BEHOLD HIM WHEN ...

YOU ARE FEELING TIRED...

MATTHEW 11:28 - "COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST."

ISAIAH 40:31 – "BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; THEY SHALL RUN AND NOT BE WEARY; THEY SHALL WALK AND NOT FAINT."

PSALM 4:8 – "IN PEACE I WILL BOTH LIE DOWN AND SLEEP; FOR YOU ALONE, O LORD, MAKE ME DWELL IN SAFETY."

PSALM 23:1-2 – "THE LORD IS MY SHEPHERD; I SHALL NOT WANT. HE MAKES ME LIE DOWN IN GREEN PASTURES. HE LEADS ME BESIDE STILL WATERS."

JEREMIAH 31:25 – "FOR I WILL SATISFY THE WEARY SOUL, AND EVERY LANGUISHING SOUL I WILL REPLENISH."

YOU ARE FEELING ANXIOUS...

PHILIPPIANS 4:6&7 – "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."

1 PETER 5:7 - "CASTING ALL YOUR ANXIETIES ON HIM, BECAUSE HE CARES FOR YOU."

MATTHEW 6:34 – "THEREFORE DO NOT BE ANXIOUS ABOUT TOMORROW, FOR TOMORROW WILL BE ANXIOUS FOR ITSELF. SUFFICIENT FOR THE DAY IS ITS OWN TROUBLE."

ISAIAH 41:10 - "FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

JOHN 14:27 – "PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID."

YOU ARE FEELING ANGRY

JAMES 1:19-20 - "KNOW THIS, MY BELOVED BROTHERS: LET EVERY PERSON BE QUICK TO HEAR, SLOW TO SPEAK, SLOW TO ANGER; FOR THE ANGER OF MAN DOES NOT PRODUCE THE RIGHTEOUSNESS OF GOD."

EPHESIANS 4:26-27 – "BE ANGRY AND DO NOT SIN; DO NOT LET THE SUN GO DOWN ON YOUR ANGER, AND GIVE NO OPPORTUNITY TO THE DEVIL."

PROVERBS 14:29 – "WHOEVER IS SLOW TO ANGER HAS GREAT UNDERSTANDING, BUT HE WHO HAS A HASTY TEMPER EXALTS FOLLY."

PSALM 37:8 – "REFRAIN FROM ANGER, AND FORSAKE WRATH! FRET NOT YOURSELF; IT TENDS ONLY TO EVIL."

PROVERBS 15:1 - "A SOFT ANSWER TURNS AWAY WRATH, BUT A HARSH WORD STIRS UP ANGER."

BEHOLD HIM WHEN...

YOU ARE FEELING DEPRESSED

PSALM 34:17-18 – "WHEN THE RIGHTEOUS CRY FOR HELP, THE LORD HEARS AND DELIVERS THEM OUT OF ALL THEIR TROUBLES. THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT."

PSALM 42:11 – "WHY ARE YOU CAST DOWN, O MY SOUL, AND WHY ARE YOU IN TURMOIL WITHIN ME? HOPE IN GOD; FOR I SHALL AGAIN PRAISE HIM, MY SALVATION AND MY GOD."

2 CORINTHIANS 1:3-4 – "BLESSED BE THE GOD AND FATHER OF OUR LORD JESUS CHRIST, THE FATHER OF MERCIES AND GOD OF ALL COMFORT, WHO COMFORTS US IN ALL OUR AFFLICTION, SO THAT WE MAY BE ABLE TO COMFORT THOSE WHO ARE IN ANY AFFLICTION, WITH THE COMFORT WITH WHICH WE OURSELVES ARE COMFORTED BY GOD."

ISAIAH 41:10 - "FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

MATTHEW 11:28 - "COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST."

YOU ARE FEELING DISCOURAGED

JOSHUA 1:9 - "HAVE I NOT COMMANDED YOU? BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED, AND DO NOT BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO."

ISAIAH 40:31 – "BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; THEY SHALL RUN AND NOT BE WEARY; THEY SHALL WALK AND NOT FAINT."

