

Taking Control

Biblical Texts for Encouragement

ANXIETY

Psalm 94:19 (NIV)

When anxiety was great within me, your consolation brought joy to my soul.

Psalm 139:23 (NIV)

Search me, O God, and know my heart; test me and know my anxious thoughts.

Proverbs 12:25 (NIV)

An anxious heart weighs a man down, but a kind word cheers him up.

Philippians 4:6 (NIV)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

1 Peter 5:7 (NIV)

Cast all your anxiety on him because he cares for you.

Psalm 94:19 (NIV)

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Psalm 139:23 (NIV)

Search me, O God, and know my heart; test me and know my anxious thoughts.

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1 Peter 5:7 (NIV)

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ASKING

Mark 11:24

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Luke 11:13

If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

John 14:13 through John 14:14

And I will do whatever you ask in my name, so that the Son may bring glory to the Father. ¹⁴You may ask me for anything in my name, and I will do it.

John 15:7

If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.

John 16:23 through John 16:24

²³In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. ²⁴Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

Ephesians 3:20

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

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.

Matthew 7:7

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Matthew 7:11

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Matthew 21:22

If you believe, you will receive whatever you ask for in prayer.”

1 John 5:14

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

BREAD

Job 23:12 (NIV)

I have not departed from the commands of his lips;
I have treasured the words of his mouth more than my daily bread.

Isaiah 55:2 (NIV)

Why spend money on what is not bread, and your labor on what does not satisfy?
Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.

Matthew 4:4 (NIV)

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

John 6:35 (NIV)

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.

John 6:48 through John 6:51 (NIV)

I am the bread of life. ⁴⁹Your forefathers ate the manna in the desert, yet they died. ⁵⁰But here is the bread that comes down from heaven, which a man may eat and not die. ⁵¹I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

DEPENDING

Psalm 62:7 through Psalm 62:8 (NIV)

My salvation and my honor depend on God; He is my mighty rock, my refuge.
Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge.
Selah

Jeremiah 17:5 (NIV)

This is what the LORD says:
Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.

Jeremiah 17:7 (NIV)

But blessed is the man who trusts in the LORD, whose confidence is in Him.

Colossians 2:8 (NIV)

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

EATING

Psalm 141:4

Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

Proverbs 25:16

If you find honey, eat just enough—too much of it, and you will vomit.

Proverbs 25:27

It is not good to eat too much honey, nor is it honorable to seek one's own honor.

Ecclesiastes 10:17

Blessed are you, O land whose king is of noble birth and whose princes eat at a proper time—for strength and not for drunkenness.

Isaiah 55:2

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.

Daniel 1:12 through Daniel 1:16

“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Matthew 6:25 through Matthew 6:26

“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?”

Matthew 6:31 through Matthew 6:33

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.

John 6:50 through John 6:51

But here is the bread that comes down from heaven, which a man may eat and not die. ⁵¹I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.”

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

Revelation 2:7

He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will give the right to eat from the tree of life, which is in the paradise of God.

Revelation 3:20

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

ENDURANCE

1 Chronicles 16:34 (NKJV)

Oh, give thanks to the LORD, for He is good! For His mercy **endures** forever.

Psalms 30:5 (NKJV)

For His anger is but for a moment, His favor is for life;
Weeping may **endure** for a night, but joy comes in the morning.

Psalms 106:1 (NKJV)

Praise the LORD!
Oh, give thanks to the LORD, for He is good! For His mercy **endures** forever.

Matthew 10:22 (NKJV)

And you will be hated by all for My name's sake. But he who **endures to the end** will be saved.

Matthew 24:13 (NKJV)

But he who **endures** to the end shall be saved.

1 Corinthians 4:12 (NKJV)

And we labor, working with our own hands. Being reviled, we bless; being persecuted, **we endure**;

1 Corinthians 13:5 through 1 Corinthians 13:7 (NKJV)

(Love) bears all things, believes all things, hopes all things, **endures** all things.

