



od has said, "I will never leave you; I will never abandon you." (Hebrews 13.5b)

God's promises to you are promises you can trust—promises of love, forgiveness, salvation, protection, guidance, and peace. God promises to be with you always and to help you when you are sad, lonely, discouraged, ill, worried, or in pain.

These sure and certain promises of God are found in the Bible. God loves you and makes these promises to you freely and unconditionally. And God's promises—spoken by the prophets of old—are fulfilled in Jesus Christ. Jesus is the complete "Yes" to all of God's promises.

This booklet brings together from the Good News Bible some of the most treasured passages from Scripture—passages of promise that have brought strength and courage and hope to generations of people throughout the ages. God's promises are sure and offer inspiration, assurance and direction in times of stress or crisis.

Lean on God and trust in God's promises to you. God invites you to live by these promises and to live in faith, confident in the future and open to God's renewing guidance each day.

Pray with assurance, "Let us hold on firmly to the hope we profess, because we can trust God to keep his promise." (Hebrews 10.23)



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og's Inexhaustible Strength

Israel, why then do you complain that the LORD doesn't know your troubles or care if you suffer injustice?

Don't you know? Haven't you heard?

The LORD is the everlasting God;

he created all the world.

He never grows tired or weary. No one understands his thoughts.

He strengthens those who are weak and tired.

Even those who are young grow weak;

young people can fall exhausted.

But those who trust in the LORD for help will find their strength renewed.

They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak.

ISAIAH 40.27-31

In my life in union with the Lord it is a great joy to me that after so long a time you once more had the chance of showing that you care for me. I don't mean that you had stopped caring for me—you just had no chance to show it. And I am not saying this because I feel neglected, for I have learned to be satisfied with what I have. I know what it is to be in need and what it is to have more than enough. I have learned this secret, so that anywhere, at any time, I am content, whether I am full or hungry, whether I have too much or too little. I have the strength to face all conditions by the power that Christ gives me.

PHILIPPIANS 4.10-13

This God—how perfect are his deeds!
How dependable his words!
He is like a shield for all who seek his protection.

God's Word Promises You

The LORD alone is God;
God alone is our defense.
He is the God who makes me strong,

who makes my pathway safe. He makes me sure-footed as a deer:

he keeps me safe on the mountains.

He trains me for battle, so that I can use the strongest bow.

PSALM 18.30-34

Jod's Eternal Faithfulness

Praise the LORD, all nations!
Praise him, all peoples!
His love for us is strong,
and his faithfulness is eternal.

Praise the LORD!

PSALM 117

O LORD, I will always sing of your constant love;
I will proclaim your faithfulness forever.

I know that your love will last for all time.

that your faithfulness is as permanent as the sky.

You said, "I have made a covenant with the man I chose;

I have promised my servant David,

'A descendant of yours will always be king;

I will preserve your dynasty forever."

God's Word Promises You

The heavens sing of the wonderful things you do; the holy ones sing of your faithfulness, LORD.

No one in heaven is like you, LORD; none of the heavenly beings is your equal.

You are feared in the council of the holy ones; they all stand in awe of you.

LORD God Almighty, none is as mighty as you; in all things you are faithful, O LORD.

PSALM 89.1-8

Remember Jesus Christ, who was raised from death, who was a descendant of David, as is taught in the Good News I preach. Because I preach the Good News, I suffer and I am even chained like a criminal. But the word of God is not in chains, and so I endure everything for the sake of God's chosen people, in order that they too may obtain the salvation that comes through Christ Jesus and brings eternal glory. This is a true saying:

"If we have died with him, we shall also live with him.

If we continue to endure, we shall also rule with him. If we deny him, he also will deny us. If we are not faithful, he remains faithful, because he cannot be false to himself."

2 TIMOTHY 2.8-13

God's Word Promises You

Jod's Reconciling Peace

You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and patience. Be tolerant with one another and forgive one another whenever any of you has a complaint against someone else. You must forgive one another just as the Lord has forgiven you. And to all these qualities add love, which binds all things together in perfect unity. The peace that Christ gives is to guide you in the decisions you make: for it is to this peace that God has called you together in the one body. And be thankful. Christ's message in all its richness must live in your hearts. Teach and instruct one another with all wisdom. Sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts. Everything you do or say, then, should be done in the name of the Lord Jesus, as you give thanks through him to God the Father.