PSALM 31:24 - "BE STRONG, AND LET YOUR HEART TAKE COURAGE, ALL YOU WHO WAIT FOR THE LORD!"

PHILIPPIANS 4:13 - "I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME."

2 CORINTHIANS 4:16-18 – "SO WE DO NOT LOSE HEART. THOUGH OUR OUTER SELF IS WASTING AWAY, OUR INNER SELF IS BEING RENEWED DAY BY DAY. FOR THIS LIGHT MOMENTARY AFFLICTION IS PREPARING FOR US AN ETERNAL WEIGHT OF GLORY BEYOND ALL COMPARISON, AS WE LOOK NOT TO THE THINGS THAT ARE SEEN BUT TO THE THINGS THAT ARE UNSEEN. FOR THE THINGS THAT ARE SEEN ARE TRANSIENT, BUT THE THINGS THAT ARE UNSEEN ARE ETERNAL."

YOU ARE FEELING HOPELESS

JEREMIAH 29:11 – "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."

ROMANS 15:13 – "MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE IN BELIEVING, SO THAT BY THE POWER OF THE HOLY SPIRIT YOU MAY ABOUND IN HOPE."

PSALM 42:5 – "WHY ARE YOU CAST DOWN, O MY SOUL, AND WHY ARE YOU IN TURMOIL WITHIN ME? HOPE IN GOD; FOR I SHALL AGAIN PRAISE HIM, MY SALVATION."

ISAIAH 40:31 – "BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; THEY SHALL RUN AND NOT BE WEARY; THEY SHALL WALK AND NOT FAINT."

HEBREWS 6:19 – "WE HAVE THIS AS A SURE AND STEADFAST ANCHOR OF THE SOUL, A HOPE THAT ENTERS INTO THE INNER PLACE BEHIND THE CURTAIN."

BEHOLD HIM WHEN...

YOU ARE FEELING FEARFUL

ISAIAH 41:10 - "FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

PSALM 34:4 - "I SOUGHT THE LORD, AND HE ANSWERED ME AND DELIVERED ME FROM ALL MY FEARS."

2 TIMOTHY 1:7 – "FOR GOD GAVE US A SPIRIT NOT OF FEAR BUT OF POWER AND LOVE AND SELF-CONTROL."

JOSHUA 1:9 – "HAVE I NOT COMMANDED YOU? BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED, AND DO NOT BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO."

ROMANS 8:15 – "FOR YOU DID NOT RECEIVE THE SPIRIT OF SLAVERY TO FALL BACK INTO FEAR, BUT YOU HAVE RECEIVED THE SPIRIT OF ADOPTION AS SONS, BY WHOM WE CRY, 'ABBA! FATHER!"

YOU ARE FEELING STRESSED

PHILIPPIANS 4:6-7 – "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."

MATTHEW 6:34 – "THEREFORE DO NOT BE ANXIOUS ABOUT TOMORROW, FOR TOMORROW WILL BE ANXIOUS FOR ITSELF. SUFFICIENT FOR THE DAY IS ITS OWN TROUBLE."

1 PETER 5:7 - "CASTING ALL YOUR ANXIETIES ON HIM, BECAUSE HE CARES FOR YOU."

PSALM 55:22 – "CAST YOUR BURDEN ON THE LORD, AND HE WILL SUSTAIN YOU; HE WILL NEVER PERMIT THE RIGHTFOUS TO BE MOVED."

JOHN 14:27 – "PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID."

YOU ARE FEELING OVERWHELMED

PSALM 61:2 – "FROM THE END OF THE EARTH I CALL TO YOU WHEN MY HEART IS FAINT. LEAD ME TO THE ROCK THAT IS HIGHER THAN I."

ISAIAH 43:2 – "WHEN YOU PASS THROUGH THE WATERS, I WILL BE WITH YOU; AND THROUGH THE RIVERS, THEY SHALL NOT OVERWHELM YOU; WHEN YOU WALK THROUGH FIRE YOU SHALL NOT BE BURNED, AND THE FLAME SHALL NOT CONSUME YOU."