2 Timothy 2:3 (NKJV)

You therefore must **endure hardship** as a good soldier of Jesus Christ.

2 Timothy 2:12 (NKJV)

If we **endure**, we shall also reign with *Him*.
If we deny *Him*, He also will deny us.

2 Timothy 4:5 (NKJV)

But you be watchful in all things, **endure afflictions**, do the work of an evangelist, fulfill your ministry.

Hebrews 10:36 (NKJV)

For you have need of endurance, so that after you have done the will of God, you may receive the promise:

Hebrews 12:1 through Hebrews 12:2 (NKJV)

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and **let us run with**

endurance the race that is set before us, looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:7 (NKJV)

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?

James 1:12 (NKJV)

Blessed is the man who **endures temptation**; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

James 5:11 (NKJV)

Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord—that the Lord is very compassionate and merciful.

FEAR

Psalm 111:5 (NIV)

He provides food for those who fear him; he remembers his covenant forever.

Proverbs 1:7 (NIV)

The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.

Proverbs 3:7 (NIV)

Do not be wise in your own eyes; fear the LORD and shun evil.

Proverbs 9:10 through Proverbs 9:11 (NIV)

¹The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. For through me your days will be many, and years will be added to your life.

Proverbs 15:16 through Proverbs 15:17 (NIV)

Better a little with the fear of the LORD than great wealth with turmoil.
Better a meal of vegetables where there is love than a fattened calf with hatred.

Isaiah 41:10 (NIV)

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.

Isaiah 41:13 (NIV)

For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

Ezekiel 12:18 (NIV)

Son of man, tremble as you eat your food, and shudder in fear as you drink your water.

POWER

Psalm 111:5 (NIV)

He provides food for those who fear him; he remembers his covenant forever.

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Ezekiel 12:18 (NIV)

Son of man, tremble as you eat your food, and shudder in fear as you drink your water.

PRAISE

Exodus 15:2 (NIV)

The LORD is my strength and my song; he has become my salvation.
He is my God, and I will praise him, my father's God, and I will exalt him.

Deuteronomy 32:3 (NIV)

I will proclaim the name of the LORD. Oh, praise the greatness of our God!

1 Chronicles 29:13 (NIV)

Now, our God, we give you thanks, and praise your glorious name.

Psalms 28:6 through Psalm 28:7 (NIV)

Praise be to the LORD, for he has heard my cry for mercy.
The LORD is my strength and my shield; my heart trusts in him, and I am helped.
My heart leaps for joy and I will give thanks to him in song.

Psalms 34:1 through Psalm 34:5 (NIV)

I will extol the LORD at all times; his praise will always be on my lips.
My soul will boast in the LORD; let the afflicted hear and rejoice.
Glorify the LORD with me; let us exalt his name together.
I sought the LORD, and he answered me; he delivered me from all my fears.
Those who look to him are radiant; their faces are never covered with shame.

Psalms 51:15 through Psalm 51:17 (NIV)

O Lord, open my lips, and my mouth will declare your praise.
You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.
The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalms 52:9 (NIV)

I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.

Psalms 59:17 (NIV)

O my Strength, I sing praise to you; you, O God, are my fortress, my loving God.

Psalms 63:5 through Psalm 63:8 (NIV)

My soul will be 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. My soul clings to you; your right hand upholds me.

Psalms 66:17 through Psalm 66:20 (NIV)

I cried out to him with my mouth; his praise was on my tongue.
If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and heard my voice in prayer.
Praise be to God, who has not rejected my prayer or withheld his love from me!

Psalm 68:19 through Psalm 68:20 (NIV)

Praise be to the Lord, to God our Savior, who daily bears our burdens. *Selah*
Our God is a God who saves; from the Sovereign LORD comes escape from death.

Psalm 71:8 through Psalm 71:9 (NIV)

My mouth is filled with your praise, declaring your splendor all day long.
Do not cast me away when I am old; do not forsake me when my strength is gone.

