

# What Does the Bible Say About the Soul?

*Scripture References on Restoring, Healing, and Renewing the Soul*

## 1. Restoration of the Soul

*God does not leave us broken. These passages affirm that restoration is not only possible — it is one of God's primary works in our lives. He actively pursues the healing and renewal of our innermost being.*

**Psalm 23:3** — *He restores my soul. He leads me in paths of righteousness for His name's sake.*

**Psalm 19:7** — *The law of the Lord is perfect, restoring the soul. The testimony of the Lord is sure, making wise the simple.*

**Psalm 71:20** — *You who have shown me many troubles and distresses will revive me again, and will bring me up again from the depths of the earth.*

**Psalm 80:3** — *Restore us, O God; make your face shine on us, that we may be saved.*

**Joel 2:25** — *I will restore to you the years that the swarming locust has eaten.*

**Jeremiah 30:17** — *But I will restore you to health and heal your wounds, declares the Lord.*

## 2. The Broken or Wounded Soul

*God sees the pain of the wounded soul. These passages acknowledge that suffering, grief, and anguish are real — and that God draws near to those who are hurting rather than turning away from them.*

**Psalm 34:18** — *The Lord is close to the brokenhearted and saves those who are crushed in spirit.*

**Psalm 147:3** — *He heals the brokenhearted and binds up their wounds.*

**Psalm 31:9** — *Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.*

**Psalm 42:11** — *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

**Psalm 109:22** — *For I am poor and needy, and my heart is wounded within me.*

**Isaiah 61:1** — *The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.*

**Isaiah 53:5** — *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*

## 3. Healing and Renewal of the Soul

*Healing the soul is not simply an emotional process — it is a spiritual transformation. These passages describe the profound work God does in renewing our minds, hearts, and spirits from the inside out.*

**Jeremiah 17:14** — *Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.*

**Ezekiel 36:26** — *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.*

**Romans 12:2** — *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.*

**2 Corinthians 4:16** — *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

**2 Corinthians 5:17** — *Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here.*

**Colossians 3:10** — *And have put on the new self, which is being renewed in knowledge in the image of its Creator.*

## 4. The Soul's Longing for God

*These passages capture the deep hunger of the human soul for its Creator. When the soul is broken or depleted, its truest instinct is to reach toward God — the only One who can fully satisfy its need.*

**Psalms 42:1–2** — *As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?*

**Psalms 63:1** — *You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.*

**Psalms 84:2** — *My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.*

## 5. God's Promises to the Soul

*God has made specific, powerful promises to the souls of those who come to Him. These are not vague hopes — they are declarations of what God has already provided through Jesus Christ.*

**Matthew 11:28–29** — *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.*

**John 10:10** — *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

**3 John 1:2** — *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

**Philippians 4:7** — *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**1 Peter 2:25** — *For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls.*

**Hebrews 4:12** — *For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**James 5:16** — *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

## 6. Freedom and Deliverance of the Soul

*True healing leads to freedom. These passages declare that God's intention is not merely to patch up the wounded soul but to fully deliver it — bringing it out of darkness and into the fullness of life in His Spirit.*

**Psalm 107:20** — *He sent out his word and healed them; he rescued them from the grave.*

**Psalm 116:8** — *For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling.*

**Isaiah 43:2** — *When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

**Romans 8:11** — *And if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.*