COLOSSIANS 3.12-17

I am listening to what the LORD God is saying;

he promises peace to us, his own people,

if we do not go back to our foolish ways.

Surely he is ready to save those who honor him, and his saving presence will remain in our land.

Love and faithfulness will meet; righteousness and peace will embrace.

Human loyalty will reach up from the earth, and God's righteousness will

and God's righteousness will look down from heaven.

The LORD will make us prosperous, and our land will produce rich harvests.

Righteousness will go before the LORD and prepare the path for him.

PSALM 85.8-13

Jod's Gift of Salvation

In the past you were spiritually dead because of your disobedience and sins. At that time you followed the world's evil way; you obeyed the ruler of the spiritual powers in space, the spirit who now controls the people who disobey God. Actually all of us were like them and lived according to our natural desires, doing whatever suited the wishes of our own bodies and minds. In our natural condition we, like everyone else, were destined to suffer God's anger.

But God's mercy is so abundant, and his love for us is so great, that while we were spiritually dead in our disobedience he brought us to life with Christ. It is by God's grace that you have been saved. In our union with Christ Jesus he raised us up with him to rule with him in the heavenly world. He did this to demonstrate for all time to come the extraordinary greatness of his grace in the love he showed us in Christ Jesus. For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it. God has made us what we are, and in our union

with Christ Jesus he has created us for a life of good deeds, which he has already prepared for us to do.

EPHESIANS 2.1-10

Be merciful to me, O God, because of your constant love.

Because of your great mercy wipe away my sins! Wash away all my evil and make me clean from my sin!

I recognize my faults;
I am always conscious of my sins.

I have sinned against you—only against you— and done what you consider evil.

So you are right in judging me; you are justified in condemning me.

I have been evil from the day I was born; from the time I was conceived, I have been sinful.

Sincerity and truth are what you require; fill my mind with your wisdom.

Cjod's Word Promises You

Remove my sin, and I will be clean;

wash me, and I will be whiter than snow.

Let me hear the sounds of joy and gladness; and though you have crushed me and broken me,

I will be happy once again.

Close your eyes to my sins

Close your eyes to my sins and wipe out all my evil.

Create a pure heart in me, O God, and put a new and loyal spirit in me.

Do not banish me from your presence;

do not take your holy spirit away from me.

Give me again the joy that comes from your salvation, and make me willing to obey you.

Then I will teach sinners your commands, and they will turn back to you.

PSALM 51.1-13

I waited patiently for the LORD's help; then he listened to me and heard my cry. He pulled me out of a dangerous pit,

out of the deadly quicksand.

He set me safely on a rock and made me secure.

He taught me to sing a new song, a song of praise to our God.

Many who see this will take warning

and will put their trust in the LORD.

In the assembly of all your people, LORD,

I told the good news that you save us.

You know that I will never stop telling it.

I have not kept the news of salvation to myself;

I have always spoken of your faithfulness and help.

In the assembly of all your people I have not been silent about your loyalty and constant love.

LORD, I know you will never stop being merciful to me. Your love and loyalty will always keep me safe.

PSALM 40.1-3, 9-11

od's Protection in Times of Trouble

The LORD is my light and my salvation;

I will fear no one.

The LORD protects me from all danger;

I will never be afraid.

When evil people attack me and try to kill me, they stumble and fall.

Even if a whole army surrounds me.

I will not be afraid; even if enemies attack me, I will still trust God.

I have asked the LORD for one thing;

one thing only do I want:

to live in the LORD's house all my life,

to marvel there at his goodness, and to ask for his guidance. In times of trouble he will shelter me;

he will keep me safe in his

Temple
and make me secure on a high
rock.

So I will triumph over my enemies around me.

With shouts of joy I will offer sacrifices in his Temple; I will sing, I will praise the LORD.

PSALM 27.1-6

I look to the mountains; where will my help come from?

My help will come from the LORD, who made heaven and earth.

He will not let you fall; your protector is always awake.

The protector of Israel never dozes or sleeps.
The LORD will guard you; he is by your side to protect you.

God's Word Promises You=

The sun will not hurt you during the day, nor the moon during the night.

The LORD will protect you from all danger; he will keep you safe. He will protect you as you come and go now and forever.

PSALM 121

Whoever goes to the LORD for safety, whoever remains under the protection of the Almighty, can say to him, "You are my defender and protector. You are my God; in you I trust."

He will keep you safe from all hidden dangers and from all deadly diseases.

