

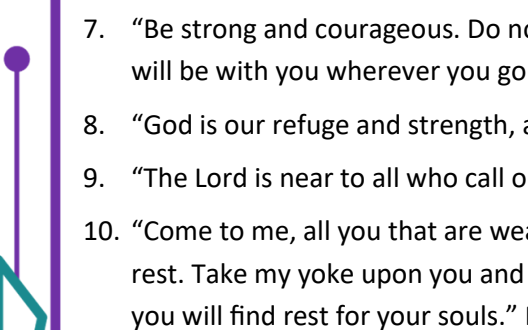


### BIBLE VERSES FOR COMFORT AND STRENGTH IN MOMENTS OF DESPAIR:

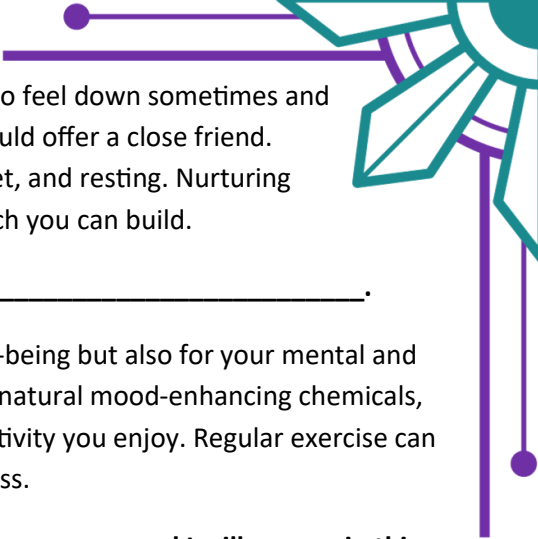
Reading Bible verses for strength soothes our troubled spirits. We all experience sadness, loneliness, and despair in this fallen world. Job loss, divorce, family dysfunction, and the death of a loved one (among other things) bring sorrow to our souls. Our lives resemble a roller coaster – full of ups and downs. Amid life’s unpredictability, we all need positivity and strength to lift us up.

With life’s uncertainty, it’s important to remember that we have the power to find strength within ourselves. More importantly, we must always call upon God so that we can have access to a strength beyond our own. God will give us the courage and strength to move on.

### BIBLE VERSES FOR STRENGTH:

1. “The Lord is my strength and my shield; my heart trusts in him and he helps me.” Psalm 28:7
  2. “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you.” Isaiah 40:31
  3. “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 40:31
  4. “I can do all this through him who gives me strength.” Philippians 4:13
  5. “The Lord is my rock, my fortress, and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.” Psalm 18:2
  6. “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.” Psalm 55:22
  7. “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9
  8. “God is our refuge and strength, an ever-present help in trouble.” Psalm 46:1
  9. “The Lord is near to all who call on him.” Psalm 145:18
  10. “Come to me, all you that are weary and are carrying heavy burdens, 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.” Matthew 11:28-29
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### REFLECTION:



**Be compassionate to yourself.** Acknowledge that it’s okay to feel down sometimes and grant yourself the same understanding and support you would offer a close friend. Treat yourself to self-care activities like hobbies, healthy diet, and resting. Nurturing self-compassion creates a foundation of strength upon which you can build.

\*\*\* I will show myself compassion by \_\_\_\_\_.

**Physical activity** is not only beneficial for your physical well-being but also for your mental and emotional health. Exercise releases endorphins, the body’s natural mood-enhancing chemicals, which can boost overall mood and energy levels. Find an activity you enjoy. Regular exercise can be a powerful tool in cultivating inner strength and happiness.

\*\*\* One type of exercise I enjoy is \_\_\_\_\_, and I will engage in this activity this often: \_\_\_\_\_.

**Cultivating gratitude.** When faced with challenges, focusing on what’s going wrong is easy. However, shifting your attention towards gratitude can be a transformative practice. Take a few minutes each day to reflect on what you are grateful for, big or small. It could be as simple as a warm beverage on a cool morning or the support of a friend. By fostering gratitude, you’ll train your mind to notice and appreciate the positive aspects of your life, enabling a sense of strength and contentment.

\*\*\* Today I am grateful for 1) \_\_\_\_\_, 2) \_\_\_\_\_

**Social connections** are essential for our emotional well-being, for support and companionship. Surrounding yourself with positive and supportive individuals can provide a sense of belonging and strengthen your resilience.

\*\*\* This week, I will connect with these positive people: \_\_\_\_\_

Putting God at the center of our hearts and lives is critical to a joyful life. When we put complete trust and confidence in the Lord, we can surpass all our challenges.

\*\*\* This week, I will live my faith by \_\_\_\_\_

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