



Bible Reading for Emotional Health

**Checklist of Scripture Passages
for Living Your Best Life**

**Marie Phillips
Navigating Religious Narcissism**

Hello!

I am so glad you are joining me in reading passages of Scripture that will be encouraging and soul-healing for all who read them. These particular Scriptures will help you to focus on the best aspects of life and relationship with others, honoring God, others, and yourself.

As you read through the Psalms you will find encouragement when you feel like the weight of the world is against you.

Then, when you read Proverbs (there are 31 chapters--one for each day of the month!)--you will find wisdom to build on the encouragement you have already read from the book of Psalms.

Next, you will read the Gospels. They will tell you about Jesus' life on Earth and you will read some of His best teachings for living a better life.

Once you have finished the Gospels, you will finally come to 4 of the Epistles (letters to various early churches). These are practical guides that will help you to live a better life for yourself and others.

If you don't have a Bible, you can look up any of these passages with a simple Google search. If you would like to purchase a Bible, you can find one through [this Amazon link](#). If you purchase through this link, I may receive a small commission at no cost to you.

All of these passages will be a perfect way for you to grow in your emotional and spiritual health. As I created this guide, I prayed that all who read it will find themselves personally blessed by God.

Hugs,

Marie ♥

Bible Reading for Emotional Health

Psalms

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Psalm 1 | <input type="checkbox"/> Psalm 39 | <input type="checkbox"/> Psalm 77 | <input type="checkbox"/> Psalm 115 |
| <input type="checkbox"/> Psalm 2 | <input type="checkbox"/> Psalm 40 | <input type="checkbox"/> Psalm 78 | <input type="checkbox"/> Psalm 116 |
| <input type="checkbox"/> Psalm 3 | <input type="checkbox"/> Psalm 41 | <input type="checkbox"/> Psalm 79 | <input type="checkbox"/> Psalm 117 |
| <input type="checkbox"/> Psalm 4 | <input type="checkbox"/> Psalm 42 | <input type="checkbox"/> Psalm 80 | <input type="checkbox"/> Psalm 118 |
| <input type="checkbox"/> Psalm 5 | <input type="checkbox"/> Psalm 43 | <input type="checkbox"/> Psalm 81 | <input type="checkbox"/> Psalm 119 |
| <input type="checkbox"/> Psalm 6 | <input type="checkbox"/> Psalm 44 | <input type="checkbox"/> Psalm 82 | <input type="checkbox"/> Psalm 120 |
| <input type="checkbox"/> Psalm 7 | <input type="checkbox"/> Psalm 45 | <input type="checkbox"/> Psalm 83 | <input type="checkbox"/> Psalm 121 |
| <input type="checkbox"/> Psalm 8 | <input type="checkbox"/> Psalm 46 | <input type="checkbox"/> Psalm 84 | <input type="checkbox"/> Psalm 122 |
| <input type="checkbox"/> Psalm 9 | <input type="checkbox"/> Psalm 47 | <input type="checkbox"/> Psalm 85 | <input type="checkbox"/> Psalm 123 |
| <input type="checkbox"/> Psalm 10 | <input type="checkbox"/> Psalm 48 | <input type="checkbox"/> Psalm 86 | <input type="checkbox"/> Psalm 124 |
| <input type="checkbox"/> Psalm 11 | <input type="checkbox"/> Psalm 49 | <input type="checkbox"/> Psalm 87 | <input type="checkbox"/> Psalm 125 |
| <input type="checkbox"/> Psalm 12 | <input type="checkbox"/> Psalm 50 | <input type="checkbox"/> Psalm 88 | <input type="checkbox"/> Psalm 126 |
| <input type="checkbox"/> Psalm 13 | <input type="checkbox"/> Psalm 51 | <input type="checkbox"/> Psalm 89 | <input type="checkbox"/> Psalm 127 |
