

When your heart is anxious and trouble looms...

When I said, "My foot is slipping," your unfailing love, LORD, supported me. When anxiety was great within me, your consolation brought me joy.

Psalm 94:18-19 NIV



Let us hold unswervingly to the hope we profess, for He who promised is faithful.

Hebrews 10:23



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent and praiseworthy – think about such things. – Philippians 4:6-8



Peace I leave with you my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27



May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13



Let my cry come right into your presence, GOD; provide me with the insight that comes only from your Word. Give my request your personal attention, rescue me on the terms of your promise. Let praise cascade off my lips; after all, you've taught me the truth about life! And let your promises ring from my tongue; every order you've given is right. Put your hand out and steady me since I've chosen to live by your counsel. I'm homesick, GOD, for your salvation; I love it when you show yourself! Invigorate my soul so I can praise you well, use your decrees to put iron in my soul. And should I wander off like a lost sheep—seek me! I'll recognize the sound of your voice.

Psalm 119:169-176 MSG



Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7 ESV



When you are tired and don't know where to turn...

My eyes are ever on the Lord, for only he will release my feet from the snare.

Psalms 25:15



Let us fix our eyes on Jesus, the author and perfecter of our faith, who for joy set before him endured the cross, scorning its shame and sat down at the right hand of God.

Hebrews 12:2



For the Lord gives wisdom; from His mouth come knowledge and understanding. He stores up sound wisdom for the upright; He is a shield to those who walk with integrity, guarding the paths of justice and He preserves the way of His godly ones. Then you will discern righteousness and equity and every good commandment.

Proverbs 2:6-9



I will lie down and sleep in peace for you alone, O Lord, make me dwell in safety. – Psalm 4:8



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.

Romans 12:2 NIV



Let perseverance finish its work so that you may be mature and complete, not lacking in anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 1:4-5



Then Jesus said, 'Come to me all of you who are weary and carry heavy burdens, and I will give you rest.'

Matthew 11:28



But the Lord said to her, 'Martha, dear friend, you are so upset over all the details! There is only one thing worth being concerned about – and I won't take it away from her!'

Luke 10:41-42



When you don't know exactly who you are or where you fit...

But because of His great love for us, God, who is rich in mercy, made us alive in Christ, even when we were dead in our transgressions - it is by grace we are saved... (10) For we are God's workmanship, created in Christ Jesus, to do good works, which were prepared in advance for us.
Ephesians 2:4-5, 10



Go after a life of love as if your life depends on it - because it does. Give yourselves to the gifts God gave you. Most of all, try to proclaim his truth.

1 Corinthians 14:1 (MSG)



... And what does the Lord require of you? To act justly, to love mercy, and to walk humbly with God.

Micah 6:8



And in Him you too are being built together to become a dwelling in which God lives by his Spirit.

Ephesians 2:22



Take your everyday life... and place it before God as an offering... God brings out the best of you, develops well-formed maturity in you.

Romans 12:1 MSG



When you've stumbled and being helped to your feet...

But you, O Lord, are a shield about me,
my glory, and the lifter of my head.

Psalm 3:3



I will remember my affliction- my
bitterness, wandering and gall and my
soul is downcast within me. YET this I
will call to mind and therefore have
hope. Because of the Lord's great love,
we are not consumed, for his
compassions never fail. They
every morning. Great is your
faithfulness. - Lamentation 3:



The Lord your God is with you, the
Mighty Warrior who saves. He will take
great delight in you; in his love he will
no longer rebuke you, but will rejoice
over you with singing. –

Zephaniah 3:17 NIV



In you, Lord my God, I put my trust. Do not remember
the sins of my youth and my rebellious ways;
according to your love remember me, for you, Lord,
are good. My eyes are ever on the Lord, for only he
will release my feet from the snare. Turn to me and be
gracious to me, for I am lonely and afflicted. Relieve
the troubles of my heart and free me from my
anguish. May integrity and uprightness protect me,
because my hope, Lord, is in you.
Psalm 25:1, 7, 15-17, 21 NIV



Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Psalm 51:10



Forget the former things; do not dwell
in the past. See, I am doing a new
thing! Now it springs up; do you not
perceive it? I am making a way in the
wilderness and streams in the
wasteland.

Isaiah 43:18-19



When you need to look outward instead of being in your own head...

...the mouth speaks what the heart is full of. A good man brings good things out of the good stored up in him and an evil man brings evil things out of the evil stored up in him.

Matthew 12:34-35



Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 4:29



Therefore, confess your sins to one another and pray for each other so that you may be healed. The prayers of a righteous man are powerful and effective.

James 5:16



Let us consider how we may spur one another on toward love and good deeds,

Hebrews 10:24



But you, [woman] of God, flee from this and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of faith.

1 Timothy 6:11



...Set your minds on things above, not on earthly things. You used to walk in these ways, in the life you once lived. But now... holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts... be thankful... And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:1-2, 7-17 NIV



When you celebrate our Hope, our Help and our Salvation...

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. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.

Psalms 63:1-8 NIV



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



But as for me, I will always have hope: I will praise you more and more

Psalms 71:14



Even though... and though... even if... yet I will rejoice in the Lord; I will be joyful in the God of my Salvation. The Lord God is my strength...

Habakkuk 3:17-19



Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade – kept in heaven for you.

1 Peter 1:3-4



I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

Psalms 9:1-2

