

~DISTRESS (710)

**[English, suffering, pain, sorrow, anguish, agony, grief, misery,
Opposite of, **peace**]**

- **Jacob wanted to go up to Bethel to make an altar to the God who answered him in his **distress**.**
- **And let us rise and go up to Bethel. And there I shall make an altar to the true God who answered me in the day of my **distress** in that he proved to be with me in the way that I have gone. (Genesis 35:3)**
- **Joseph's brothers felt guilt for this treatment of Joseph when he had pleaded with them for compassion in his **distress**.**
- **And they began to say one to the other; Unquestionably we are guilty with regard to our brother, because we saw the **distress** of his soul when he implored compassion on our part, but we did not listen. That is why this distress has come upon us. (Genesis 42:21)**
- **Yehowah sent his people back to their false idol gods to save them, when they came to be in **distress**.**
- **Go and call for aid to the gods whom you have chosen. Let them be the ones to save you in the time of your **distress**. (Judges 10:14)**
- **Jephthah asked the men of Gilead why they now turned to him to help them out of **distress**.**
- **But Jephthah said to the older men of Gilead; Was it not you that hated me so that you drove me out of my father's house? And why is it that you have come to me now just when you are in **distress**? (Judges 11:7)**
- **David told Saul that just as he magnified the king, by not bringing harm to him, so likewise he asked Saul to deliver him out of all his **distress**.**
- **And, look! Just as your soul was great this day in my eyes, so may my soul be great in the eyes of Yehowah, that he may**

deliver me out of all **distress**. (1 Samuel 26:24)

- David swore by Yehowah God as the one who delivered him out of all his **distress**.
- However, David answered Rechab and Baanah his brother, the sons of Rimmon the Beerothite, and said to them; As Yehowah who redeemed my soul out of all **distress** is living. (2 Samuel 4:9)
- And the king proceeded to swear and say; As Yehowah is living who redeemed my soul out of all **distress**. (1 Kings 1:29)
- Hezekiah saw the advance of Assyria against his city as a day of **distress** and of rebuke and of scornful insolence, begging Yehowah God to rescue his people Israel.
- And they proceeded to say to him; This is what Hezekiah has said; This day is a day of **distress** and of rebuke and of scornful insolence, for the sons have come as far as the wombs mouth, and there is no power to give birth. (2 Kings 19:3)
- When Israel turned in true repentance to Yehowah their God in their **distress**, then he let himself be found by them.
- But when in their **distress** they returned to Yehowah the God of Israel and looked for him, then he let himself be found by them. (2 Chronicles 15:4)
- Yehowah God kept the people in disorder with every kind of **distress**.
- And they were crushed to pieces, nation against nation and city against city, because God himself kept them in disorder with every sort of **distress**. (2 Chronicles 15:6)
- Jehoshaphat called to Yehowah God for aid when his people came to be in **distress**.
- If there should come upon us calamity, sword, adverse judgment, or pestilence or famine, let us stand before this house and before you, for your name is in this house, that we may call to you for aid out of our **distress**, and may you hear and save. (2 Chronicles 20:9)

- Tilgath-pilneser caused Ahaz **distress**, and did not strengthen him, due to his unfaithful actions against Yehowah God.
- Eventually Tilgath-pilneser the king of Assyria came against him and caused him **distress**, and did not strengthen him. (2 Chronicles 28:20)
- However, at the time that he was causing him **distress**, he acted unfaithfully still more toward Yehowah, that is, King Ahaz did. (2 Chronicles 28:22)
- Manasseh rebelled against Yehowah God but as soon as Yehowah caused him **distress** he humbled himself.
- And as soon as it caused him **distress**, he softened the face of Yehowah his God and kept humbling himself greatly because of the God of his forefathers. (2 Chronicles 33:12)
- Yehowah God gave his people into the hands of their enemies when they were unfaithful who caused them **distress**.
- For this you gave them into the hand of their adversaries, who kept causing them **distress**, but in the time of their distress they would cry out to you, and you yourself would hear from the very heavens, and in accord with your abundant mercy you would give them saviors who would save them out of the hand of their adversaries. (Nehemiah 9:27)
- And its produce is abounding for the kings that you have put over us because of our sins, and over our bodies they are ruling and over our domestic animals, according to their liking, and we are in great **distress**. (Nehemiah 9:37)
- Esther pleaded with the king in her **distress** over a law passed against her people Israel.
- For we have been sold, I and my people, to be annihilated, killed and destroyed. Now if we had been sold for mere men slaves and for mere maidservants, I should have kept silent. But the **distress** is not appropriate when with damage to the king. (Esther 7:4)
- Job showed that he would answer in the **distress** of his spirit.