| <input type="checkbox"/> Psalm 14 | <input type="checkbox"/> Psalm 52 | <input type="checkbox"/> Psalm 90 | <input type="checkbox"/> Psalm 128 |
| <input type="checkbox"/> Psalm 15 | <input type="checkbox"/> Psalm 53 | <input type="checkbox"/> Psalm 91 | <input type="checkbox"/> Psalm 129 |
| <input type="checkbox"/> Psalm 16 | <input type="checkbox"/> Psalm 54 | <input type="checkbox"/> Psalm 92 | <input type="checkbox"/> Psalm 130 |
| <input type="checkbox"/> Psalm 17 | <input type="checkbox"/> Psalm 55 | <input type="checkbox"/> Psalm 93 | <input type="checkbox"/> Psalm 131 |
| <input type="checkbox"/> Psalm 18 | <input type="checkbox"/> Psalm 56 | <input type="checkbox"/> Psalm 94 | <input type="checkbox"/> Psalm 132 |
| <input type="checkbox"/> Psalm 19 | <input type="checkbox"/> Psalm 57 | <input type="checkbox"/> Psalm 95 | <input type="checkbox"/> Psalm 133 |
| <input type="checkbox"/> Psalm 20 | <input type="checkbox"/> Psalm 58 | <input type="checkbox"/> Psalm 96 | <input type="checkbox"/> Psalm 134 |
| <input type="checkbox"/> Psalm 21 | <input type="checkbox"/> Psalm 59 | <input type="checkbox"/> Psalm 97 | <input type="checkbox"/> Psalm 135 |
| <input type="checkbox"/> Psalm 22 | <input type="checkbox"/> Psalm 60 | <input type="checkbox"/> Psalm 98 | <input type="checkbox"/> Psalm 136 |
| <input type="checkbox"/> Psalm 23 | <input type="checkbox"/> Psalm 61 | <input type="checkbox"/> Psalm 99 | <input type="checkbox"/> Psalm 137 |
| <input type="checkbox"/> Psalm 24 | <input type="checkbox"/> Psalm 62 | <input type="checkbox"/> Psalm 100 | <input type="checkbox"/> Psalm 138 |
| <input type="checkbox"/> Psalm 25 | <input type="checkbox"/> Psalm 63 | <input type="checkbox"/> Psalm 101 | <input type="checkbox"/> Psalm 139 |
| <input type="checkbox"/> Psalm 26 | <input type="checkbox"/> Psalm 64 | <input type="checkbox"/> Psalm 102 | <input type="checkbox"/> Psalm 140 |
| <input type="checkbox"/> Psalm 27 | <input type="checkbox"/> Psalm 65 | <input type="checkbox"/> Psalm 103 | <input type="checkbox"/> Psalm 141 |
| <input type="checkbox"/> Psalm 28 | <input type="checkbox"/> Psalm 66 | <input type="checkbox"/> Psalm 104 | <input type="checkbox"/> Psalm 142 |
| <input type="checkbox"/> Psalm 29 | <input type="checkbox"/> Psalm 67 | <input type="checkbox"/> Psalm 105 | <input type="checkbox"/> Psalm 143 |
| <input type="checkbox"/> Psalm 30 | <input type="checkbox"/> Psalm 68 | <input type="checkbox"/> Psalm 106 | <input type="checkbox"/> Psalm 144 |
| <input type="checkbox"/> Psalm 31 | <input type="checkbox"/> Psalm 69 | <input type="checkbox"/> Psalm 107 | <input type="checkbox"/> Psalm 145 |
| <input type="checkbox"/> Psalm 32 | <input type="checkbox"/> Psalm 70 | <input type="checkbox"/> Psalm 108 | <input type="checkbox"/> Psalm 146 |
| <input type="checkbox"/> Psalm 33 | <input type="checkbox"/> Psalm 71 | <input type="checkbox"/> Psalm 109 | <input type="checkbox"/> Psalm 147 |
| <input type="checkbox"/> Psalm 34 | <input type="checkbox"/> Psalm 72 | <input type="checkbox"/> Psalm 110 | <input type="checkbox"/> Psalm 148 |
| <input type="checkbox"/> Psalm 35 | <input type="checkbox"/> Psalm 73 | <input type="checkbox"/> Psalm 111 | <input type="checkbox"/> Psalm 149 |
| <input type="checkbox"/> Psalm 36 | <input type="checkbox"/> Psalm 74 | <input type="checkbox"/> Psalm 112 | <input type="checkbox"/> Psalm 150 |
| <input type="checkbox"/> Psalm 37 | <input type="checkbox"/> Psalm 75 | <input type="checkbox"/> Psalm 113 | |
| <input type="checkbox"/> Psalm 38 | <input type="checkbox"/> Psalm 76 | <input type="checkbox"/> Psalm 114 | |

