# **I. Help in Time of Need – if you need:**

Assurance, comfort, peace 🕊

Guidance, faith, Assistance 🖙

Information, Understanding 🕮

**Feeling ABANDONED** 🕊

Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! For the LORD comforts his people and will have compassion on his afflicted ones.

But Zion said, "The LORD has forsaken me, the Lord has forgotten me."

"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. Your sons hasten back, and those who laid you waste depart from you. Lift up your eyes and look around; all your sons gather and come to you. As surely as I live," declares the LORD, "you will wear them all as ornaments; you will put them on, like a bride. Though you were ruined and made desolate and your land laid waste, now you will be too small for your people, and those who devoured you will be far away. *Isaiah 49:14-20*

## Suffering under AFFLICTION 🕊

Look upon my affliction and my distress and take away all my sins. *Psalm 25:18*

Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men. *Lamentations 3:32-33*

Be joyful in hope, patient in affliction, faithful in prayer. *Romans 12:12*

I know your afflictions and your poverty. *Revelation 2:9a*

## When AFRAID 🕊

(See also “Courage” and “Fear”)

I sought the LORD, and he answered me; he delivered me from all my fears. *Psalm 34:4*

Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. *Matthew 10:28*

God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" *Hebrews 13:5b,6*

## If you feel ANXIOUS 🕊

(See also “Worried”)

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*

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, `What shall we eat?' or `What shall we drink?' or `What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. *Matthew 6:25-34*

Do not be anxious about anything, but in everything, 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. *Philippians 4:6-7*

### Also see Psalm 46

## ASSURANCE of our Salvation: 🕊

Fear Not, for I have redeemed you; I have summoned you by name, you are mine. *Isaiah 43:1*

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."   
No, in all these things we are more than conquerors through him who loved us. 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. *Romans 8:31-39*

## In Need of COMFORT 🕊

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.   
*Psalm 23:4*

Taste and see that the Lord is good; blessed is the man who takes refuge in him. *Psalm 34:8*

Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, O Lord, have helped me and comforted me. *Psalm 86:17*

May your unfailing love be my comfort, according to your promise to your servant. *Psalm 119:76*

In that day you will say: "I will praise you, O Lord, although you were angry with me, your anger has turned away and you have comforted me. Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation." *Isaiah 12:1,2*

Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her hard service has been completed, that her sin has been paid for, that she has received from the Lord's hand double for all her sins. *Isaiah 40:1,2*

Come to me, all you who are weary and burdened, and I will give you rest. *Matthew 11:28*

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. *Romans 8:28*

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.   
*2nd Corinthians 1:3,4*

## CONFIDENCE in our Lord 🕊

I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. I and the Father are one." *John 10:28-30*

I can do everything through him who gives me strength. *Phillipians 4:13*

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. *Hebrews 4:16*

## CONFRONTING Sin 🖙

(See also “Sin”)

If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. *Matthew 18:15*

## COURAGE in Time of Fear 🖙

Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. *Joshua 1:9b*

The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?… Wait for the LORD; be strong and take heart and wait for the LORD.   
*Psalm 27:1,14*

God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" *Hebrews 13:5b,6*

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. *Ephesians 6:10-18*

## In times of CRISIS or FACING DISASTER: 🕊

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." *Psalm 91:1,2*

In my anguish I cried to the LORD, and he answered by setting me free. The LORD is with me; I will not be afraid. What can man do to me?   
*Psalm 118:5,6*

One day Jesus said to his disciples, "Let's go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger. The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him." *Luke 8:22-25*

See also Matthew 6:25-34 (under “Anxious”)

*See also Psalm 91, Psalm 121, Hebrews 11*

## DELIVERANCE 🕊

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. A righteous man may have many troubles, but the LORD delivers him from them all; he protects all his bones, not one of them will be broken. *Psalm 34:17-20*

## If you feel DISCOURAGED 🕊

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." *Joshua 1:9*

*See also Psalm 23*

My soul is downcast within me; therefore I will remember you… By day the LORD directs his love, at night his song is with me-- a prayer to the God of my life. I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. *Psalm 42:6,8-11*