He will cover you with his wings; you will be safe in his care; his faithfulness will protect and defend you.

You need not fear any dangers at night

or sudden attacks during the day or plagues that strike in the dark or the evils that kill in daylight.

A thousand may fall dead beside you, ten thousand all around you, but you will not be harmed. You will look and see how the wicked are punished.

You have made the LORD your defender, the Most High your protector, and so no disaster will strike you, no violence will come near your home.

God will put his angels in charge of you to protect you wherever you

go,

They will hold you up with their hands

to keep you from hurting your feet on the stones.

You will trample down lions and snakes,

fierce lions and poisonous snakes.

Cjod's Word Promises You =

them.

God says, "I will save those who love me and will protect those who acknowledge me as LORD. When they call to me, I will answer them; When they are in trouble, I will be with them.

I will rescue them and honor

I will reward them with long life; I will save them."

PSALM 91

od's Freeing Forgiveness

Praise the LORD, my soul!
All my being, praise his holy name!
Praise the LORD, my soul, and do not forget how kind he is.
He forgives all my sins and heals all my diseases.
He keeps me from the grave and blesses me with love and mercy.

He fills my life with good things, so that I stay young and strong like an eagle.

The LORD judges in favor of the oppressed and gives them their rights.

and gives them their rights. He revealed his plans to Moses

and let the people of Israel see his mighty deeds.

The LORD is merciful and loving, slow to become angry and full of constant love.

He does not keep on rebuking; he is not angry forever.

He does not punish us as we deserve

Cod's Word Promises You

or repay us according to our sins and wrongs.

As high as the sky is above the earth,

so great is his love for those who honor him.

As far as the east is from the west,

so far does he remove our sins from us.

As a father is kind to his children,

so the LORD is kind to those who honor him.

He knows what we are made of; he remembers that we are dust.

PSALM 103.1-14

Let us give thanks to the God and Father of our Lord Jesus Christ! For in our union with Christ he has blessed us by giving us every spiritual blessing in the heavenly world. Even before the world was made, God had already chosen us to be his through our union with Christ, so that we would be holy and without fault before him.

Because of his love God had already decided that through Jesus Christ he would make us his children—this was his pleasure and purpose. Let us praise God for his glorious grace, for the free gift he gave us in

his dear Son! For by the blood of Christ we are set free, that is, our sins are forgiven. How great is the grace of God, which he gave to us in such large measure!

EPHESIANS 1.3-8a

There is no other god like you, O LORD; you forgive the sins of your people who have survived. You do not stay angry forever, but you take pleasure in showing us your constant love. You will be merciful to us once again. You will trample our sins underfoot and send them to the bottom of the sea! You will show your faithfulness and constant love to your people, the descendants of Abraham and of Jacob, as you promised our ancestors long ago.

MICAH 7.18-20



Your word is a lamp to guide me and a light for my path.

I will keep my solemn promise

I will keep my solemn promise to obey your just instructions. My sufferings, LORD, are terrible

My sufferings, LORD, are terrible indeed;

keep me alive, as you have promised.

Accept my prayer of thanks, O LORD,

and teach me your commands. I am always ready to risk my life;
I have not forgotten your law.

The wicked lay a trap for me, but I have not disobeyed your commands.

Your commandments are my eternal possession; they are the joy of my heart. I have decided to obey your laws until the day I die.

PSALM 119.105-112

LORD, you have examined me and you know me.

You know everything I do; from far away you understand all my thoughts.

You see me, whether I am working or resting; you know all my actions.

Even before I speak, you already know what I will say.

You are all around me on every side;

you protect me with your power.

Your knowledge of me is too deep;

it is beyond my understanding.

Where could I go to escape from you?

Where could I get away from your presence?

If I went up to heaven, you would be there;

if I lay down in the world of the dead, you would be there.

If I flew away beyond the east or lived in the farthest place in the west,

God's Word Promises You

you would be there to lead me, you would be there to help me. I could ask the darkness to hide me

or the light around me to turn into night,

but even darkness is not dark for you,

and the night is as bright as the day.

Darkness and light are the same to you.

PSALM 139.1-12

The eleven disciples went to the hill in Galilee where Jesus had told them to go. When they saw him, they worshiped him, even though some of them doubted. Jesus drew near and said to them, "I have been given all authority in heaven and on earth. Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age."

