



FAITHFUL SEASONS WITH GRACE

Scripture for Every Season

Verses for women in every stage and struggle of life, organized by topic

"His divine power has granted to us all things that pertain to life and godliness."

2 Peter 1:3 (ESV)

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Trust and Fear

These verses come from contexts of real suffering — Proverbs from wisdom literature on daily life, Philippians from Paul in prison, Isaiah from God speaking to His people in exile. They are invitations to trust in who God is while hard things happen, not promises that hard things will not.

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."

Proverbs 3:5-6 (ESV)

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 (ESV)

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

Isaiah 26:3 (ESV)

"The fear of man lays a snare, but whoever trusts in the Lord is safe."

Proverbs 29:25 (ESV)

REFLECTING ON THESE VERSES

What is the specific thing you are anxious about right now? Name it plainly before God.

What does it mean practically to keep your mind stayed on God in the middle of your current circumstance?

Which of these verses speaks most directly to where you are today, and why?

Contentment and Satisfaction

Philippians 4:11-12 comes from Paul in prison. He says he has learned contentment — not that he was born with it. That word learned means this is available to anyone who keeps coming back to God through all kinds of circumstances, including this one.

"I have learned, in whatever situation I am, to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need."

Philippians 4:11-12 (ESV)

"Godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world."

1 Timothy 6:6-7 (ESV)

"A tranquil heart gives life to the flesh, but envy makes the bones rot."

Proverbs 14:30 (ESV)

"O God, you are my God; earnestly I seek you; my soul thirsts for you in a dry and weary land where there is no water. Your steadfast love is better than life."

Psalms 63:1, 3 (ESV)

REFLECTING ON THESE VERSES

Where in your life right now is contentment the harder choice? What does discontentment reveal about what you are depending on?

Paul says he learned contentment. What has been your own school for learning it?

What is the difference between contentment and giving up? How do you tell them apart from the inside?

Loneliness and Being Known

David wrote Psalm 25 and Psalm 139 from real places of isolation and threat. These are not sanitized prayers — they are the words of a man who brought his actual loneliness to God rather than performing peace he did not have. That is the model.

"Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses."

Psalm 25:16-17 (ESV)

"You know when I sit down and when I rise up; you discern my thoughts from afar. Even before a word is on my tongue, behold, O Lord, you know it altogether."

Psalm 139:2, 4 (ESV)

"God settles the solitary in a home; he leads out the prisoners to prosperity."

Psalm 68:6 (ESV)

"Come to me, all who labor and are heavy laden, and I will give you rest. For I am gentle and lowly in heart, and you will find rest for your souls."

Matthew 11:28-29 (ESV)

REFLECTING ON THESE VERSES

What is the loneliness you are carrying right now that you have not yet named before God?

Notice where David starts in Psalm 25:16 and where the psalm ends. What does that movement show you about what to do with loneliness?

What is the difference between being alone and being lonely? Have you experienced that distinction?

Marriage

1 Corinthians 13 was written to a church in conflict, not to newlyweds. Paul is describing what love looks like when it is costly and inconvenient. These verses assume marriage is hard and point toward something better than feeling.

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth."

1 Corinthians 13:4-6 (ESV)

"Husbands, love your wives, as Christ loved the church and gave himself up for her. Wives, submit to your own husbands, as to the Lord."

Ephesians 5:25, 22 (ESV)

"Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus."

Philippians 2:4-5 (ESV)

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow."

Ecclesiastes 4:9-10 (ESV)

REFLECTING ON THESE VERSES

Which line of 1 Corinthians 13 is hardest for you to live right now in your marriage? What does that reveal about what you need from God?

What is the difference between love as a feeling and love as a choice? When have you had to love when you did not feel it?

What does it look like practically to look to your husband's interests this week, not just your own?

Motherhood

Proverbs 22:6 is wisdom literature — a general principle about trajectory and direction, not a guarantee about outcomes. This matters for the mother whose adult child has wandered. Deuteronomy 6 describes the ordinary, everyday nature of the work — at the table, on the road, at bedtime.

"Train up a child in the way he should go; even when he is old he will not depart from it."

Proverbs 22:6 (ESV)

"You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

Deuteronomy 6:7 (ESV)

"She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness."

Proverbs 31:26-27 (ESV)

"My grace is sufficient for you, for my power is made perfect in weakness."

2 Corinthians 12:9 (ESV)

REFLECTING ON THESE VERSES

What does faithfulness look like in this season of motherhood — not perfection, but faithfulness? What does it actually ask of you this week?

If you have an adult child who has wandered, how do you hold Proverbs 22:6 honestly — without dismissing it or letting it become a source of shame?

Where are you currently depending on your own strength as a mother? What would it look like to bring that specific exhaustion to God?

Honoring and Caring for Parents

Exodus 20:12 is a command given to adults, not children — it assumes parents who are present and living. Isaiah 46:4 is God describing how He carries His people even into old age, mirroring what He calls us to do. Both speak to faithfulness across a lifetime, not only in crisis moments.

"Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you."

Exodus 20:12 (ESV)

"Even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save."

Isaiah 46:4 (ESV)

"Do not rebuke an older man but encourage him as you would a father, older women as mothers."

1 Timothy 5:1-2 (ESV)

"My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."

2 Corinthians 12:9-10 (ESV)

REFLECTING ON THESE VERSES

What does honoring your parents look like in your current season — whether they are nearby, aging, declining, or gone?

Where is the weight of this season the heaviest right now? Have you brought that specific weight to God?

What is the difference between honoring a parent and pretending everything is fine? How do you hold both?

Grief and Suffering

Lamentations 3 was written in the middle of Jerusalem's destruction — not from the other side of it. The writer says his strength is gone and he has forgotten what happiness is, and then remembers God's faithfulness. That movement from despair to remembrance — not from despair to resolution — is the model.

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. The Lord is my portion, says my soul, therefore I will hope in him."

Lamentations 3:22-24 (ESV)

"The Lord is near to the brokenhearted and saves the crushed in spirit."

Psalms 34:18 (ESV)

"Blessed are those who mourn, for they shall be comforted."

Matthew 5:4 (ESV)

"And we know that for those who love God all things work together for good, for those who are called according to his purpose."

Romans 8:28 (ESV)

REFLECTING ON THESE VERSES

What is the grief you are carrying right now? Have you named it before God honestly, without cleaning it up first?

Romans 8:28 does not say God causes all things to be good, but that He works all things together for good. What is the difference, and why does it matter in your current season?

What do you know to be true about God's character that your grief is not yet able to feel? Can you hold both of those things at once?

Prayer

Romans 8:26 comes in the middle of Paul's description of a creation groaning and believers who do not yet see clearly. The Spirit's intercession is not a fallback for when we fail at prayer — it is how prayer always works. We never pray alone, even when we have no words.

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."

Romans 8:26 (ESV)

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6 (ESV)

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

Matthew 7:7 (ESV)

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:18 (ESV)

REFLECTING ON THESE VERSES

When prayer feels impossible, what usually gets in the way — exhaustion, shame, distraction? What does Romans 8:26 say to that specific barrier?

What is the difference between praying generally and praying specifically? What would it look like to bring one named, specific thing to God right now?

What does gratitude in prayer change for you, even when circumstances have not changed?

Identity in Christ

These verses come from letters written to specific churches facing real pressure — pressure to earn their standing before God, to conform to the world around them, to doubt whether they belonged to Him. The answers Paul gives are not motivational statements. They are theological realities about what Christ has already done.

"But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."

1 Peter 2:9 (ESV)

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

Ephesians 2:10 (ESV)

"There is therefore now no condemnation for those who are in Christ Jesus."

Romans 8:1 (ESV)

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

Galatians 2:20 (ESV)

REFLECTING ON THESE VERSES

Which of these verses is hardest to actually believe about yourself right now? What is getting in the way?

What would change in how you live this week if you fully believed Romans 8:1 — no condemnation, none — was true about you right now?

Your identity in Christ is received, not earned. How does that truth speak to the pressure you are currently feeling?

Wisdom and Discernment

James 1:5 comes immediately after James describes the testing of faith through trials. The wisdom promised is not cleverness or strategy — it is God-given ability to see circumstances and choices clearly from His perspective. It is wisdom for hard places, not easy decisions.

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

James 1:5 (ESV)

"The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding."

Proverbs 9:10 (ESV)

"Your word is a lamp to my feet and a light to my path."

Psalms 119:105 (ESV)

"Where there is no guidance, a people falls, but in an abundance of counselors there is safety."

Proverbs 11:14 (ESV)

REFLECTING ON THESE VERSES

What is the decision or situation you need wisdom for right now? Have you asked God specifically for wisdom in it?

What does it mean that wisdom begins with the fear of the Lord? How does fearing God rightly change the way you approach a decision?

Proverbs 11:14 mentions the role of wise counsel. Who in your life can you bring this situation to? Have you done that yet?

How to Use This Guide

This is not a guide to read quickly and set aside. It is meant to be returned to — in the seasons when you need reminding of what is actually true, when your feelings are arguing against Scripture, and when you need the Word to do the slow, steady work only it can do.

Each verse has been included because it fits the topic in its original context. Before relying on any verse in a hard moment, read the surrounding passage. Scripture always means more in its full setting than in a single sentence pulled from it.

The reflection questions on each page are not for answering quickly. Sit with one at a time. Bring your honest answer to God in prayer. Talk through your responses with a trusted friend, your husband, or a mentor.

"Your word is a lamp to my feet and a light to my path."

Psalm 119:105 (ESV)

If you are not already on my email list, I would love for you to join me at faithfulseasonswithgrace.com for new posts and more resources anchored in Scripture.

Grace and peace to you, in whatever season you are in.

— Keri