PSALM 94:19 - "WHEN THE CARES OF MY HEART ARE MANY, YOUR CONSOLATIONS CHEER MY SOUL."

PSALM 121:1-2 – "I LIFT UP MY EYES TO THE HILLS. FROM WHERE DOES MY HELP COME? MY HELP COMES FROM THE LORD, WHO MADE HEAVEN AND EARTH."

MATTHEW 11:28 – "COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST."

BEHOLD HIM WHEN...

YOU ARE FEELING SAD

PSALM 34:18 - "THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT."

REVELATION 21:4 – "HE WILL WIPE AWAY EVERY TEAR FROM THEIR EYES, AND DEATH SHALL BE NO MORE, NEITHER SHALL THERE BE MOURNING, NOR CRYING, NOR PAIN ANYMORE, FOR THE FORMER THINGS HAVE PASSED AWAY."

JOHN 16:22 – "SO ALSO YOU HAVE SORROW NOW, BUT I WILL SEE YOU AGAIN, AND YOUR HEARTS WILL REJOICE, AND NO ONE WILL TAKE YOUR JOY FROM YOU."

PSALM 147:3 - "HE HEALS THE BROKENHEARTED AND BINDS UP THEIR WOUNDS."

ISAIAH 61:3 - "TO GRANT TO THOSE WHO MOURN IN ZION- TO GIVE THEM A BEAUTIFUL HEADDRESS INSTEAD OF ASHES, THE OIL OF GLADNESS INSTEAD OF MOURNING, THE GARMENT OF PRAISE INSTEAD OF A FAINT SPIRIT; THAT THEY MAY BE CALLED OAKS OF RIGHTEOUSNESS, THE PLANTING OF THE LORD, THAT HE MAY BE GLORIFIED."

YOU ARE FEELING CONFUSED

PROVERBS 3:5-6 – "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 STRAIGHT YOUR PATHS."

JAMES 1:5 – "IF ANY OF YOU LACKS WISDOM, LET HIM ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT REPROACH, AND IT WILL BE GIVEN HIM."

PSALM 32:8 - "I WILL INSTRUCT YOU AND TEACH YOU IN THE WAY YOU SHOULD GO; I WILL COUNSEL YOU WITH MY EYE UPON YOU."

JOHN 16:13 – "WHEN THE SPIRIT OF TRUTH COMES, HE WILL GUIDE YOU INTO ALL THE TRUTH, FOR HE WILL NOT SPEAK ON HIS OWN AUTHORITY, BUT WHATEVER HE HEARS HE WILL SPEAK, AND HE WILL DECLARE TO YOU THE THINGS THAT ARE TO COME."

ISAIAH 30:21 – "AND YOUR EARS SHALL HEAR A WORD BEHIND YOU, SAYING, 'THIS IS THE WAY, WALK IN IT,' WHEN YOU TURN TO THE RIGHT OR WHEN YOU TURN TO THE LEFT."

PERSONALIZING AND DECLARING GOD'S WORD IS A POWERFUL TOOL AS WE RENEW OUR MINDS

WHEN I AM FEELING TIRED

- "JESUS SAID, 'COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST, SO I COME TO YOU LORD AND LAY DOWN EVERY HEAVY BURDEN." (MATTHEW 11:28)
- "BUT I WILL WAIT FOR THE LORD AND HE SHALL RENEW MY STRENGTH; I SHALL MOUNT UP WITH WINGS LIKE EAGLES; I SHALL RUN AND NOT BE WEARY; I SHALL WALK AND NOT FAINT." (ISAIAH 40:31)
- "IN PEACE I WILL BOTH LIE DOWN AND SLEEP; FOR YOU ALONE, O LORD, MAKE ME DWELL IN SAFETY." (PSALM 4:8)
- "THE LORD IS MY SHEPHERD; I SHALL NOT WANT. HE MAKES ME LIE DOWN IN GREEN PASTURES. HE LEADS ME BESIDE STILL WATERS." (PSALM 23:1-2)
- "FOR GOD WILL SATISFY MY WEARY SOUL, AND MY LANGUISHING SOUL HE WILL REPLENISH." (JEREMIAH 31:25)