- I, also, I shall not hold back my mouth. I will speak in the **distress** of my spirit. I will be concerned with the bitterness of my soul! (**Job 7:11**)
- Job showed that **distress** and anguish keep terrifying the wicked ones.
- **Distress** and anguish keep terrifying him, they overpower him like a king in readiness for the assault. (**Job 15:24**)
- Job asked if Yehowah would hear an outcry from the wicked one in case his **distress** comes upon him.
- Will God hear an outcry of his in case **distress** comes upon him? (**Job 27:9**)
- Yehowah God will rescue the afflicted one from the mouth of **distress**.
- And he will also certainly allure you from the mouth of **distress**! Broader space, not constraint, will be in its place, and the consolation of your table will be full of fatness. (**Job 36:16**)
- Yehowah holds ready the snow storm and hail as a means of causing **distress** in the war, and in the fight.
- Which I have kept back for the time of **distress**, for the day of fight and war? (**Job 38:23**)
- The Psalmist asked for Yehowah God to answer him in his **distress** and make a broad space for him.
- When I call, answer me, O my righteous God. In the **distress** you must make broad space for me. Show me favor and hear my prayer. (**Psalms 4:1**)
- Yehowah God will become a secure height for anyone crushed in his time of **distress**.
- And Yehowah will become a secure height for anyone crushed, a secure height in times of **distress**. (**Psalms 9:9**)
- The Psalmist asked Yehowah God why he kept himself far off in the time of **distress**, and hidden.

- Why, O Yehowah, do you keep standing afar off? Why do you keep yourself hid in times of **distress**? (**Psalms 10:1**)
- The Psalmist showed how Yehowah God's Messiah would feel in his time of **distress**.
- In my **distress** I kept calling upon Yehowah, and to my God I kept crying for help. Out of his temple he proceeded to hear my voice, and my own cry before him for help now came into his ears. (**Psalms 18:6**)
- The Psalmist asked that Yehowah God would protect a man in his day of **distress**.
- May Yehowah answer you in the day of **distress**. May the name of the God of Jacob protect you. (**Psalms 20:1**)
- The Psalmist asked Yehowah God to stay close to him, for **distress** was nearby.
- Do not keep far off from me, because **distress** is nearby, because there is no other helper. (**Psalms 22:11**)
- The Psalmist saw Yehowah God as a concealment place for him from **distress**.
- You are a place of concealment for me. You will safeguard me from **distress** itself. With joyful cries at providing escape you will surround me. (**Psalms 32:7**)
- The salvation of the righteous ones is from Yehowah God, for he is a fortress for them in **distress**.
- And the salvation of the righteous ones is from Yehowah, he is their fortress in the time of **distress**. (**Psalms 37:39**)
- And call me in the day of **distress**. I shall rescue you, and you will glorify me. (**Psalms 50:15**)
- For out of every **distress** he delivered me, and upon my enemies my eye has looked. (**Psalms 54:7**)

- To the Psalmist Yehowah God proved to be a secure height, and a place in which to flee, in the time of **distress**.
- But as for me, I shall sing of your strength, and in the morning I shall joyfully tell about your loving-kindness. For you have proved to be a secure height for me and a place to which to flee in the day of my **distress**. (**Psalms 59:16**)
- The Psalmist knew that Yehowah God alone is a place to flee to in **distress**, as salvation by earthling man was worthless.
- Do give us assistance from **distress**, as salvation by earthling man is worthless. (**Psalms 60:11**)
- In his day of **distress**, the Psalmist searched for Yehowah God himself.
- In the day of my **distress** I have searched for Yehowah himself. At night my very hand has been stretched out and does not grow numb, my soul has refused to be comforted. (**Psalms 77:2**)
- The Psalmist showed, that Yehowah God sends denunciation and **distress** to his enemies through deputations of angels.
- He went sending upon them his burning anger, fury and denunciation and **distress**, deputations of angels bringing calamity. (**Psalms 78:49**)
- In **distress** Yehowah God's Messiah called to him, and he answered him, in the concealed place of thunder.
- In **distress** you called, and I proceeded to rescue you. I began to answer you in the concealed place of thunder. I went examining you at the waters of Meribah. (**Psalms 81:7**)
- The Psalmist showed that in the day of **distress** he would call to his God Yehowah.
- In the day of my **distress** I will call upon you, for you will answer me. (**Psalms 86:7**)
- The Psalmist prophesied that Yehowah God's Messiah would call to him, and that he would rescue him from **distress** and glorify him.

