

# Words that Hold You: Encouraging Scripture Verses

*A Reflection & Journaling Collection*

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**Dear Friend,**

If you've found your way to this page, I want you to know something right away:

**You are not alone.**

This world can feel heavy sometimes—too heavy. There are days when the ache in your chest makes it hard to breathe... when the lies in your mind shout louder than the truth... when the tears come silently and the questions go unanswered.

I've lived those days, too.

That's why I created this resource. Not to give you all the answers, but to remind you that there *are* answers. There is comfort. There is healing. There is hope. And it starts with the truth that God's Word still speaks—especially in the darkness.

These verses were chosen for the places we rarely talk about: the moments we feel ashamed, forgotten, exhausted, unwanted, or just plain done. But in those very moments, the Bible whispers what our hearts most need to hear:

**You are loved.**

**You are seen.**

**You are still being held.**

I invite you to take your time with each section. Read the verses out loud. Reflect honestly. Write freely. Pray with trembling hope if that's all you've got today.

My prayer is that these words will hold you in the same way God held me—gently, faithfully, and without letting go.

With love and hope,

**Katina Lee**

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# When You Feel Broken

## Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**Prompt:** What would you say to God from your place of brokenness today?

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## 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.”

**Prompt:** Where in your life do you need to feel God’s strength?

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## Psalm 30:5

“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.” *(NKJV)*

**Prompt:** What is one thing you’re still waiting to heal—but hopeful about?

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## Isaiah 61:3

“...To give them beauty for ashes,  
The oil of joy for mourning,  
The garment of praise for the spirit of heaviness...” *(NKJV)*

**Prompt:** What ashes from your life are you ready to hand over for beauty?

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## Journal Prompt:

Where do you feel most broken right now? What would it mean to invite God into that space?

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**Prayer:**

*God, I feel so broken inside. Some days I don't even know how to keep going. But Your Word says You're close to the brokenhearted—and I need You close today. I don't need to have it all together; I just need to be held. Please meet me in this broken place and begin the healing I can't do on my own. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You Feel Alone or Abandoned

### Psalm 139:8

"If I go up to the heavens, You are there;  
if I make my bed in the depths, You are there."

**Prompt:** What does it mean to you that God is with you "even here"?

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### Deuteronomy 31:8

"The Lord Himself goes before you and will be with you;  
He will never leave you nor forsake you.  
Do not be afraid; do not be discouraged."

**Prompt:** Recall a time you felt abandoned—how might God have been present?

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### Psalm 46:1

"God is our refuge and strength,  
an ever-present help in trouble."

**Prompt:** What kind of "refuge" do you need right now?

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### Nahum 1:7

"The Lord is good,  
a refuge in times of trouble.  
He cares for those who trust in Him."

**Prompt:** What would trusting God's goodness look like this week?

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### Journal Prompt:

Think about a time when you felt completely alone. What were you believing about yourself or your situation? Now, what might God say to that version of you?

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**Prayer:**

*God, sometimes I feel like no one sees me. I feel left behind, forgotten, or overlooked. But Your Word says You are with me—even in the depths. Remind me today that I'm never truly alone. Help me feel Your nearness when loneliness settles in and anchor my heart in the truth that You will never leave or forsake me. Be my safe place. Be my home. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You're Anxious or Afraid

### Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

**Prompt:** What's weighing on your heart that you want to surrender?

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### 1 Peter 5:7

"Cast all your anxiety on Him because He cares for you."

**Prompt:** What's one worry you can give to God today?

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### Psalms 121:1-2

"I lift up my eyes to the mountains—where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth."

**Prompt:** Where are you trying to rely on yourself instead of God?

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### Isaiah 43:2

"When you pass through the waters, I will be with you;  
and when you pass through the rivers, they will not sweep over you.  
When you walk through the fire, you will not be burned;  
the flames will not set you ablaze."

**Prompt:** What "waters" are you walking through right now?

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**Journal Prompt:**

What is making your heart anxious right now?

Write out your worries one by one—and as you do, imagine placing each one in God's hands.

What would it feel like to truly release control and trust Him with the outcome?

