



When life feels uncertain, it's easy to doubt that God is really with us. But the same God who is with us during the good times is the same God who is with us during the uncertain times. All throughout the Bible, the Lord has shown that He doesn't abandon His children, you can be sure He won't start now.

1. "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord."- James 5:14
2. "The Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous." Psalms 146:8
3. "Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you." Exodus 23:25
4. "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 41:10
5. "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2
6. "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." Revelation 21:4
7. "The is what the Lord, the God of your father David, says: 'I have heard your prayer and seen your tears; I will heal you.'" 2 Kings 20:5
8. "Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise." Jeremiah 17:14
9. "And the people all tried to touch him, because power was coming from him and healing them all." -Luke 6:19
10. "But I will restore you to health and heal your wounds,' declares the Lord."-Jeremiah 30:17
11. "Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back." Isaiah 38:17



12. "I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners, creating praise on their lips. Peace, peace, to those far and near,' says the Lord, 'And I will heal them" - Isaiah 57:18-19
13. "He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed." Peter 2:24
14. "Come to me, all you who are weary and burdened, and I will give you rest."-- Matthew 11:28
15. "He gives strength to the weary and increases the power of the weak." --Isaiah 40:29
16. "He sent out his word and healed them; he rescued them from the grave. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind. "Psalms 107:20-21
17. "He heals the broken-hearted and binds up their wounds." Psalm 147:3
18. "Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness." Matthew 9:35
19. "He said to her, 'Daughter, your faith has healed you. Go in peace and be freed from your suffering.'" - Mark 5:34
20. "Lord my God, I called to you for help, and you healed me." - Psalm 30:2

Bible verses to encourage you during the uncertain times.

1. *"God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea." Psalm 46:1*
2. *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7*
3. *"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7*



4. *“The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore.” Psalm 121:7-8*

5. *“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” – Matthew 6:31-34*

6. *“The Lord gives his people strength. The Lord blesses them with peace.” – Psalm 29:11*

7. *“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.” Isaiah 41:10*

8. *“So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.” Deuteronomy 31:6*

9. *“Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.” Psalm 55:22*

10. *“Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.” James 1:2-4*

Encouraging verses about Beauty

Who God Say You Are

Proverbs 31:30 ESV / Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised.

1 Samuel 16:7 ESV / But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.”

1 Peter 3:3-4 ESV / Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

Reestablishing Connections Therapy
Encouraging Bible Verses

<https://reestablishingconnectionstherapy.ca/>



John 3:16 ESV / “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Psalms 139:14 ESV / I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Colossians 3:12 ESV / Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

1 Corinthians 3:16 ESV / Do you not know that you are God's temple and that God's Spirit dwells in you?

Jeremiah 29:11 ESV / For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

Psalms 139:13-16 ESV / For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Genesis 1:27 ESV / So God created man in his own image, in the image of God he created him; male and female he created them.

1 John 4:7 ESV / 5 helpful votes

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

2 Timothy 3:16 ESV / 5 helpful votes

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

Ephesians 2:10 ESV / For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

1 John 3:1 ESV / 4 helpful votes

See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

John 15:15 ESV / 4 helpful votes



No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

Psalm 91:1-16 ESV / 4 helpful votes

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, ...

Psalm 14:1 ESV / 4 helpful votes

To the choirmaster. Of David. The fool says in his heart, "There is no God." They are corrupt, they do abominable deeds, there is none who does good.

Esther 2:7 ESV / 4 helpful votes

He was bringing up Hadassah, that is Esther, the daughter of his uncle, for she had neither father nor mother. The young woman had a beautiful figure and was lovely to look at, and when her father and her mother died, Mordecai took her as his own daughter.

Genesis 24:16 ESV / 4 helpful votes

The young woman was very attractive in appearance, a maiden whom no man had known. She went down to the spring and filled her jar and came up.

Romans 13:8 ESV / 3 helpful votes

Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.

John 1:12 ESV / 3 helpful votes

But to all who did receive him, who believed in his name, he gave the right to become children of God,

Matthew 11:28-30 ESV / 3 helpful votes

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Zephaniah 3:17 ESV / 3 helpful votes



The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Proverbs 14:1 ESV / 3 helpful votes

The wisest of women builds her house, but folly with her own hands tears it down.

Genesis 2:7 ESV / 3 helpful votes

Then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

Genesis 1:31 ESV / 3 helpful votes

And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

1 John 1:9 ESV / 2 helpful votes

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Timothy 3:11 ESV / 2 helpful votes

Their wives likewise must be dignified, not slanderers, but sober-minded, faithful in all things.

Colossians 2:10 ESV / 2 helpful votes

And you have been filled in him, who is the head of all rule and authority.

Philippians 4:19 ESV / 2 helpful votes

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

Philippians 4:8 ESV / 2 helpful votes

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 3:20 ESV / 2 helpful votes

But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,

Ephesians 2:6 ESV / 2 helpful votes



And raised us up with him and seated us with him in the heavenly places in Christ Jesus,

Galatians 3:28 ESV / 2 helpful votes

There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.

2 Corinthians 5:17 ESV / 2 helpful votes

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

1 Corinthians 15:54-57 ESV / 2 helpful votes

When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." "O death, where is your victory? O death, where is your sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 6:18 ESV / 2 helpful votes

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

1 Corinthians 1:30 ESV / 2 helpful votes

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption,

Romans 10:9 ESV / 2 helpful votes

Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 8:38-39 ESV / 2 helpful votes

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:2 ESV / 2 helpful votes

For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

Romans 8:1 ESV / 2 helpful votes



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

Romans 1:20 ESV / 2 helpful votes

For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.

John 17:17 ESV / 2 helpful votes

Sanctify them in the truth; your word is truth.

John 15:5 ESV / 2 helpful votes

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 3:16-17 ESV / 2 helpful votes

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Matthew 5:28 ESV / 2 helpful votes

But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

Matthew 5:21 ESV / 2 helpful votes

“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’

Ezekiel 28:17 ESV / 2 helpful votes

Your heart was proud because of your beauty; you corrupted your wisdom for the sake of your splendor. I cast you to the ground; I exposed you before kings, to feast their eyes on you.

Proverbs 31:1-31 ESV / 2 helpful votes

The words of King Lemuel. An oracle that his mother taught him: What are you doing, my son? What are you doing, son of my womb? What are you doing, son of my vows? Do not give your strength to women, your ways to those who destroy kings. It is not for kings, O Lemuel, it is not for kings to drink wine, or for rulers to take strong drink, lest they drink and forget what has been decreed and pervert the rights of all the afflicted. ...



Proverbs 17:17 ESV / 2 helpful votes

A friend loves at all times, and a brother is born for adversity.

Psalms 139:1-24 ESV / 2 helpful votes

To the choirmaster. A Psalm of David. O LORD, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it altogether. You hem me in, behind and before, and lay your hand upon me. ...

Ruth 1:16-17 ESV / 2 helpful votes

But Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the LORD do so to me and more also if anything but death parts me from you."

Genesis 12:11 ESV / 2 helpful votes

When he was about to enter Egypt, he said to Sarai his wife, "I know that you are a woman beautiful in appearance,