MATTHEW 28.16-20

od's Help in Times of Temptation

Happy are those who remain faithful under trials, because when they succeed in passing such a test, they will receive as their reward the life which God has promised to those who love him. If we are tempted by such trials, we must not say, "This temptation comes from God." For God cannot be tempted by evil, and he himself tempts no one. But we are tempted when we are drawn away and trapped by our own evil desires. Then our evil desires conceive and give birth to sin; and sin, when it is full-grown, gives birth to death.

Do not be deceived, my dear friends! Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights, who does not change or cause darkness by turning. By his own will he brought us into being through the word of truth, so that we should have first place among all his creatures.

JAMES 1.12-18

God's Word Promises You

Let us, then, hold firmly to the faith we profess. For we have a great High Priest who has gone into the very presence of God—Jesus, the Son of God. Our High Priest is not one who cannot feel sympathy for our weaknesses. On the contrary, we have a High Priest who was tempted in every way that we are, but did not sin. Let us have confidence, then, and approach God's throne, where there is grace. There we will receive mercy and find grace to help us just when we need it.

HEBREWS 4.14-16

I want you to remember, my friends, what happened to our ancestors who followed Moses. They were all under the protection of the cloud, and all passed safely through the Red Sea. In the cloud and in the sea they were all baptized as followers of Moses. All ate the same spiritual bread and drank the same spiritual drink. They drank from the spiritual rock that went with them; and that rock was Christ himself. But even then God was not pleased with most of them, and so their dead bodies were scattered over the desert.

Now, all of this is an example for us, to warn us not to desire evil things, as they did, nor to worship idols, as some of them did. As the scripture says, "The people sat down to a feast which turned into an orgy

of drinking and sex." We must not be guilty of sexual immorality, as some of them were—and in one day twenty-three thousand of them fell dead. We must not put the Lord to the test, as some of them did—and they were killed by snakes. We must not complain, as some of them did—and they were destroyed by the Angel of Death.

All these things happened to them as examples for others, and they were written down as a warning for us. For we live at a time when the end is about to come.

If you think you are standing firm you had better be careful that you do not fall. Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

1 CORINTHIANS 10 1-13

od's Generous Provision

Jesus said:

"You cannot be a slave of two masters; you will hate one and love the other; you will be loyal to one and despise the other. You cannot serve both God and money.

"This is why I tell you: do not be worried about the food and drink you need in order to stay alive, or about clothes for your body. After all, isn't life worth more than food? And isn't the body worth more than clothes? Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds? Can any of you live a bit longer by worrying about it?

"And why worry about clothes? Look how the wild flowers grow: they do not work or make clothes for themselves. But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. It is God who clothes the wild grass—grass that is here today and gone tomorrow, burned up in the oven. Won't he be all the more sure to clothe

you? What little faith you have!

"So do not start worrying: 'Where will my food come from? or my drink? or my clothes?' (These are the things the pagans are always concerned about.) Your Father in heaven knows that you need all these things. Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things. So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings."

MATTHEW 6.24-34

The LORD is faithful to his promises; he is merciful in all his acts. He helps those who are in trouble; he lifts those who have fallen.

All living things look hopefully to you,
and you give them food when they need it.
You give them enough and satisfy the needs of all.

The LORD is righteous in all he does, merciful in all his acts.

Cod's Word Promises You

He is near to those who call to him,

who call to him with sincerity. He supplies the needs of those who honor him;

he hears their cries and saves them.

He protects everyone who loves him, but he will destroy the wicked.

I will always praise the LORD; let all his creatures praise his holy name forever.

PSALM 145.13b-21

od's Unfailing Love

The thought of my pain, my homelessness, is bitter poison. I think of it constantly, and my spirit is depressed. Yet hope returns when I remember this one thing:

The LORD's unfailing love and mercy still continue,
Fresh as the morning, as sure as the sunrise.
The LORD is all I have, and so in him I put my hope.

LAMENTATIONS 3.19-24

O God, you are my God, and I long for you.

My whole being desires you; like a dry, worn-out, and waterless land, my soul is thirsty for you.

Let me see you in the sanctuary; let me see how mighty and glorious you are.

Your constant love is better than life itself.

God's Word Promises You

and so I will praise you.

I will give you thanks as long as
I live;
I will raise my hands to you in

prayer. My soul will feast and be

satisfied, and I will sing glad songs of praise to you.

PSALM 63.1-5

LORD, your constant love reaches the heavens; your faithfulness extends to the skies.

