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Greek Strong's Dictionary with all the Synonyms inserted into the definitions.

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4729 + not distressed + Ye are not straitened + in us but ye are straitened +/ . stenochoreo {sten-okh-o-reh'-o}; from the same as 4730 + distress + and anguish + in distresses +/ ; to hem in closely, i .e . (figuratively) cramp: --distress, straiten .

4730 + distress + and anguish + in distresses +/ . stenochoria {sten-okh-o-ree'-ah}; from a compound of 4728 + strait + the strait +/ and 5561 + fields + country + the land + The ground + the region + the coasts + in the land + the country + the regions + in that land + on the fields + in the region + their country + and the region + unto a country + of that country + all the country + and of the region + their own country + out of the country + out ; and let not them that are in the countries +/ ; narrowness of room, i .e . (figuratively) calamity: --anguish, distress .