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**Prayer:**

*Lord, my heart is racing with fears I can't always name. I want to trust You, but my mind keeps running in circles. Thank You for being a God of peace. Calm my spirit. Help me give You every anxious thought and receive the stillness only You can bring. Guard my heart and mind with Your perfect peace. I don't have to figure it all out—I just need to rest in You. Amen.*

**Write your thoughts, feelings or own prayer:**



## When You Need Comfort or Rest

### 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."

**Prompt:** What would it look like to rest in God's presence today?

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### Psalm 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."

**Prompt:** What valleys in your life need God's comfort?

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### Zephaniah 3:17

"The Lord your God is with you, the Mighty Warrior who saves.  
He will take great delight in you;  
in His love He will no longer rebuke you,  
but will rejoice over you with singing."

**Prompt:** How does it feel to be delighted in by God?

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### Hebrews 4:15-16

"For we do not have a high priest who is unable to empathize with our weaknesses...  
Let us then approach God's throne of grace with confidence,  
so that we may receive mercy and find grace to help us in our time of need."

**Prompt:** What do you need to bring to the throne today?

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**Journal Prompt:**

Where in your life are you longing for comfort and peace?  
Describe what it would feel like to receive rest—not just physically, but emotionally and spiritually—from God right now. What might He be inviting you to release?

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**Prayer:**

*Jesus, I'm tired. Tired in my body, tired in my mind, and tired in my soul. I need the rest only You can offer. Wrap me in Your gentleness. Carry what I no longer can. I don't just want sleep—I want soul-deep peace. Show me how to lean on You, and teach me that it's okay to slow down and be held. I give You my weariness and receive Your rest. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You're Hoping for Healing or Change

### Romans 5:3-5

"Not only so, but we also glory in our sufferings,  
because we know that suffering produces perseverance;  
perseverance, character; and character, hope.  
And hope does not put us to shame,  
because God's love has been poured out into our hearts  
through the Holy Spirit, who has been given to us."

**Prompt:** What part of your journey has built strength in you?

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### 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."

**Prompt:** What lies do you need to silence to receive this truth?

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### Isaiah 40:31

"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."

**Prompt:** How do you renew your hope when you're running low?

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### Romans 15:13

"May the God of hope fill you with all joy and peace as you trust in Him,  
so that you may overflow with hope by the power of the Holy Spirit."

**Prompt:** What would overflowing hope look like in your life?

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**Journal Prompt:**

What areas of your life feel like they need healing or transformation?  
Where have you seen small signs of hope—even in the midst of struggle?  
What would it mean to trust God with the parts of your life still in process?

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**Prayer:**

*God, I want to believe that change is possible. That healing is possible. Some days I doubt it, but deep down, I'm still hoping. Help me hold on to that hope, even when I can't see the outcome. Restore what's been lost. Redeem what's been broken. Remind me that You are working in the unseen places. I give You my story, and I ask You to make something new. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You're Grieving or Longing for Peace

### Matthew 5:4

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

**Prompt:** What grief are you still carrying that needs God's comfort?

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### Psalm 55:22

"Cast your cares on the Lord and He will sustain you;  
He will never let the righteous be shaken."

**Prompt:** What have you been carrying alone that you could release?

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### Revelation 21:4

"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."

**Prompt:** How does eternity bring comfort to your present pain?

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### Psalm 27:13-14

"I remain confident of this:  
I will see the goodness of the Lord in the land of the living.  
Wait for the Lord; be strong and take heart and wait for the Lord."

**Prompt:** Where are you still waiting to see God's goodness?

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**Journal Prompt:**

Grief doesn't always look like tears—it can look like fatigue, disconnection, or silent aching. What losses are you still processing? Where in your heart do you need God's gentle peace to settle in? Write honestly, without judgment.

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**Prayer:**

*Lord, my heart is heavy with grief. Sometimes it feels like the pain will never end. I miss what was. I ache for what could have been. But I believe You are a God who comforts, who heals, who holds every tear. Meet me in this sorrow. Let Your peace settle over me like a warm blanket. Help me breathe again, one moment at a time. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You Need Trust, Guidance, or Direction

### Proverbs 3:5–6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

**Prompt:** Where are you struggling to trust God fully?

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### 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.’"

**Prompt:** What parts of your future feel uncertain or scary?

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### John 16:33

"In this world you will have trouble. But take heart! I have overcome the world."

