

## Scripture - God's Promises

"I can do all things through Christ who strengthens me." (Philippians 4:13)

"Cast all of your anxiety on Him, because He cares for you" (1 Peter 5:7)

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." (Phil. 4:6-7)

"No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it." (1 Cor 10:13)

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." (Jer 29:11)

"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)

"The Lord gave, the Lord has taken away; may the name of the Lord be praised" (Job 1:21b).

"I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ." (Eph. 1:6)

"Jesus said: 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, let us boast all the more gladly about our weaknesses, so that Christ's power may rest upon us." (2 Cor 12:9)

"My Father, if it is possible, may this cup of suffering be taken from me. Yet, not as I will, but as you will" (Matt 26:39).

"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?  
Do not cast me off, do not forsake me; O God of my salvation!  
If my father and mother forsake me, the Lord will take me up.  
I believe that I shall see the goodness of the Lord in the land of the living.  
Wait for the Lord: be strong, and let your heart take courage; wait for the Lord!"  
(From Psalm 27)

"Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy." (John 16:20)

"So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you." (John 16:22)

"I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have overcome the world." (John 16:33)

"..but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us." (Romans 5:3-5)

"...strengthening the disciples and encouraging them to remain faithful. 'We must go through many hardships to enter the kingdom of God.'" (Acts 14:22)

"I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. I will feast the soul of the priests with abundance, and my people shall be satisfied with my goodness, said the Lord." (Jeremiah 31:13)

"Then they cry unto the Lord in their trouble, and He saveth them out of their distresses. He sent His Word, and healed them, and delivered them from their destruction." (Psalm 107:19-20)

"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 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 pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits 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 out 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)

"Fear not, 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)

"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)

"Trust in the Lord, and do good; so you will live in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart." (Ps 37: 3-4)

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah (Psalm 46:1-3)

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. I say to myself, 'The LORD is my portion; therefore I will wait for him. (Lamentations 3:22-24)

"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)

"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)

"In the world you have tribulation and trials and distress and frustration, but be of good cheer, for I have overcome the world!" (John 16:33)

"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." (1 Peter 4:12-13)

"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, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." (Ephesians 3: 20-21)

"...your Father knows what you need before you ask him" (Matthew 6:8)

"Cast all your anxiety on him, because he cares for you" (1 Peter 5:7).

"Let us approach the throne of grace with confidence, so that we may receive mercy and find grace in our time of need" (Hebrews 4:16).

"...God will meet all your needs according to his glorious riches in Christ Jesus" (Phil. 4:19).

"Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me" (Ps. 142:6).

You say: "It's impossible"  
God says: All things are possible  
(Luke 18:27)

You say "It's not worth it"  
God says: It will be worth it  
(Romans 8:28)

You say: "I'm too tired"  
God says: I will give you rest  
(Matthew 11:28-30)

You say: "I can't forgive myself"  
God says: I FORGIVE YOU  
(1 John 1:9 & Romans 8:1)

You say: "Nobody really loves me"  
God says: I love you  
(John 3:16 & John 13:34)

You say: "I can't manage"  
God says: I will supply all your needs  
(Philippians 4:19)

You say: "I can't go on"  
God says: My grace is sufficient  
(2 Corinthians 12:9 & Psalm 91:15)

You say: "I'm afraid"  
God says: I have not given you a spirit of fear  
(2 Timothy 1:7)

You say: "I can't figure things out"  
God says: I will direct your steps  
(Proverbs 3:5-6)

You say: "I'm always worried and frustrated"  
God says: Cast all your cares on ME  
(1 Peter 5:7)

You say: "I can't do it"  
God says: you can do all things  
(Philippians 4:13)

You say: I'm not smart enough"  
God says: I give you wisdom  
(1 Corinthians 1:30)

You say: "I'm not able"  
God says: I am able  
(2 Corinthians 9:8)

You say: I feel all alone"  
God says: I will never leave you or forsake you  
(Hebrews 13:5)