WHEN I AM FEELING ANXIOUS

- "I WILL NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING I WILL MAKE MY REQUESTS KNOWN TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL OF MY UNDERSTANDING, WILL GUARD MY HEART AND MY MIND IN CHRIST JESUS." (PHILIPPIANS 4:6-7)
- "I AM CASTING ALL MY ANXIETIES ON HIM, BECAUSE HE CARES FOR ME." (1 PETER 5:7)
- "I WILL NOT BE ANXIOUS ABOUT TOMORROW, FOR TOMORROW WILL BE ANXIOUS FOR ITSELF. SUFFICIENT FOR THE DAY IS ITS OWN TROUBLE." (MATTHEW 6:34)
- "I WILL NOT FEAR, FOR GOD IS WITH ME; I WILL NOT BE DISMAYED, FOR HE IS MY GOD; HE WILL STRENGTHEN ME, HE WILL HELP ME, HE WILL UPHOLD ME WITH HIS RIGHTEOUS RIGHT HAND." (ISAIAH 41:10)
- "PEACE JESUS LEFT WITH ME; HIS PEACE HE GAVE TO ME. HE DOES NOT GIVE PEACE AS THE WORLD GIVES. MY HEART WILL NOT BE TROUBLED, AND I WILL NOT BE AFRAID." (JOHN 14:27)

WHEN I AM FEELING ANGRY

- "I WILL BE QUICK TO HEAR, SLOW TO SPEAK, SLOW TO ANGER; FOR THE ANGER OF MAN DOES NOT PRODUCE THE RIGHTEOUSNESS OF GOD." (JAMES 1:19-20)
- "I WILL BE ANGRY AND NOT SIN; I WILL NOT LET THE SUN GO DOWN ON MY ANGER, AND I WILL GIVE NO OPPORTUNITY TO THE DEVIL." (EPHESIANS 4:26-27)
- "I WILL BE SLOW TO ANGER AND ASK FOR UNDERSTANDING, I WILL NOT HAVE A HASTY TEMPER." (PROVERBS 14:29)
- "I WILL REFRAIN FROM ANGER, AND FORSAKE WRATH! I WILL NOT FRET." (PSALM 37:8)
- "I WILL ANSWER SOFTLY, NOT IN WRATH. I WILL NOT ALLOW ANGER TO BE STIRRED UP." (PROVERBS 15:1)

PERSONALIZING AND DECLARING GOD'S WORD IS A POWERFUL TOOL AS WE RENEW OUR MINDS

WHEN I AM FEELING DEPRESSED

"GOD, YOUR WORD SAYS THAT WHEN THE RIGHTEOUS CRY FOR HELP, YOU HEAR THEM AND DELIVER THEM OUT OF ALL THEIR TROUBLES. SO I CRY OUT TO YOU FOR HELP LORD KNOWING YOU ARE NEAR TO ME AND WILL HELP ME." (PSALM 34:17-18)

"WHY ARE YOU CAST DOWN, O MY SOUL, AND WHY ARE YOU IN TURMOIL WITHIN ME? I WILL PUT MY HOPE IN GOD; FOR I WILL PRAISE HIM AGAIN, HE IS MY SALVATION AND MY GOD." (PSALM 42:11)

"GOD, YOU ARE THE FATHER MERCY AND THE GOD OF ALL COMFORT, YOU COMFORT ME IN THE MIDST OF THIS AFFLICTION, SO THAT I MAY BE ABLE TO COMFORT THOSE WHO ARE IN ANY SITUATION LIKE ME." (2 CORINTHIANS 1:3-4)

"I WILL NOT FEAR, FOR GOD IS WITH ME; I WILL NOT BE DISMAYED, FOR HE IS MY GOD; HE WILL STRENGTHEN ME, HE WILL HELP ME, HE WILL UPHOLD ME WITH HIS RIGHTEOUS RIGHT HAND." (ISAIAH 41:10)