**Prompt:** What promise of God can you cling to today?

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### 2 Corinthians 12:9

"But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’"

**Prompt:** What weakness are you offering to God right now?

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### Journal Prompt:

Trust doesn't always come easily—especially when you can't see the road ahead. Reflect on the areas of your life where you've been trying to control the outcome. What would it look like to release that control and trust that God's grace will meet you where you are?

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**Prayer:**

*Father, I feel lost. I want to do what's right, but I don't know the next step. Show me where to go. Open the right doors, close the wrong ones, and help me lean not on my own understanding. Give me courage to trust You with the path ahead. Even when it's dark, I choose to walk with You. Lead me. I'm listening. Amen.*

**Write your thoughts, feelings or own prayer:**



# When You Feel Overwhelmed but Still Fighting

## 2 Corinthians 4:8-9

"We are hard pressed on every side but not crushed;  
perplexed, but not in despair;  
persecuted, but not abandoned;  
struck down, but not destroyed."

**Prompt:** What pressures or struggles are you facing right now?  
How can you remind yourself that being knocked down doesn't mean being defeated?

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### Journal Prompt:

Think about a time you felt at your absolute limit but still kept going. What gave you the strength to rise again? What does resilience look like for you in this season?

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### Prayer:

*God, I'm still standing—but barely. I'm overwhelmed, worn down, and weary. But I haven't given up. Thank You for holding me when I'm too weak to hold myself. Remind me that being tired doesn't mean I'm failing. Help me fight with faith, even if all I can do today is breathe and keep going. You are my strength. I will not be destroyed. Amen.*

**Write your thoughts, feelings or own prayer:**

# When You Need to Believe Tomorrow Will Be Better

## Lamentations 3:22–23

"Because of the Lord's great love we are not consumed,  
for His compassions never fail.  
They are new every morning;  
great is Your faithfulness."

**Prompt:** What would it look like to wake up tomorrow with hope?  
How has God shown up for you in the past, even in small ways?

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### Journal Prompt:

Hope doesn't mean having all the answers—it means trusting that the darkness won't last forever. Write about something you're still believing for, even if it feels impossible right now. What would it feel like to truly expect goodness again?

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### Prayer:

*Lord, some days it's hard to believe that things will ever change. But Your mercies are new every morning, and Your faithfulness has never failed me. Plant hope in my heart again. Help me wake up tomorrow expecting You to show up. Give me eyes to see beauty again, even if it's just a little at a time. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You've Lost Your Joy

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### Psalm 30:5

"Weeping may endure for a night, but joy comes in the morning."

**Prompt:** What season of weeping are you coming out of or still sitting in?  
What kind of joy are you asking God to restore to you?

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### Nehemiah 8:10

"Do not grieve, for the joy of the Lord is your strength."

**Prompt:** Where have you been relying on your own strength instead of joy?  
How could shifting your focus to God's joy change your emotional state today?

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### Psalm 126:5-6

"Those who sow in tears will reap with songs of joy.  
Those who go out weeping, carrying seed to sow,  
will return with songs of joy, carrying sheaves with them."

**Prompt:** What tears have you sown that you're still waiting to see turn to joy?  
What does "carrying seed to sow" look like in your life right now?

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### John 16:22

"So with you: Now is your time of grief,  
but I will see you again and you will rejoice,  
and no one will take away your joy."

**Prompt:** Is your heart able to believe that joy will return?  
What are the things that have felt like joy was stolen from you?

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## Isaiah 61:3

“To all who mourn in Israel,  
He will give a crown of beauty for ashes,  
a joyous blessing instead of mourning,  
festive praise instead of despair.”

**Prompt:** If you could trade your mourning for something today, what would it be?  
What would it mean to receive a “crown of beauty for ashes”?

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### Journal Prompt:

Have you ever felt like joy disappeared from your life?  
What has made it hard to feel joy lately—and what would it mean to believe it could return?

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### Prayer:

*God, it feels like my joy is missing. I go through the motions, but the spark is gone. I long for laughter, lightness, and peace again. Your Word says joy comes in the morning—so I’m holding on through the night. Restore joy to my soul, not just in my circumstances, but deep within. Help me find delight in little things again. Let joy rise, even here. Amen.*

**Write your thoughts, feelings or own prayer:**

## When Your Heart Is Broken

### Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**Prompt:** What part of your heart feels shattered today?  
How does it feel to know God is close to you in this pain?