- He will call upon me, and I shall answer him. I shall be with him in **distress**. I shall rescue him and glorify him. (**Psalms 91:15**)
- Yehowah God sees the **distress** of his people, and hears their entreating cries, and he saves them.
- And he would see the **distress** of theirs when he heard their entreating cry. (**Psalms 106:44**)
- And they kept crying out to Yehowah in their **distress**, out of the stresses upon them he proceeded to deliver them. (**Psalms 107:6**)
- And they began calling to Yehowah for help in their **distress**, out of the stresses upon them he as usual saved them. (**Psalms 107:13**)
- And they began calling to Yehowah for help in their **distress**, out of the stresses upon them he as usual saved them. (**Psalms 107:19**)
- And they begin crying out to Yehowah in their **distress**, and out of the stresses upon them he brings them forth. (**Psalms 107:28**)
- Do give us assistance from **distress**, as salvation by earthling man is worthless. (**Psalms 108:12**)
- The Psalmist shows, how the Messiah felt as he approached death, where **distress** and grief kept finding him.
- The ropes of death encircled me and the **distressing** circumstances of Sheol themselves found me. Distress and grief I kept finding. (**Psalms 116:3**)
- Yet through this ordeal he was sustained by his father's word, for this is what he was fond of.
- **Distress** and difficulty themselves found me. Your commandments I was fond of. (**Psalms 119:143**)
- To Yehowah I called in the **distress** of mine, and he proceeded to answer me. (**Psalms 120:1**)
- If I should walk in the midst of **distress**, you will preserve me

alive. Because of the anger of my enemies you will thrust out your hand, and your right hand will save me. (**Psalms 138:7**)

- The Psalmist asked for Yehowah God to preserve him alive out of all his **distress**.

- For the sake of your name, O Yehowah, may you preserve me alive. In your righteousness may you bring forth my soul out of **distress**. (**Psalms 143:11**)

- Yehowah God promises to laugh at the disaster and **distress**, of those who ignore his way.

- When what you dread comes just like a storm, and your own disaster gets here just like a storm wind, when **distress** and hard times come upon you. (**Proverbs 1:27**)

- The righteous one is the one rescued from **distress**, and the wicked one takes his place there.

- The righteous is the one rescued even from **distress**, and the wicked one comes in instead of him. (**Proverbs 11:8**)

- A bad person's lips ensnare him, but the righteous ones gets out of his **distress**.

- By the transgression of the lips the bad person is ensnared, but the righteous one gets out of **distress**. (**Proverbs 12:13**)

- A true companion is a brother that is born for the day of **distress**.

- A true companion is loving all the time, and is a brother that is born for when there is **distress**. (**Proverbs 17:17**)

- A man who is discouraged in the day of **distress** will be lacking in power.

- Have you shown yourself discouraged in the day of **distress**? Your power will be scanty. (**Proverbs 24:10**)

- A man proving treacherous in the day of **distress**, is like a wobbling foot or a broken tooth.

- As a broken tooth and a wobbling foot is the confidence in one

proving treacherous in the day of **distress**. (**Proverbs 25:19**)

- Isaiah prophesied **distress** and hard times for the earth, gloominess with no brightness.
- And to the earth he will look, and, lo! **Distress** and darkness, obscurity, hard times and gloominess with no brightness. (**Isaiah 8:22**)
- Isaiah prophesied that Yehowah God would prove to be a stronghold for the lowly one in his **distress**.
- For you have become a stronghold to the lowly one, a stronghold to the poor one in the **distress** that he has, a refuge from the rainstorm, a shade from the heat, when the blast of the tyrannical ones is like a rainstorm against a wall. (**Isaiah 25:4**)
- Isaiah showed, that Yehowah God's people would turn to him and pour out a whisper of prayer during their **distress**.
- O Yehowah, during **distress** they have turned their attention to you, they have poured out a whisper of prayer when they had your disciplining. (**Isaiah 26:16**)
- The beasts of the south, today represent beastlike rulers of this system of things, the greater Egypt. They lead people through a very difficult and stressful way, but to the people of the world they have proved to be of no benefit. Their system with all of its many resources, will be of no benefit to them, in the day of Yehowah's fury. They will not be able to hold it back.

