days.
The wasteland will rejoice and blossom with spring crocuses.
Yes, there will be an abundance of flowers and singing and joy!
The deserts will become as green as the mountains of Lebanon,
as lovely as Mount Carmel or the plain of Sharon.
There the Lord will display his glory, the splendor of our God.
With this news, strengthen those who have tired hands,
and encourage those who have weak knees.
Isaiah 35:1-3 NLT

In him was life, and that life was the light of all mankind.
The light shines in the darkness, and the darkness has not overcome it.
John 1:4-5 NIV

Jesus spoke to the people once more and said, "I am the light of the world.
If you follow me, you won't have to walk in darkness,
because you will have the light that leads to life."
John 8:12 NLT

For you were once darkness, but now you are light in the Lord.
Live as children of light.
Ephesians 5:8 NIV