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. *Psalm 55:22*

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

*Matthew 5:11,12*

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may be revealed in our mortal body. So then, death is at work in us, but life is at work in you. It is written: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you in his presence. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

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. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

*2nd Corinthians 4:8-18*

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, 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. *Philippians 4:4-7*

## In need of FAITH & TRUST 🖙

Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you. *Psalm 9:10*

Taste and see that the Lord is good; blessed is the man who takes refuge in him. *Psalm 34:8*

Blessed is the man who makes the Lord his trust. *Psalm 40:4*

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. *Proverbs 3:5,6*

" 'If you can'?" said Jesus. "Everything is possible for him who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" *Mark 9:23,24*

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. *John 3:16*

I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life. *John 5:24*

But these [miraculous signs] are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. *John 20:31*

Consequently, faith comes from hearing the message, and the message is heard through the word of Christ. *Romans 10:17*

Clearly no one is justified before God by the law, because, "The righteous will live by faith." *Galatians 3:11*

For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--not by works, so that no one can boast. *Ephesians 2:8,9*

Now faith is being sure of what we hope for and certain of what we do not see. *Hebrews 11:1*

What good is it, my brothers, if a man claims to have faith but has no deeds? *James 2:14*

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. *Psalm 42:5*

*See also Hebrews 11*

## In FEAR / In need of SECURITY 🕊

##### See also “Afraid”and “Anxious”

The Lord is my light and my salvation--whom shall I fear? *Psalm 27:1*

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? *Romans 8:31,32*

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.   
*2nd Timothy 1:7*

## FORGIVENESS 🕊🖙

## God forgives:

"Come now, let us reason together," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." *Isaiah 1:18*

I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you." *Isaiah 44:22*

All the prophets testify about [Christ] that everyone who believes in him receives forgiveness of sins through his name. *Acts 10:43*

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. *Ephesians 1:7,9*

For I will forgive their wickedness and will remember their sins no more. *Hebrews 8:12*

And so I tell you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven. *Matthew 12:31*

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. *Colossians 1:14*

## We forgive:

A man's wisdom gives him patience; it is to his glory to overlook an offense. *Proverbs 19:11*

If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink.   
*Proverbs 25:21*

Love your enemies and pray for those who persecute you. *Matthew 5:44*

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? *Matthew 7:3*

If your brother sins, rebuke him, and if he repents, forgive him. *Luke 17:3*

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently, but watch yourself, or you also may be tempted. *Galatians 6:1*

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. *Ephesians 4:32*

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. *Colossians 3:13*

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! *Matthew 7:11*

Forgive us our debts, as we also have forgiven our debtors. *Matthew 6:12*

If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven. *John 20:23*

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. *1st John 1:7-9*

##### See also Psalm 130

## When FRIENDS FAIL: 🖙

Even my close friend, whom I trusted, he who shared my bread, has lifted up his heel against me. But you, O LORD, have mercy on me; raise me up, that I may repay them. I know that you are pleased with me, for my enemy does not triumph over me. In my integrity you uphold me and set me in your presence forever. Praise be to the LORD, the God of Israel, from everlasting to everlasting. Amen and Amen.   
*Psalm 41:9-13*

"If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, `I repent,' forgive him." *Luke 17:3b,4*

Bless those who persecute you; bless and do not curse. … Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. … Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. … Do not be overcome by evil, but overcome evil with good. *Romans 12:14,17,19,21*

At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion's mouth. The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen. *2nd Timothy 4:16-18*

## If you feel like GIVING UP 🖙

But as for you, be strong and do not give up, for your work will be rewarded." *2nd Chronicles 15:7*

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. *Galatians 6:9*

I have fought the good fight, I have finished the race, I have kept the faith. 8Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day--and not only to me, but also to all who have longed for his appearing. *2nd Timothy 4:7-8*