Proverbs

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|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Proverbs 1 | <input type="checkbox"/> Proverbs 9 | <input type="checkbox"/> Proverbs 17 | <input type="checkbox"/> Proverbs 25 |
| <input type="checkbox"/> Proverbs 2 | <input type="checkbox"/> Proverbs 10 | <input type="checkbox"/> Proverbs 18 | <input type="checkbox"/> Proverbs 26 |
| <input type="checkbox"/> Proverbs 3 | <input type="checkbox"/> Proverbs 11 | <input type="checkbox"/> Proverbs 19 | <input type="checkbox"/> Proverbs 27 |
| <input type="checkbox"/> Proverbs 4 | <input type="checkbox"/> Proverbs 12 | <input type="checkbox"/> Proverbs 20 | <input type="checkbox"/> Proverbs 28 |
| <input type="checkbox"/> Proverbs 5 | <input type="checkbox"/> Proverbs 13 | <input type="checkbox"/> Proverbs 21 | <input type="checkbox"/> Proverbs 29 |
| <input type="checkbox"/> Proverbs 6 | <input type="checkbox"/> Proverbs 14 | <input type="checkbox"/> Proverbs 22 | <input type="checkbox"/> Proverbs 30 |
| <input type="checkbox"/> Proverbs 7 | <input type="checkbox"/> Proverbs 15 | <input type="checkbox"/> Proverbs 23 | <input type="checkbox"/> Proverbs 31 |
| <input type="checkbox"/> Proverbs 8 | <input type="checkbox"/> Proverbs 16 | <input type="checkbox"/> Proverbs 24 | |

Matthew

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|------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Matthew 1 | <input type="checkbox"/> Matthew 8 | <input type="checkbox"/> Matthew 15 | <input type="checkbox"/> Matthew 22 |
| <input type="checkbox"/> Matthew 2 | <input type="checkbox"/> Matthew 9 | <input type="checkbox"/> Matthew 16 | <input type="checkbox"/> Matthew 23 |
| <input type="checkbox"/> Matthew 3 | <input type="checkbox"/> Matthew 10 | <input type="checkbox"/> Matthew 17 | <input type="checkbox"/> Matthew 24 |
| <input type="checkbox"/> Matthew 4 | <input type="checkbox"/> Matthew 11 | <input type="checkbox"/> Matthew 18 | <input type="checkbox"/> Matthew 25 |
| <input type="checkbox"/> Matthew 5 | <input type="checkbox"/> Matthew 12 | <input type="checkbox"/> Matthew 19 | <input type="checkbox"/> Matthew 26 |
| <input type="checkbox"/> Matthew 6 | <input type="checkbox"/> Matthew 13 | <input type="checkbox"/> Matthew 20 | <input type="checkbox"/> Matthew 27 |
| <input type="checkbox"/> Matthew 7 | <input type="checkbox"/> Proverbs 14 | <input type="checkbox"/> Matthew 21 | <input type="checkbox"/> Matthew 28 |