"JESUS SAID, 'COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST, SO HERE I AM LORD, LAYING DOWN EVERY BURDEN AND CARE, KNOWING IN YOU I WILL FIND REST.'" (MATTHEW 11:28)

WHEN I AM FEELING DISCOURAGED

"I WILL BE STRONG AND COURAGEOUS. I WILL NOT BE FRIGHTENED, AND I WILL NOT BE DISMAYED, FOR THE LORD MY GOD IS WITH ME WHEREVER I GO." (JOSHUA 1:9)

"BUT I WILL WAIT FOR THE LORD, I KNOW HE WILL RENEW MY STRENGTH; I WILL MOUNT UP WITH WINGS LIKE EAGLES; I AM GOING TO RUN AND NOT BE WEARY; I WILL WALK AND NOT BE FAINT." (ISAIAH 40:31)

"I WILL BE STRONG, AND MY HEART WILL TAKE COURAGE, AS I WAIT FOR THE LORD!" (PSALM 31:24)

"I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME." (PHILIPPIANS 4:13)

"I WILL NOT LOSE HEART. THOUGH MY OUTER SELF IS WASTING AWAY, MY INNER SELF IS BEING RENEWED DAY BY DAY. FOR THIS IS A LIGHT MOMENTARY AFFLICTION AND IT IS PREPARING FOR ME AN ETERNAL WEIGHT OF GLORY BEYOND ALL COMPARISON, AS I LOOK NOT TO THE THINGS THAT ARE SEEN BUT TO THE THINGS THAT ARE UNSEEN." 2 CORINTHIANS 4:16-18

WHEN I AM FEELING HOPELESS

"FOR I KNOW THE PLANS GOD HAS FOR ME, PLANS FOR WELFARE AND NOT FOR EVIL, TO GIVE ME A FUTURE AND A HOPE." (JEREMIAH 29:11)

"MAY THE GOD OF HOPE FILL ME WITH ALL JOY AND PEACE AS I BELIEVE SO THAT BY THE POWER OF THE HOLY SPIRIT I MAY ABOUND IN HOPE." (ROMANS 15:13)

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PERSONALIZING AND DECLARING GOD'S WORD IS A POWERFUL TOOL AS WE RENEW OUR MINDS

WHEN I AM FEELING FEARFUL

- "I WILL NOT FEAR, FOR GOD IS WITH ME; I WILL NOT BE DISMAYED, FOR HE IS MY GOD; HE WILL STRENGTHEN ME, HE WILL HELP ME, HE WILL UPHOLD ME WITH HIS RIGHTEOUS RIGHT HAND." (ISAIAH 41:10)
- "I SOUGHT THE LORD, AND HE ANSWERED ME AND DELIVERED ME FROM ALL MY FEARS." (PSALM 34:4)
- "FOR GOD GAVE ME A SPIRIT NOT OF FEAR BUT OF POWER AND LOVE AND SELF-CONTROL." (2 TIMOTHY 1:7)
- "I WILL BE STRONG AND COURAGEOUS. I WILL NOT BE FRIGHTENED, AND I WILL NOT BE DISMAYED, FOR THE LORD MY GOD IS WITH ME WHEREVER I GO." (JOSHUA 1:9)
- "FOR I DID NOT RECEIVE THE SPIRIT OF SLAVERY TO FALL BACK INTO FEAR, BUT I HAVE RECEIVED THE SPIRIT OF ADOPTION AS A SON, BY WHOM I CRY, 'ABBA! FATHER!'" (ROMANS 8:15)

WHEN I AM FEELING STRESSED

- "I WILL NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING, I WILL LET MY REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD MY HEART AND MY MIND IN CHRIST JESUS." (PHILIPPIANS 4:6-7)
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- "I WILL CAST MY BURDEN ON THE LORD, AND HE WILL SUSTAIN ME; HE WILL NEVER PERMIT THE RIGHTEOUS TO BE MOVED." (PSALM 55:22)
- "PEACE JESUS LEAVES WITH ME; HIS PEACE HE GIVES TO ME. NOT AS THE WORLD GIVES DOES HE GIVE TO ME. I WILL NOT LET MY HEART BE TROUBLED, NEITHER WILL I BE AFRAID." (JOHN 14:27)