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### Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

**Prompt:** What wounds are still open in your life?  
Write a prayer asking God to begin binding them gently.

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### Isaiah 43:2

“When you pass through the waters, I will be with you;  
and when you pass through the rivers, they will not sweep over you.  
When you walk through the fire, you will not be burned;  
the flames will not set you ablaze.”

**Prompt:** What have you gone through that felt like fire or deep water?  
How did you survive, and where did you sense God’s presence (or absence)?

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### Matthew 5:4

“Blessed are those who mourn, for they will be comforted.”

**Prompt:** How have you experienced mourning this year?  
What kind of comfort do you long for most right now?

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## Revelation 21:4

“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.”

**Prompt:** What does this promise stir up in your heart?  
Write a letter to your future self—one who is healed, whole, and joyful again.

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### Journal Prompt:

Heartbreak changes us. But it doesn’t have to end us.  
What feels broken beyond repair—and what would it look like to begin again?

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### Prayer:

*Lord, this heartache is heavier than I imagined. It aches in waves and catches me off guard. I gave my heart and it shattered—but You are the healer of broken hearts. I don’t know how You’ll put the pieces back together, but I trust that You will. Gently gather what’s left of me. Make something beautiful out of these broken places. Amen.*

**Write your thoughts, feelings or own prayer:**

## When You Feel Ashamed or Embarrassed

### Isaiah 61:7

“Instead of your shame you will receive a double portion,  
and instead of disgrace you will rejoice in your inheritance.  
And so you will inherit a double portion in your land,  
and everlasting joy will be yours.”

**Prompt:** What memories or moments still bring you shame?  
How does this verse shift your perspective on what God wants to give you in place of it?

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### Romans 8:1

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

**Prompt:** What are you condemning yourself for that Jesus has already forgiven?  
Write a letter to yourself from the perspective of grace.

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### Joel 2:25-26

“I will repay you for the years the locusts have eaten...  
You will have plenty to eat, until you are full,  
and you will praise the name of the Lord your God...  
Never again will my people be shamed.”

**Prompt:** What feels like “lost years” in your life?  
How can you open your heart to the idea of God repaying and restoring them?

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### Hebrews 12:2

“...For the joy set before Him He endured the cross, scorning its shame...”

**Prompt:** What kind of shame did Jesus bear on your behalf?  
How does that make you feel about your own story of pain or failure?

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## Psalm 25:3

“No one who hopes in you will ever be put to shame...”

**Prompt:** What would change if you truly believed that your hope in God cancels your shame?

Reflect on an area of your life where hope needs to replace humiliation.

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### Journal Prompt:

Shame is a liar that tries to write your story in ink—  
but grace holds the pen.

Where are you ready to rewrite your narrative through God’s mercy?

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### Prayer:

*God, shame has wrapped itself around me like a blanket I can’t seem to shake. I feel exposed, embarrassed, and like I’ll never live it down. But You see me fully—and love me completely. You don’t shame me. You cover me. Remind me that I am more than my mistakes. Help me stand in the truth of who You say I am: forgiven, loved, and made new. Amen.*

**Write your thoughts, feelings or own prayer:**



# When You Feel Exhausted

## 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.”

**Prompt:** What burdens are you carrying that feel too heavy right now? What would it look like to exchange those burdens for the rest Jesus promises?

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## Isaiah 40:29-31

“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.”

**Prompt:** Where in your life do you need renewed strength? Describe what “soaring on wings like eagles” might mean for you right now.

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## Psalms 73:26

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

**Prompt:** Have you been trying to power through on your own? What would it mean to rely on God’s strength instead of your own?

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## Exodus 33:14

“The Lord replied, ‘My Presence will go with you, and I will give you rest.’”

**Prompt:** Where do you need God’s presence to meet you right now? What part of your soul is asking for rest?

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**Galatians 6:9**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

**Prompt:** Is there an area where you feel like giving up?  
What would it look like to keep going with hope in the harvest ahead?

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**Journal Prompt:**

Fatigue doesn't always mean failure.  
Where do you need to stop striving and start resting in God's provision instead?

