



God's promises when you are anxious:

Matthew 6:25-34 Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

John 14:27 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.

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to

God's promises when you are afraid:

Psalms 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Romans 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

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

Psalms 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

2 Timothy 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

A final promise from John 16:33

*"I have told you these things, so that in **me** you may have **peace**. In this world you will have trouble. But take heart!*

I have overcome the world."



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Promises from the Bible

As in 2 Corinthians 1:3, God reminds His people He is "the Father of compassion and the God of all comfort." God continually draws people in pain to Himself. When life seems unbearable, read verses that point to God's promises, and find hope. *Verses are from NIV*

God's promises when you feel alone:

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.

Psalms 139:7-10 Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.

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.

Hebrews 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

God's promises when you are depressed:

Psalm 10:17 You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry,

Psalm 130:7 O Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption.

Isaiah 65:24 Before they call I will answer; while they are still speaking I will hear.

Matthew 11:28-30 "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. For my yoke is easy and my burden is light."

Romans 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

James 4:8-10 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will



God's promises when you are hurting:

Psalm 34:17-18 The righteous cry out, and the LORD hears them; he delivers them from all their troubles. 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.

God's promises when you need strength:

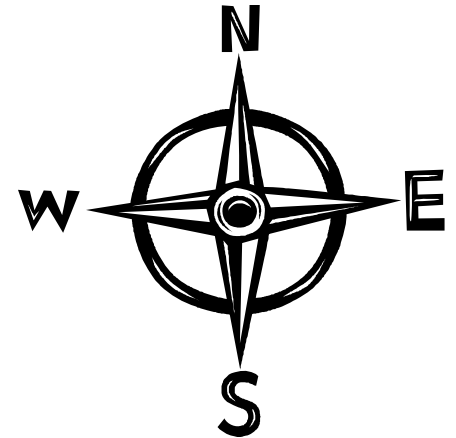
Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Isaiah 40:28-31 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

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.

2 Corinthians 4:7-9 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2 Corinthians 12:9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.



God's promises when you are seeking direction:

Psalm 32:8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

John 8:12 When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Philippians 1:6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

James 1:5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.