The pronouncement against the beasts of the south. Through the land of **distress** and hard conditions, of the lion and the leopard growling, of the viper and the flying fiery snake, on the shoulders of full-grown asses they carry their resources, and on the humps of camels their supplies. In behalf of the people they will prove of no benefit. (**Isaiah 30:6**)

- Isaiah promised a time when Yehowah God would give his people discipline in the form of distress, and water in the form of oppression, Yehowah promised then he would not hide himself from them.
- And Yehowah will certainly give you people bread in the form of

distress and water in the form of oppression, yet your Grand Instructor will no longer hide himself, and your eyes must become eyes seeing your Grand Instructor. (**Isaiah 30:20**)

- **Isaiah pleaded with Yehowah God to become his people's arm every morning, and their **salvation** in time of distress.**
- **O Yehowah, show us favor. In you we have hoped. Become our arm every morning, yes, our salvation in the time of **distress**. (**Isaiah 33:2**)**
- **Hezekiah showed that the advance of the Assyrians into Judah was a day of **distress**, and scornful insolence against Yehowah God.**
- **And they proceeded to say to him; This is what Hezekiah has said; This day is a day of **distress** and of rebuke and of scornful insolence, for the sons have come as far as the wombs mouth, and there is no power to give birth. (**Isaiah 37:3**)**
- **Idols cannot do anything for those in **distress**, for they cannot even stand up on their own.**
- **They carry it upon the shoulder, they bear it and deposit it in its place that it may stand still. From its standing place it does not move away. One even cries out to it, but it does not answer, out of one's **distress** it does not save one. (**Isaiah 46:7**)**
- **During all of the **distresses** that Israel endured, it was **distressing** to Yehowah God, and so in his love he repurchased them.**
- **During all their **distress** it was distressing to him. And his own personal messenger saved them. In his love and in his compassion he himself repurchased them, and he proceeded to lift them up and carry them all the days of long ago. (**Isaiah 63:9**)**
- **Isaiah showed that he had heard a voice like that of a woman giving birth to her first child in **distress**, the daughter of Zion who keeps gasping for breath, because of the badness all around her.**
- **For a voice like that of a sick woman I have heard, the **distress** like that of a woman giving birth to her first child, the voice of the daughter of Zion who keeps gasping for breath. She keeps spreading out her palms; Woe, now, to me, for my soul is tired of the killers! (**Jeremiah 4:31**)**

- **Distress** seized the people of Jerusalem when they heard the report of the advancing armies of Babylon.
- We have heard the report about it. Our hands have dropped. **Distress** itself has seized hold of us, labor pains like those of a woman giving birth. ([Jeremiah 6:24](#))
- Jeremiah showed that Yehowah God would bring distress to the inhabitants of the earth, in order that they may find out.
- For this is what Yehowah has said; Here I am slinging out the inhabitants of the earth on this occasion, and I will cause them **distress** in order, that they may find out. ([Jeremiah 10:18](#))
- Jeremiah calls Yehowah God the savior of Israel in the time of her **distress**.
- O you the hope of Israel, the Savior of him in the time of **distress**, why do you become like an alien resident in the land, and like a traveler that has turned aside to spend the night? ([Jeremiah 14:8](#))
- The Jeremiah Yehowah God promised to intercede for his people in their time of **distress**.
- Yehowah has said; Surely I will minister to you for good. Surely I will intercede for you in the time of calamity and in the time of **distress**, against the enemy. ([Jeremiah 15:11](#))
- Jeremiah saw Yehowah God as a place to flee to in time of **distress**.
- O Yehowah my strength and my stronghold, and my place for flight in the day of **distress**, to you the nations themselves will come from the ends of the earth, and they will say; Indeed our forefathers came to possess sheer falsehood, vanity and things in which there was nothing beneficial. ([Jeremiah 16:19](#))
- Yehowah God's great Day will be a great one, and it will be a time of **distress** for Jacob.
- Alas! For that day is a great one, so that there is no other like it, and it is the time of **distress** for Jacob. But he will be saved even

out of it. (Jeremiah 30:7)

- The men of Moab will become like the heart of a wife in childbirth **distress**, when her day of judgment comes.
- The towns will actually be captured, and her own strong places will certainly be seized. And the heart of the mighty men of Moab must become in that day like the heart of a wife having childbirth **distress**. (Jeremiah 48:41)
- When Yehowah God's judgment comes against Bozrah, her mighty men will come to have hearts like a woman in childbirth **distress**.
- Look! Just like an eagle someone will ascend and pounce down, and he will spread out his wings over Bozrah, and the heart of the mighty men of Edom will actually become in that day like the heart of the wife having **distress** in childbirth. (Jeremiah 49:22)
- Damascus likewise will suffer **distress** like childbirth pains, and she will flee and lose courage then.
- Damascus has lost courage. She has turned to flee, and sheer panic has seized her. **Distress** and birth pangs themselves have taken hold of her, as with a woman that is giving birth. (Jeremiah 49:24)
- Later also the king of Babylon, Belshazzar felt **distress**, and made no fight against the forces that quickly captured his city, and brought **distress** upon it.
- The king of Babylon has heard the report about them, and his hands have dropped down. There is **distress**! Severe pains have seized hold of him, just like a woman giving birth. (Jeremiah 50:43)
- In the time of the end, Michael will stand up, and a great time of **distress** will ensue, worse than any **distress** coming before that time.
- And during that time Michael will stand up, the great prince who is standing in behalf of the sons of your people. And there will certainly occur a time of **distress** such as has not been made to occur since there came to be a nation until that time. And during that time your people will escape, every one who is found written

down in the book. (**Daniel 12:1**)