## GUIDANCE for Life and in Time of Decision 🖙

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. *Psalm 32:8*

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. *Proverbs 3:5,6*

### Also see Matthew 5:21-7:27 & Romans 12

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. *James 1:5-6*

## In Times of GRIEF 🕊

(see also Sorrow)

But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless. *Psalm 10:14*

Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! For the LORD comforts his people and will have compassion on his afflicted ones. *Isaiah 49:13*

## Feeling GUILT over our sins

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life. *1st Timothy 1:15,16*

## If Leaving HOME 🕊

Psalm 121

## In need of HOPE 🕊

But as for me, I will always have hope; I will praise you more and more. *Psalm 71:14*

But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.   
*Micah 7:7*

And now these three remain: faith, hope and love. But the greatest of these is love. *1st Corinthians 13:13*

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.   
*1st Timothy 6:17*

## In time of ILLNESS 🕊

Call upon me in the day of trouble; I will deliver you, and you will honor me. *Psalm 50:15*

## LIGHT at the end of the Tunnel 🕮

You, O LORD, keep my lamp burning; my God turns my darkness into light. *Psalm 18:28*

## When LONELY 🕊

God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" *Hebrews 13:5b,6*

*See also Psalm 23*

## Feeling LOST 🕊

“Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in the open country and go after the lost sheep until he finds it? … Then he calls his friends and neighbors together and says, `Rejoice with me; I have found my lost sheep.'” *Luke 15:4,6*

“For the Son of Man came to seek and to save what was lost." *Luke 19:10*

## Christian LOVE 🕮

*See 1st Corinthians 13*

## If you feel OVERCOME 🕊

I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes. Away from me, all you who do evil, for the LORD has heard my weeping. The LORD has heard my cry for mercy; the LORD accepts my prayer. All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace. *Psalm 6:6-10*

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. *2nd Corinthians 4:8-9*

*See also Romans 8:31-39, referenced under “Assurance of our Salvation”*

## If you are in PAIN or SICK 🕊

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." *Matthew 26:39*

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. *Romans 5:3-5*

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. *2nd Corinthians 12:9-10*

Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.   
1st *Peter 4:12,13,19*

The God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power forever and ever. Amen *1 Peter 5:10-11*.

See also: *Psalm 38*

## PEACE in Time of Anxiety 🕮

*See also Philippians 4:6,7 (under “Anxiety”)*

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. *John 14:27*

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." *John 16:33*

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. *Romans 5:1-5*

## God’s POWER: 🖙

*See Psalm 46; also see “God’s Power” in next section*

## God’s RESPONSE to PRAYER 🕮

Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.   
*Psalm 4:3*

## *Also Psalm 66:19-20 (under GOD Listens) &Psalm 42-43*

## GOD’S PROTECTION 🕊🕮

See Psalm 23, Psalm 91

The LORD is my light and my salvation -- whom shall I fear? The LORD is the stronghold of my life -- of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the LORD. *Psalm 27:1-6*

And my God will meet all your needs according to his glorious riches in Christ Jesus. *Philippians 4:19*

## In need of REASSURANCE: 🕊

*Psalm 3*

And surely I am with you always, to the very end of the age." *Matthew 28:20b*

My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. *John 10:27-29*

## REPENTANCE: 🕊

I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent… I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents. *Luke 15: 7, 10*

## In need of REST 🕊

"As for you, go your way till the end. You will rest, and then at the end of the days you will rise to receive your allotted inheritance. *Daniel 12:13*

This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. *Jeremiah 6:16*

"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."