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**Prayer:**

*Lord, I am worn out. Not just physically—but emotionally, spiritually, mentally. I feel like I have nothing left to give. Thank You that I don't have to earn rest—I just have to receive it. Let Your strength be made perfect in my weakness. Let my soul breathe again. Renew me from the inside out. Amen.*

**Write your thoughts, feelings or own prayer:**

# When You Feel Like Your Family Would Be Better Off Without You

## Isaiah 49:15-16

“Can a mother forget the baby at her breast and have no compassion on the child she has borne?

Though she may forget, I will not forget you!

See, I have engraved you on the palms of my hands; your walls are ever before me.”

**Prompt:** Do you feel forgotten or overlooked by the people closest to you?

How does knowing that God never forgets you change the story in your mind?

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## Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**Prompt:** Describe the parts of your heart that feel broken or crushed.

What might it mean for God to be close to you right now?

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## 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.’”

**Prompt:** What would it take to believe that God still has good plans for you?

What kind of future would you dare to hope for if this verse were true?

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## 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.”

**Prompt:** What has made you feel unlovable or separated?

How might this verse speak directly to that fear?

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**Job 33:28-30**

“He redeemed my soul from going down to the pit, and I will live to enjoy the light of life. God does all these things to a person—twice, even three times—to turn them back from the pit, that the light of life may shine on them.”

**Prompt:** Have you ever felt like you were at the edge of the “pit”? What moments or people have pulled you back toward the light?

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**Journal Prompt:**

Sometimes the loudest lies are the ones whispered inside our own minds. What truth does God want to speak over the lie that your loved ones would be better off without you?

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**Prayer:**

*God, the lies in my head are loud right now. They tell me I’m a burden, a problem, too much, or not enough. But I choose to believe You instead. You say I’m chosen, loved, needed. I matter—even when I don’t feel like it. Help me see my worth through Your eyes. Silence the lies and speak truth over me until I can believe it again. Amen.*

**Write your thoughts, feelings or own prayer:**

# When You Feel Unwanted

## Psalm 27:10

“Though my father and mother forsake me, the Lord will receive me.”

**Prompt:** Have you ever felt rejected by someone you expected to love you?  
What does it mean to you that God still receives you?

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## Ephesians 1:4-5

“For He chose us in Him before the creation of the world to be holy and blameless in His sight.  
In love He predestined us for adoption to sonship through Jesus Christ,  
in accordance with His pleasure and will.”

**Prompt:** You were chosen before you were ever formed.  
How would your self-worth change if you fully believed you were wanted by God?

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## Isaiah 41:9

“I took you from the ends of the earth, from its farthest corners I called you.  
I said, ‘You are my servant’; I have chosen you and have not rejected you.”

**Prompt:** Where have you been told—by others or yourself—that you don’t belong?  
What would it look like to believe that you are chosen, not rejected?

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## Romans 15:7

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

**Prompt:** What parts of yourself do you struggle to accept?  
What does this verse say about how Christ sees you?

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## John 15:16

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last...”

**Prompt:** What does it mean to be chosen on purpose?

Even if people have made you feel unwanted, how might God’s choosing reshape your story?

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### Journal Prompt:

Rejection can leave deep wounds, but God’s love declares you chosen. What would shift in your heart and life if you believed that God wants you—not out of pity, but with purpose?

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### Prayer:

*Father, rejection stings in places I didn’t even know existed. I want to feel wanted, chosen, loved. Remind me that even when people walk away, You never do. Even when others don’t choose me, You already have. Wrap me in Your love until the ache starts to ease. I belong to You, and that’s enough. Amen.*

**Write your thoughts, feelings or own prayer:**

# When You Feel Hopeless

## Romans 15:13

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

**Prompt:** What does it mean for hope to overflow in your life—even when you feel empty? Where could you begin trusting Him again today?

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## Psalms 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.”

**Prompt:** In what areas of your life do you feel brokenhearted or crushed? How does it feel to know that God is close in those moments?

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## Isaiah 40:31

“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.”

**Prompt:** What does renewed strength look like for you right now? What might it mean to hope in the Lord when you feel like giving up?

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## 2 Corinthians 4:16-18

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.  
For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

**Prompt:** What helps you keep from losing heart?  
How can you remind yourself that this moment is not the whole story?

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**Psalm 42:11**

“Why, my soul, are you downcast? Why so disturbed within me?  
Put your hope in God, for I will yet praise Him, my Savior and my God.”