Your righteousness is towering like the mountains; your justice is like the depths of the sea.

People and animals are in your care.

How precious, O God, is your constant love!

We find protection under the shadow of your wings.

We feast on the abundant food you provide;

you let us drink from the river of your goodness.

You are the source of all life, and because of your light we see the light.

PSALM 36.5-9





hen you are anxious

May you always be joyful in your union with the Lord. I say it again: rejoice!

Show a gentle attitude toward everyone. The Lord is coming soon. Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

PHILIPPIANS 4.4-7

We know that in all things God works for good with those who love him, those whom he has called according to his purpose. Those whom God had already chosen he also set apart to become like his Son, so that the Son would be the first among many believers. And so those whom God set apart, he called; and those he called, he put right with himself, and he shared his glory with them.

ROMANS 8.28-30

hen you are lonely

The LORD is my shepherd;
I have everything I need.
He lets me rest in fields of green grass

and leads me to quiet pools of fresh water.

He gives me new strength.

He guides me in the right paths, as he has promised.

Even if I go through the deepest darkness,

I will not be afraid, LORD, for you are with me.

Your shepherd's rod and staff protect me.

You prepare a banquet for me, where all my enemies can see me; you welcome me as an honored guest

and fill my cup to the brim.

I know that your goodness and love will be with me all my life; and your house will be my home as long as I live.

PSALM 23

God's Word Offers You Help=

I look to the LORD for help at all times, and he rescues me from danger.

Turn to me, LORD, and be merciful to me, because I am lonely and weak. Relieve me of my worries and save me from all my troubles.

Consider my distress and suffering

See how many enemies I have; see how much they hate me. Protect me and save me; keep me from defeat.

I come to you for safety.

May my goodness and honesty preserve me, because I trust in you.

and forgive all my sins.

PSALM 25.15-21

God is love, and those who live in love live in union with God and God lives in union with them. Love is made perfect in us in order that we may have courage on the Judgment Day; and we will have it because our life in this world is the same as Christ's. There is no fear in love; perfect love drives out all fear. So then, love has not been made perfect in anyone who is afraid, because fear has to do with punishment.

1 JOHN 4.16b-18

hen you are Discouraged or Depressed

How much longer will you
forget me, LORD?
Forever?
How much longer will you hide
yourself from me?
How long must I endure trouble?
How long will sorrow fill my
heart day and night?
How long will my enemies
triumph over me?

Look at me, O LORD my God, and answer me.

Restore my strength; don't let me die.

Don't let my enemies say, "We have defeated him."

Don't let them gloat over my downfall.

I rely on your constant love; I will be glad, because you will rescue me. I will sing to you, O LORD, because you have been good to me.

PSALM 13

At that time Jesus said, "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you were pleased to have it happen.

"My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."

MATTHEW 11.25-30

hen you are Ill or Injured

Praise the LORD, my soul!
All my being, praise his
holy name!
Praise the LORD, my soul,
and do not forget how kind he

He forgives all my sins and heals all my diseases.

He keeps me from the grave and blesses me with love and mercy.

He fills my life with good things, so that I stay young and strong like an eagle.

PSALM 103.1-5

Are any among you in trouble? They should pray. Are any among you happy? They should sing praises. Are any among you sick? They should send for the church elders, who will pray for them and rub olive oil on them in the name of the Lord. This prayer made in faith will heal the sick; the Lord will restore them to health, and the sins they have committed will be forgiven. So then, confess your sins to one another and pray for one another, so that you will

be healed. The prayer of a good person has a powerful effect.

JAMES 5.13-16

Jesus went to Peter's home, and there he saw Peter's mother-in-law sick in bed with a fever. He touched her hand; the fever left her, and she got up and began to wait on him.

When evening came, people brought to Jesus many who had demons in them. Jesus drove out the evil spirits with a word and healed all who were sick. He did this to make come true what the prophet Isaiah had said, "He himself took our sickness and carried away our diseases."

MATTHEW 8.14-17

hen you are Saddened by Loss

Someone will ask, "How can the dead be raised to life? What kind of body will they have?" You fool! When you plant a seed in the ground, it does not sprout to life unless it dies. And what you plant is a bare seed, perhaps a grain of wheat or some other grain, not the full-bodied plant that will later grow up. God provides that seed with the body he wishes; he gives each seed its own proper body.