##### Matthew 11:28-30

Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them." *Revelation 14:13*

## After a SETBACK 🕊

Yet if you devote your heart to him and stretch out your hands to him, if you put away the sin that is in your hand and allow no evil to dwell in your tent, then you will lift up your face without shame; you will stand firm and without fear. You will surely forget your trouble, recalling it only as waters gone by. Life will be brighter than noonday, and darkness will become like morning. You will be secure, because there is hope; you will look about you and take your rest in safety. *Job 11:13-18*

## If you are Conscious of Your SIN: 🕊🕮

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. *Proverbs 28:13*

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.  *Romans 5:8*

*See also “Repentance”*

## If you are in SORROW 🕊

Blessed are those who mourn, for they will be comforted. *Matthew 5:4*

The cords of death entangled me, the anguish of the grave came upon me; I was overcome by trouble and sorrow. Then I called on the name of the Lord: "O Lord, save me!" The Lord is gracious and righteous; our God is full of compassion. The Lord protects the simplehearted; when I was in great need, he saved me. *Psalm 116:3-6*

He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. *Isaiah 53:3,4*

Your sun will never set again, and your moon will wane no more; the Lord will be your everlasting light, and your days of sorrow will end. *Isaiah 60:20*

Blessed are you who weep now, for you will laugh. *Luke 6:21*

Do not let your hearts be troubled. Trust in God, trust also in me. *John 14:1*

Rejoice with those who rejoice; mourn with those who mourn. *Romans 12:15*

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.  
*2nd Corinthians 1:3,4*

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. *2nd Corinthians 7:10*

Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him.   
*1st Thessalonians 4:13,14*

And God will wipe away every tear from their eyes. *Revelation 7:17*

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*

## In need of STRENGTH 🕮

The LORD is my strength and my song; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. *Exodus 15:2*

God is our refuge and strength, an ever-present help in trouble. *Psalm 46:1*

I can do everything through him who gives me strength. *Philippians 4:13*

## STRENGTH to bear life’s trials 🕊

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. *2nd Corinthians 12:8-10*

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed. *Hebrews 12:11-13*

## STRENGTH in Time of Temptation: 🖙

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don't be deceived, my dear brothers. *James 1:12-16*

## If you are SUFFERING: 🕊

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. *Romans 8:18-27*

## In TEMPTATION 🖙

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. *Psalm 139:23,24*

Jesus said to him, "Away from me, Satan! For it is written: `Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him. *Matthew 4:10-11*

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." *Matthew 26:41*

So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. *1st Corinthians 10:12-13*

Submit yourselves, then, to God. Resist the devil, and he will flee from you. *James 4:7*

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. *Philippians 4:8*

If this is so, then the Lord knows how to rescue godly men from trials and to hold the unrighteous for the day of judgment, while continuing their punishment. *2nd Peter 2:9*

Therefore, dear friends, since you already know this, be on your guard so that you may not be carried away by the error of lawless men and fall from your secure position. *2nd Peter 3:17*

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. *James 4:7-8*

*See also Psalm 1*

## When TRAVELING 🕊🖙

*Psalm 121*

## If you are in TROUBLE 🕊

### Psalm 16

### Psalm 31

Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salva-tion; he is my fortress, I will not be shaken.*Psalm 62:5-6*

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going." *John 14:1-4*

Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them. *Hebrews 7:25*

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us… *Ephesians 3:20*

*See also Phillipians 4:6,7*

## TRUST 🕊

But I trust in your unfailing love; my heart rejoices in your salvation. *Psalm 13:5*

Trust in the LORD with all your heart and lean not on your own understanding. *Proverbs 3:5*

Stop trusting in man, who has but a breath in his nostrils. Of what account is he? *Isaiah 2:22*

This is what the LORD says: "Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD. *Jeremiah 17:5*

## WARNING in Time of Indifference 🖙

The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. *Galatians 5:19-21*

If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. How much more severely do you think a man deserves to be punished who has trampled the Son of God under foot, who has treated as an unholy thing the blood of the covenant that sanctified him, and who has insulted the Spirit of grace? For we know him who said, "It is mine to avenge; I will repay," and again, "The Lord will judge his people." It is a dreadful thing to fall into the hands of the living God.*Hebrews 10:26-31*

## If you are WEARY: 🕊

Psalm 62

Psalm 90

"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." *Matthew 11:28-30*

Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. *1st Corinthians 15:58*

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. *Galatians 6:9,10*

## If you are WORRIED: 🕊

*See Matthew 6:25-34 (under “Anxious”)*

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.   
*Psalm 46:10*

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. *1st Peter 5:6,7*