



Verses About The Oppressed, Justice, Freedom & Hope

The Oppressed

Luke 4:18

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed.”

Matthew 25:35-40

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was ill and you looked after me, I was in prison and you came to visit me’.... ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

Isaiah 1:17

“Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.”

Proverbs 31:9

“Speak up and judge fairly; defend the rights of the poor and needy.”

Proverbs 19:17

“Whoever is generous to the poor lends to the Lord, and he will repay him for his deed.”

Proverbs 3:34

“He mocks proud mockers but shows favor to the humble and oppressed.”

Psalms 146:7

“He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free.”

Psalms 106:8

“Yet he saved them for his name’s sake, to make his mighty power known.”

Psalms 103:6

“The Lord works righteousness and justice for all the oppressed.”

Psalms 82:2-4

“How long will you defend the unjust and show partiality to the wicked?’ Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Rescue the weak and the needy; deliver them from the hand of the wicked.”



Psalm 74:21

“Do not let the oppressed retreat in disgrace; may the poor and needy praise your name.”

Psalm 72:4

“May he defend the cause of the poor of the people, give deliverance to the children of the needy, and crush the oppressor!”

Psalm 10:17-18

“You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, so that mere earthly mortals will never again strike terror.”

Psalm 9:18

“For the needy shall not always be forgotten, and the hope of the poor shall not perish forever.”

Psalm 9:9

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

Job 5:15-16

“He saves the needy from the sword in their mouth; he saves them from the clutches of the powerful. So the poor have hope, and injustice shuts its mouth.”

Nehemiah 9:27

“So you delivered them into the hands of their enemies, who oppressed them. But when they were oppressed they cried out to you. From heaven you heard them, and in your great compassion you have them delivered, who rescued them from the hand of their enemies.”



Justice

Luke 10:25-37 - The Parable of the Good Samaritan

“And behold, a lawyer stood up to put him to the test, saying, ‘Teacher, what shall I do to inherit eternal life?’ He said to him, ‘What is written in the Law? How do you read it?’ And he answered, ‘You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.’ And he said to him, ‘You have answered correctly; do this, and you will live.’ But he, desiring to justify himself, said to Jesus, ‘And who is my neighbor?’ Jesus replied, ‘A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, ‘Take care of him, and whatever more you spend, I will repay you when I come back.’ Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?’ He said, ‘The one who showed him mercy.’ And Jesus said to him, ‘You go, and do likewise.’”

Zechariah 7:9

“This is what the Lord Almighty said: ‘Administer true justice; show mercy and compassion to one another.’”

Micah 6:8

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

Amos 5:24

“But let justice roll on like a river, righteousness like a never-failing stream!”

Amos 5:15

“Hate evil, love good; maintain justice...”

Hosea 12:6

“But you must return to your God; maintain love and justice, and wait for your God always.”

Isaiah 56:1

“This is what the Lord says: ‘Maintain justice and do what is right, for my salvation is close at hand and my righteousness will soon be revealed.’”

Proverbs 21:15

“When justice is done, it brings joy to the righteous but terror to evildoers.”



Psalm 140:12

"I know that the Lord secures justice for the poor and upholds the cause of the needy."

Psalm 106:3

"Blessed are those who act justly, who always do what is right."

Psalm 89:14

"Righteousness and justice are the foundation of your throne; love and faithfulness go before you."

Psalm 37:30

"The mouths of the righteous utter wisdom, and their tongues speak what is just."

Psalm 11:7

"For the Lord is righteous, he loves justice; the upright will see his face."

Psalm 7:6

"Arise, Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice."

Job 29:14

"I put on righteousness as my clothing; justice was my robe and my turban."

Deuteronomy 27:19

"'Cursed is anyone who withholds justice from the foreigner, the fatherless or the widow.' Then all the people shall say, 'Amen!'"

Deuteronomy 16:20

"Follow justice and justice alone, so that you may live and possess the land the Lord your God is giving you."



Freedom & Hope

Galatians 5:1

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Romans 12:12

“Be joyful in hope, patient in affliction, faithful in prayer.”

John 8:32

“And you will know the truth, and the truth will make you free.”

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 58:6-10

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?...and if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.”

Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Psalms 72:12

“For he will deliver the needy who cry out, the afflicted who have no one to help.”

Psalms 71:14

“As for me, I will always have hope; I will praise you more and more.”

Psalms 57:1

“Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.”

Psalms 33:20

“We wait in hope for the Lord; he is our help and our shield.”

2 Samuel 22:3

“My God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold and my refuge, my savior; you save me from violence.”