Listen to this secret truth: we shall not all die, but when the last trumpet sounds, we shall all be changed in an instant, as quickly as the blinking of an eye. For when the trumpet sounds, the dead will be raised, never to die again, and we shall all be changed. For what is mortal must be changed into what cannot die. So when this takes place, and the mortal has been changed into the immortal, then the scripture will come true: "Death is destroyed; victory is complete!"

"Where, Death, is your victory?

Where, Death, is your power to hurt?"

Death gets its power to hurt from sin, and sin get its power from the Law. But thanks be to God who gives us the victory through our Lord Jesus Christ!

1 CORINTHIANS 15.35-38, 51-57

"Do not be worried and upset," Jesus told them. "Believe in God and believe also in me. There are many rooms in my Father's house, and I am going to prepare a place for you. I would not tell you this if it were not so. And after I go and prepare a place for you, I will come back and take you to myself, so that you will be where I am. You know the way that leads to the place where I am going."

Thomas said to him, "Lord, we do not know where you are going; so how can we know the way to get there?"

Jesus answered him, "I am the way, the truth, and the life; no one goes to the Father except by me. Now that you have known me," he said to them, "you will know my Father also, and from now on you do know him and you have seen him."

JOHN 14.1-7

God's Word Offers You Help=

Jesus saw the crowds and went up a hill, where he sat down. His disciples gathered around him, and he began to teach them:

"Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them!

"Happy are those who mourn; God will comfort them!

"Happy are those who are humble;

they will receive what God has promised!

"Happy are those whose greatest desire is to do what God requires;

God will satisfy them fully!

"Happy are those who are merciful to others;

God will be merciful to them!

"Happy are the pure in heart; they will see God!

"Happy are those who work for peace;

God will call them his children!

"Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!"

MATTHEW 5.1-10

hen you are Impatient

Trust in the LORD and do good; live in the land and be safe. Seek your happiness in the LORD, and he will give you your heart's desire.

Give yourself to the LORD; trust in him, and he will help you;

he will make your righteousness shine like the noonday sun.

Be patient and wait for the LORD to act; don't be worried about those

who prosper or those who succeed in their evil plans.

Don't give in to worry or anger; it only leads to trouble.

Those who trust in the LORD will possess the land, but the wicked will be driven

ut the wicked will be driven out.

PSALM 37.3-9

God's Word Offers You Help=

Be patient, then, my friends, until the Lord comes. See how patient farmers are as they wait for their land to produce precious crops. They wait patiently for the autumn and spring rains. You also must be patient. Keep your hopes high, for the day of the Lord's coming is near.

Do not complain against one another, my friends, so that God will not judge you. The Judge is near, ready to appear. My friends, remember the prophets who spoke in the name of the Lord. Take them as examples of patient endurance under suffering. We call them happy because they endured. You have heard of Job's patience, and you know how the Lord provided for him in the end. For the Lord is full of mercy and compassion.

JAMES 5.7-11

hen you are Angry or Vengeful

A gentle answer quiets anger, but a harsh one stirs it up.

PROVERBS 15.1

If you cannot control your anger, you are

as helpless as a city without walls, open to attack.

PROVERBS 25.28

Remember this, my dear friends! Everyone must be quick to listen, but slow to speak and slow to become angry. Human anger does not achieve God's righteous purpose. So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.

Do not deceive yourselves by just listening to his word; instead, put it into practice. If you listen to the word, but do not put it into practice you are like people who look in a mirror and see themselves as they are. They take a good look at themselves and then go away and at once

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forget what they look like. But if you look closely into the perfect law that sets people free, keep on paying attention to it and do not simply listen and then forget it, but put it into practice—you will be blessed by God in what you do.

JAMES 1.19-25

Ask God to bless those who persecute you—yes, ask him to bless, not to curse. Be happy with those who are happy, weep with those who weep. Have the same concern for everyone. Do not be proud, but accept humble duties. Do not think of yourselves as wise.

If someone has done you wrong, do not repay him with a wrong. Try to do what everyone considers to be good. Do everything possible on your part to live in peace with everybody. Never take revenge, my friends, but instead let God's anger do it. For the scripture says, "I will take revenge, I will pay back, says the Lord." Instead, as the scripture says: "If your enemies are hungry, feed them; if they are thirsty, give them a drink; for by doing this you will make them burn with shame." Do not let evil defeat you; instead, conquer evil with good.