WHEN I AM FEELING OVERWHELMED

- "FROM THE END OF THE EARTH I CALL TO YOU WHEN MY HEART IS FAINT. LEAD ME TO THE ROCK THAT IS HIGHER THAN I." (PSALM 61:2)
- "WHEN I PASS THROUGH THE WATERS, YOU WILL BE WITH ME; AND THROUGH THE RIVERS, THEY SHALL NOT OVERWHELM ME; WHEN I WALK THROUGH FIRE I SHALL NOT BE BURNED, AND THE FLAME SHALL NOT CONSUME ME." (ISAIAH 43:2)
- "WHEN THE CARES OF MY HEART ARE MANY, YOUR CONSOLATIONS CHEER MY SOUL." (PSALM 94:19)
- "I LIFT UP MY EYES TO THE HILLS. FROM WHERE DOES MY HELP COME? MY HELP COMES FROM THE LORD, WHO MADE HEAVEN AND EARTH." (PSALM 121:1-2)
- "JESUS SAYS TO ME, 'COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST, SO HERE I COME LORD, LAYING DOWN EVERY BURDEN AND CARE, TRUSTING YOU WILL CARE FOR ME." (MATTHEW 11:28)

PERSONALIZING AND DECLARING GOD'S WORD IS A POWERFUL TOOL AS WE RENEW OUR MINDS

WHEN I AM FEELING SAD

"THE LORD IS NEAR TO MY BROKEN HEART AND SAVES MY CRUSHED SPIRIT." (PSALM 34:18)

"HE WILL WIPE AWAY EVERY TEAR FROM MY EYES, AND DEATH SHALL BE NO MORE, NEITHER SHALL THERE BE MOURNING, NOR CRYING, NOR PAIN ANYMORE, FOR THE FORMER THINGS HAVE PASSED AWAY." (REVELATION 21:4)

"SO ALSO I HAVE SORROW NOW, BUT JESUS WILL SEE ME AGAIN, AND MY HEART WILL REJOICE, AND NO ONE WILL TAKE MY JOY FROM ME." (JOHN 16:22)

"HE HEALS MY BROKEN HEART AND BINDS UP MY WOUNDS." (PSALM 147:3)

"HE GRANTS TO ME, WHO MOURNS IN ZION, A BEAUTIFUL HEADDRESS INSTEAD OF ASHES, THE OIL OF GLADNESS INSTEAD OF MOURNING, THE GARMENT OF PRAISE INSTEAD OF A FAINT SPIRIT; THAT I MAY BE CALLED AN OAK OF RIGHTEOUSNESS, THE PLANTING OF THE LORD, THAT HE MAY BE GLORIFIED." (ISAIAH 61:3)

WHEN I AM FEELING CONFUSED

"I WILL TRUST IN THE LORD WITH ALL MY HEART, AND NOT LEAN ON MY OWN UNDERSTANDING. IN ALL MY WAYS I WILL ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT MY PATHS." (PROVERBS 3:5-6)

"IF I LACK WISDOM, I WILL ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT REPROACH, AND IT WILL BE GIVEN TO ME." (JAMES 1:5)

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"WHEN THE SPIRIT OF TRUTH COMES, HE WILL GUIDE ME INTO ALL THE TRUTH, FOR HE WILL NOT SPEAK ON HIS OWN AUTHORITY, BUT WHATEVER HE HEARS HE WILL SPEAK, AND HE WILL DECLARE TO ME THE THINGS THAT ARE TO COME." (JOHN 16:5).

"AND MY EARS SHALL HEAR A WORD BEHIND ME, SAYING, 'THIS IS THE WAY, WALK IN IT,' WHEN I TURN TO THE RIGHT OR WHEN I TURN TO THE LEFT." (ISAIAH 30:21)

JSE THIS SPACE TO WRITE DOWN ANY OTHER BIBLE VERSES IN FIRST PERSON					
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