Psalm 71:14 (NIV)

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

Psalm 100:4 through Psalm 100:5 (NIV)

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
For the LORD is good and his love endures forever; his faithfulness continues through all generations.

Psalm 103:1 through Psalm 103:5 (NIV)

Praise the LORD, O my soul; all my inmost being, praise his holy name.
Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 104:33 through Psalm 104:34 (NIV)

I will sing to the LORD all my life;
I will sing praise to my God as long as I live.
May my meditation be pleasing to him, as I rejoice in the LORD.

Psalm 119:175 (NIV)

Let me live that I may praise you, and may your laws sustain me.

Psalm 139:14 (NIV)

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalm 142:7 (NIV)

Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

Jeremiah 17:14 (NIV)

Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise.

Romans 15:7 (NIV)

Accept one another, then, just as Christ accepted you, in order to bring praise to God.

1 Corinthians 1:3 through 1 Corinthians 1:4 (NIV)

Grace and peace to you from God our Father and the Lord Jesus Christ.

I always thank God for you because of his grace given you in Christ Jesus.

James 5:13 (NIV)

Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.

1 Peter 4:16 (NIV)

However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name.

REJOICING

Psalm 9:2 (NIV)

I will be glad and rejoice in you; I will sing praise to your name, O Most High.

Psalm 13:5 (NIV)

But I trust in your unfailing love; my heart rejoices in your salvation.

Psalm 33:21 (NIV)

In him our hearts rejoice, for we trust in his holy name.

Psalm 34:2 through Psalm 34:5 (NIV)

My soul will boast in the LORD; let the afflicted hear and rejoice.
Glorify the LORD with me; let us exalt his name together.

I sought the LORD, and he answered me; he delivered me from all my fears.
Those who look to him are radiant; their faces are never covered with shame.

Psalm 40:16 through Psalm 40:17 (NIV)

But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The LORD be exalted!"

Yet I am poor and needy; may the Lord think of me.
You are my help and my deliverer; O my God, do not delay.

Psalm 104:34 (NIV)

May my meditation be pleasing to him, as I rejoice in the LORD.

Psalm 105:3 through Psalm 105:5 (NIV)

Glory in his holy name; let the hearts of those who seek the LORD rejoice.
Look to the LORD and his strength; seek his face always.

Remember the wonders he has done, his miracles, and the judgments he pronounced,

Psalm 118:24 through Psalm 118:25 (NIV)

This is the day the LORD has made; let us rejoice and be glad in it.

O LORD, save us; O LORD, grant us success.

Zephaniah 3:17 (NIV)

The LORD your God is with you, he is mighty to save.

He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Romans 5:3 (NIV)

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance;

Philippians 4:4 through Philippians 4:7 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition,

with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 1:6 through 1 Peter 1:7 (NIV)

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

STRENGTH

Exodus 15:2

The LORD is my strength and my song; he has become my salvation.
He is my God, and I will praise him, my father's God, and I will exalt him.

1 Samuel 23:16

And Saul's son Jonathan went to David at Horesh and helped him find strength in God.

1 Samuel 30:6

David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

2 Samuel 22:33

It is God who arms me with strength and makes my way perfect.

1 Chronicles 16:11-12

Look to the LORD and his strength; seek his face always.
Remember the wonders he has done, his miracles, and the judgments he pronounced,

Nehemiah 8:10

Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength."

Psalm 18:1-6

I love you, O LORD, my strength.

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.
He is my shield and the horn of my salvation, my stronghold.

I call to the LORD, who is worthy of praise, and I am saved from my enemies.

The cords of death entangled me; the torrents of destruction overwhelmed me.

The cords of the grave coiled around me; the snares of death confronted me.

In my distress I called to the LORD; I cried to my God for help.

From his temple he heard my voice; my cry came before him, into his ears.

Psalm 18:32-33

It is God who arms me with strength and makes my way perfect.