- Obadiah told Edom not to watch in the day of **distress** coming upon Judah, not to cut off escape for Judah's survivors from their enemies.
- And you ought not to watch the sight in the day of your brother, in the day of his misfortune, and you ought not to rejoice at the sons of Judah in the day of their perishing, and you ought not to maintain a big mouth in the day of their **distress**. (**Obadiah 1:12**)
- And you ought not to stand at the parting of the ways, in order to cut off his escapees, and you ought not to hand over his survivors in the day of **distress**. (**Obadiah 1:14**)
- Yehowah God is good, and he is a stronghold in the day of **distress**, ever aware of those seeking refuge in him.
- Yehowah is good, a stronghold in the day of **distress**. And he is cognizant of those seeking refuge in him. (**Nahum 1:7**)
- Nahum asked the men of Nineveh what they felt they could do to defend themselves against Yehowah God the almighty, for once he brought **distress** against them, he would not need to repeat it.
- What will you men think up against Yehowah? He is causing an outright extermination. **Distress** will not rise up a second time. (**Nahum 1:9**)
- Habakkuk decided to quietly wait for the day of Yehowah, the day of **distress**, for his coming up to the people to raid them.
- I heard, and my belly began to be agitated, at the sound my lips quivered. Rottenness began to enter into my bones, and in my situation I was agitated, that I should quietly wait for the day of **distress**, for his coming up to the people, that he may raid them. (**Habakkuk 3:16**)
- Yehowah God's great Day is a day of **distress** and of anguish, when men will walk like blind men, and their blood will be poured out like dust on the ground.
- That day is a day of fury, a day of **distress** and of anguish, a day of storm and of desolation, a day of darkness and of gloominess,

a day of clouds and of thick gloom. ([Zephaniah 1:15](#))

- And I will cause **distress** to mankind, and they will certainly walk like blind men, because it is against Yehowah that they have sinned. And their blood will actually be poured out like dust, and their bowels like the dung. ([Zephaniah 1:17](#))
- Yehowah God would bring **distress** upon Assyria and Egypt.
- And he must pass through the sea with **distress**, and in the sea he must strike down the waves, and all the depths of the Nile must dry up. And the pride of Assyria must be brought down, and the very scepter of Egypt will depart. ([Zechariah 10:11](#))
- Jesus showed that the world wars, food shortages, pestilences and earthquakes, were only a beginning of the pangs of **distress**, indicating the conclusion of the system of things.
- All these things are a beginning of pangs of **distress**. ([Matthew 24:8](#))
- For nation will rise against nation and kingdom against kingdom, there will be earthquakes in one place after another, there will be food shortages. These are a beginning of pangs of **distress**. ([Mark 13:8](#))
- Jesus caused mental **distress** to his parents when he stayed at the temple in Jerusalem when they departed for home.
- Now when they saw him they were astounded, and his mother said to him; Child, why did you treat us this way? Here your father and I in mental **distress** have been looking for you. ([Luke 2:48](#))
- Jesus foretold a time of great **distress** for the people of Jerusalem, when enemies would **distress** them from every side in a siege of war.
- Because the days will come upon you when your enemies will build around you a fortification with pointed stakes and will encircle you and **distress** you from every side. ([Luke 19:43](#))

- Paul showed the Romans that tribulation and **distress** would come upon every person working what is injurious, upon the Jew first, and also upon the Greek.
- Tribulation and **distress**, upon the soul of every man who works what is injurious, of the Jew first and also of the Greek. (**Romans 2:9**)
- Paul showed that neither, persecution, **distress**, tribulation, hunger or sword could separate spirit anointed Christians from the love of Christ.
- Who will separate us from the love of the Christ? Will tribulation or **distress** or persecution or hunger or nakedness or danger or sword? (**Romans 8:35**)
- Just when men are saying peace and security, then sudden destruction will be upon them like the pangs of **distress** upon a pregnant woman, and there will be no escape.
- Whenever it is that they are saying; Peace and security! Then sudden destruction is to be instantly upon them just as the pang of **distress** upon a pregnant woman, and they will by no means escape. (**1 Thessalonians 5:3**)