ROMANS 12.14-21

hen you are Burdened by Doubt

Jesus said:

"Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. For everyone who asks will receive, and anyone who seeks will find, and the door will be opened to those who knock. Would any of you who are fathers give your son a stone when he asks for bread? Or would you give him a snake when he asks for a fish? As bad as you are, you know how to give good things to your children. How much more, then, will your Father in heaven give good things to those who ask him!"

MATTHEW 7.7-11

My friends, consider yourselves fortunate when all kinds of trials come your way, for you know that when your faith succeeds in facing such trials, the result is the ability to endure. Make sure that your endurance carries you all the way without failing, so that you may be perfect and complete, lacking nothing. But if any of you lack wisdom, you should pray to God, who will give it to you; because God gives generously

God's Word Offers You Help

and graciously to all. But when you pray, you must believe and not doubt at all. Whoever doubts is like a wave in the sea that is driven and blown about by the wind. If you are like that, unable to make up your mind and undecided in all you do, you must not think that you will receive anything from the Lord.

JAMES 1.2-8

A wise teacher said:

"God keeps every promise he makes. He is like a shield for all who seek his protection."

PROVERBS 30.5

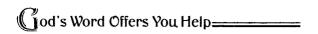
hen you are Worried Over Money

Well, religion does make us very rich, if we are satisfied with what we have. What did we bring into the world? Nothing! What can we take out of the world? Nothing! So then, if we have food and clothes, that should be enough for us. But those who want to get rich fall into temptation and are caught in the trap of many foolish and harmful desires, which pull them down to ruin and destruction. For the love of money is a source of all kinds of evil. Some have been so eager to have it that they have wandered away from the faith and have broken their hearts with many sorrows.

1 TIMOTHY 6.6-10

Keep your lives free from the love of money, and be satisfied with what you have. For God has said, "I will never leave you; I will never abandon you." Let us be bold then, and say,

"The Lord is my helper,
I will not be afraid.
What can anyone do to me?"
HEBREWS 13.5,6



Jesus said:

"Do not store up riches for yourselves here on earth, where moths and rust destroy, and robbers break in and steal. Instead, store up riches for yourselves in heaven, where moths and rust cannot destroy, and robbers cannot break in and steal. For your heart will always be where your riches are."

MATTHEW 6.19-21

hen you are Facing Pain and Suffering

Paul wrote about his own physical pain:

But to keep me from being puffed up with pride because of the many wonderful things I saw, I was given a painful physical ailment, which acts as Satan's messenger to beat me and keep me from being proud. Three times I prayed to the Lord about this and asked him to take it away. But his answer was: "My grace is all you need, for my power is greatest when you are weak." I am most happy, then, to be proud of my weaknesses, in order to feel the protection of Christ's power over me. I am content with weaknesses, insults, hardships, persecutions, and difficulties for Christ's sake. For when I am weak, then I am strong.

2 CORINTHIANS 12.7-10

The LORD is a refuge for the oppressed, a place of safety in times of trouble.

Those who know you, LORD, will trust you;

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you do not abandon anyone who comes to you.

Sing praise to the LORD, who rules in Zion!
Tell every nation what he has done!

God remembers those who suffer; he does not forget their cry, and he punishes those who wrong them.

PSALM 9.9-12

In view of all this, what can we say? If God is for us, who can be against us? Certainly not God, who did not even keep back his own Son, but offered him for us all! He gave us his Son—will he not also freely give us all things? Who will accuse God's chosen people? God himself declares them not guilty! Who, then, will condemn them? Not Christ Jesus, who died, or rather, who was raised to life and is at the right side of God, pleading with him for us! Who, then, can separate us from the love of Christ? Can trouble do it, or hardship or persecution or hunger or poverty or danger or death? As the scripture says,

"For your sake we are in danger of death at all times; we are treated like sheep that are going to be slaughtered."

No, in all these things we have complete victory though him who loved us! For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below—there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.

ROMANS 8.31-39



$\widehat{\mathbb{R}}$ emember God's Promises When You Pray



Jesus said:

"This, then, is how you should pray:

'Our Father in heaven:

May your holy name be

honored;

may your Kingdom come; may your will be done on

earth as it is in heaven.

Give us today the food we

Forgive us the wrongs we have done.

as we forgive the wrongs that others have done to us.

Do not bring us to hard testing,

but keep us safe from the Evil One."

MATTHEW 6.9-13