He makes my feet like the feet of a deer; he enables me to stand on the heights.

Psalm 22:19

But you, O LORD, be not far off; O my Strength, come quickly to help me.

Psalm 28:7-8

The LORD is my strength and my shield; my heart trusts in him, and I am helped.
My heart leaps for joy and I will give thanks to him in song.

The LORD is the strength of his people, a fortress of salvation for his anointed one.

Psalm 29:11

The LORD gives strength to his people; the LORD blesses his people with peace.

Psalm 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. *Selah*

Psalm 59:9-10, 17

O my Strength, I watch for you; you, O God, are my fortress, ¹⁰my loving God.

God will go before me and will let me gloat over those who slander me.

O my Strength, I sing praise to you; you, O God, are my fortress, my loving God.

Psalm 68:35

You are awesome, O God, in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!

Psalm 73:26

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

Psalm 81:1

Sing for joy to God our strength; shout aloud to the God of Jacob!

Psalm 105:4

Look to the LORD and his strength; seek his face always.

Psalm 118:14

The LORD is my strength and my song; he has become my salvation.

Isaiah 12:2-6

Surely God is my salvation; I will trust and not be afraid.

The LORD, the LORD, is my strength and my song; he has become my salvation.”

With joy you will draw water from the wells of salvation.

In that day you will say:

“Give thanks to the LORD, call on his name; make known among the nations what he has done, and proclaim that his name is exalted. Sing to the LORD, for he has done glorious things; let this be known to all the world. Shout aloud and sing for joy, people of Zion, for great is the Holy One of Israel among you.”

Isaiah 30:15

This is what the Sovereign LORD, the Holy One of Israel, says:

“In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.

Isaiah 33:2

O LORD, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.

Isaiah 40:30-31

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 45:24

They will say of me, ‘In the LORD alone are righteousness and strength.’”

All who have raged against him will come to him and be put to shame.

Jeremiah 16:19

O LORD, my strength and my fortress, my refuge in time of distress, to you the nations will come from the ends of the earth and say, “Our fathers possessed nothing but false gods, worthless idols that did them no good.

Daniel 10:14

Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come.

Habakkuk 3:19

The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights. For the director of music. On my stringed instruments.

1 Timothy 1:12

I thank Christ Jesus our Lord, who has given me strength, that he considered me faithful, appointing me to his service.

2 Timothy 4:17

But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion’s mouth.

1 Peter 4:11

If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

TEMPTATION

Matthew 4:1 through Matthew 4:4

Then Jesus was led by the Spirit into the desert to be tempted by the devil. ²After fasting forty days and forty nights, he was hungry. ³The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’ ”

Matthew 6:13

And lead us not into temptation, but deliver us from the evil one.

Matthew 26:41

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.

1 Corinthians 10:13

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

Hebrews 4:15

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.

James 1:13 through James 1:15

When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴but each one is tempted when, by his own evil desire, he is dragged away and enticed. ¹⁵Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

THANKS

1 Chronicles 16:8

Give thanks to the LORD, call on his name; make known among the nations what he has done.

1 Chronicles 16:32

Let the sea resound, and all that is in it; let the fields be jubilant, and everything in them!

Psalms 69:30

I will praise God's name in song and glorify him with thanksgiving.

Psalms 107:15

Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men,

Psalms 118:21

I will give you thanks, for you answered me; you have become my salvation.

Jonah 2:9

But I, with a song of thanksgiving, will sacrifice to you.
What I have vowed I will make good. Salvation comes from the LORD.”

Romans 6:17

But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted.

Romans 7:23 through Romans 7:25

... but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

1 Corinthians 15:57

But thanks be to God! He gives us the victory through our Lord Jesus Christ.

2 Corinthians 2:14

But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.

Ephesians 5:19 through Ephesians 5:20

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in

your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Colossians 3:15 through Colossians 3:17

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 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 4:2

Devote yourselves to prayer, being watchful and thankful.

1 Thessalonians 5:18

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.