Mark

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|---------------------------------|---------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Mark 1 | <input type="checkbox"/> Mark 5 | <input type="checkbox"/> Mark 9 | <input type="checkbox"/> Mark 13 |
| <input type="checkbox"/> Mark 2 | <input type="checkbox"/> Mark 6 | <input type="checkbox"/> Mark 10 | <input type="checkbox"/> Mark 14 |
| <input type="checkbox"/> Mark 3 | <input type="checkbox"/> Mark 7 | <input type="checkbox"/> Mark 11 | <input type="checkbox"/> Mark 15 |
| <input type="checkbox"/> Mark 4 | <input type="checkbox"/> Mark 8 | <input type="checkbox"/> Mark 12 | <input type="checkbox"/> Mark 16 |

Luke

- | | | | |
|---------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Luke 1 | <input type="checkbox"/> Luke 7 | <input type="checkbox"/> Luke 13 | <input type="checkbox"/> Luke 19 |
| <input type="checkbox"/> Luke 2 | <input type="checkbox"/> Luke 8 | <input type="checkbox"/> Luke 14 | <input type="checkbox"/> Luke 20 |
| <input type="checkbox"/> Luke 3 | <input type="checkbox"/> Luke 9 | <input type="checkbox"/> Luke 15 | <input type="checkbox"/> Luke 21 |
| <input type="checkbox"/> Luke 4 | <input type="checkbox"/> Luke 10 | <input type="checkbox"/> Luke 16 | <input type="checkbox"/> Luke 22 |
| <input type="checkbox"/> Luke 5 | <input type="checkbox"/> Luke 11 | <input type="checkbox"/> Luke 17 | <input type="checkbox"/> Luke 23 |
| <input type="checkbox"/> Luke 6 | <input type="checkbox"/> Luke 12 | <input type="checkbox"/> Luke 18 | <input type="checkbox"/> Luke 24 |

John

- | | | | |
|---------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> John 1 | <input type="checkbox"/> John 7 | <input type="checkbox"/> John 13 | <input type="checkbox"/> John 19 |
| <input type="checkbox"/> John 2 | <input type="checkbox"/> John 8 | <input type="checkbox"/> John 14 | <input type="checkbox"/> John 20 |
| <input type="checkbox"/> John 3 | <input type="checkbox"/> John 9 | <input type="checkbox"/> John 15 | <input type="checkbox"/> John 21 |
| <input type="checkbox"/> John 4 | <input type="checkbox"/> John 10 | <input type="checkbox"/> John 16 | |
| <input type="checkbox"/> John 5 | <input type="checkbox"/> John 11 | <input type="checkbox"/> John 17 | |
| <input type="checkbox"/> John 6 | <input type="checkbox"/> John 12 | <input type="checkbox"/> John 18 | |

Galatians

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|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Galatians 1 | <input type="checkbox"/> Galatians 2 | <input type="checkbox"/> Galatians 3 | <input type="checkbox"/> Galatians 3 |
| | <input type="checkbox"/> Galatians 5 | <input type="checkbox"/> Galatians 6 | |

Ephesians

- | | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Ephesians 1 | <input type="checkbox"/> Ephesians 2 | <input type="checkbox"/> Ephesians 3 | <input type="checkbox"/> Ephesians 4 |
| | <input type="checkbox"/> Ephesians 5 | <input type="checkbox"/> Ephesians 6 | |

Philippians

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|--|--|--|--|
| <input type="checkbox"/> Philippians 1 | <input type="checkbox"/> Philippians 2 | <input type="checkbox"/> Philippians 3 | <input type="checkbox"/> Philippians 4 |
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Colossians

- | | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Colossians 1 | <input type="checkbox"/> Colossians 2 | <input type="checkbox"/> Colossians 3 | <input type="checkbox"/> Colossians 3 |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|

This Bible reading checklist is provided to you by Marie Phillips of Navigating Religious Narcissism. The article it comes from can be found at <https://navigatingreligiousnarcissism.com/when-god-releases-you-from-marriage-hes-got-you/>