**Prompt:** This verse is both a question and a declaration.  
How can you speak hope to your own soul today?

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**Journal Prompt:**

Hope doesn't always come in bright bursts—it often begins as a whisper.  
What would it look like to hold onto a sliver of hope today?  
What truth from these verses can anchor you when your emotions feel overwhelming?

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**Prayer:**

*God, I'm struggling to see how anything will get better. It feels dark and heavy and endless.  
But Your Word says You are the God of all hope. So I'm asking You to plant even the smallest  
seed of hope in me again. Let light break through. Let something shift. Help me to keep  
breathing, keep believing, even when I can't see the way. Amen.*

**Write your thoughts, feelings or own prayer:**



# When You Feel Like Giving Up

## Galatians 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

**Prompt:** What “harvest” are you hoping for in your life?  
What does not giving up look like in your current situation?

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## Hebrews 12:1-2

“Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.”

**Prompt:** What part of your journey feels hardest right now?  
How can you shift your focus from your struggle to your Source?

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## Psalms 73:26

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

**Prompt:** In what areas do you feel like you're failing or falling apart?  
How does this verse shift your view of strength?

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## 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.”

**Prompt:** What would it feel like to fully trust that God is holding you up?  
Write a prayer asking Him for the strength to keep going.

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## 2 Corinthians 12:9

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

**Prompt:** Where are you weak right now?

How could your weakness be the place God shows up in power?

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### Journal Prompt:

When life feels like too much, your next breath is a victory.

Where do you need God's strength to keep going today?

What might He want to remind you about the purpose behind your perseverance?

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### Prayer:

*Lord, I don't know how much more I can take. Everything feels like too much. I'm tired of trying. But even as I whisper "I'm done," something in me still longs to hold on. So help me hold on, even if it's by a thread. Remind me that my story isn't over. You're still writing it—and the next chapter can still be beautiful. Amen.*

**Write your thoughts, feelings or own prayer:**

## Words to Carry with You: 25 Verses to Remember

There will be moments in your life when the noise of the world feels too loud, and your own thoughts too heavy to carry. In those moments, truth needs to be close. Not just on a page—but in your heart.

These verses are here for you to memorize, meditate on, and carry with you when you feel lost, overwhelmed, or uncertain. Let them become your anchor. Let them remind you who God is—and who you are to Him.

You don't have to remember every word right away. Start with one. Let it sink in. Whisper it to yourself when doubt creeps in. Declare it over your life when fear tries to win. These are *words that hold you*—and you are worth holding.

## 25 Bible Verses to Memorize

1. **Psalm 23:1**

“The Lord is my shepherd, I lack nothing.”

2. **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.”

3. **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.”

4. **Philippians 4:13**

“I can do all things through Christ who strengthens me.”

5. **Psalm 46:1**

“God is our refuge and strength, an ever-present help in trouble.”

6. **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.’”

7. **Matthew 11:28**

“Come to me, all you who are weary and burdened, and I will give you rest.”

8. **Romans 8:38-39**

“For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord.”

9. **Proverbs 3:5-6**

“Trust in the Lord with all your heart and lean not on your own

understanding; in all your ways submit to Him, and He will make your paths straight.”

10.       **2 Corinthians 12:9**

“My grace is sufficient for you, for My power is made perfect in weakness.”

11.       **Lamentations 3:22-23**

“Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.”

12.       **1 Peter 5:7**

“Cast all your anxiety on Him because He cares for you.”

13.       **Isaiah 43:2**

“When you pass through the waters, I will be with you... the rivers will not sweep over you... the fire will not set you ablaze.”

14.       **Psalms 139:14**

“I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.”

15.       **Joshua 1:9**

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

16.       **Hebrews 13:5**

“Never will I leave you; never will I forsake you.”

17.       **John 16:33**

“In this world you will have trouble. But take heart! I have overcome the world.”

18.       **Ephesians 2:10**

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

19.       **Romans 12:2**

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

20.       **Galatians 6:9**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

21.       **Psalms 34:18**

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

22.       **Philippians 4:6-7**

“Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.”

23.       **Matthew 5:14**

“You are the light of the world. A town built on a hill cannot be hidden.”

24.       **Isaiah 26:3**

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

25.       **Deuteronomy 31:6**

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you.”