

SCRIPTURAL PROMISES & TRUTHS TO MEDITATE ON FOR OVERCOMING
(fear, despair, worry, confusion, depression, stress....)

Take time (well spent, I might add) to look up these verses, study the context, & ask God to speak to your heart regarding the specific needs & circumstances that you are facing right now. Write down on a 3x5 card those insights that really "come alive" & "connect" with you in a meaningful way. These are many of God's solutions & answers to whatever struggles & challenges we will ever face! (2Pet.1:3-4; 2Tim.3:16-17).

1Cor. 10:13

Isa. 46:9-1

Js. 4:6-10

54:14-17

Josh. 1:8-9

55:1,6,8-9,11

Dan. 4:35

57:1,15

Jer. 29:11-14

Hab. 3:17-19

Heb. 4:15-16

2Cor.12:7-10

2Cor. 4:8-9,16-18

Jn. 14:27,1

Heb. 13:5-6

Isa. 41:10-13

Matt. 11:28-30

Ps, 23:1-4

Ps. 30:5,8-12

1Pet. 5:7-11

Phil. 4:6-9,12-13,19

Ps. 112:7-8

Isa. 40:29-31

46:1-3

Matt. 6:25-34

Ps. 56:3-4,8-9,11

James 1:1-25

91:1-11

Ps. 33:18-22

121:7-8

55:22

147:3

62:5-7

Mk. 4:38-40

27:1-14

Ps. 34:10

Rom. 8:15-39

2Cor. 5:7

Jer. 17:17

Lk. 12:22-31

Nahum 1:7

Ps. 107:4-9

37:25-26

9:9-10

31:24

4:8

119:165

34:17

Prov. 3:25-26

2Cor. 9:8

Prov. 3:5-6

Isa. 50:7

1Jn. 4:18

Heb. 10:35-37

Ps. 3:3-6

Isa. 26:3-4

2Tim. 1:7,9

James 5:7-8

1Pet. 1:6-9

Ps. 138:7

Phil. 1:6

Deut. 31:6

33:27

Isa. 43:2

1Pet. 4:12-13

2Cor. 1:3-4

Lk. 18:1

Neh. 8:10

Isa. 12:2-3

Deut. 28:2-13

Heb. 12:1-2

Rom. 15:13

Oh, by the way, now is the time to familiarize yourself with these great & precious promises. Building your "foundation on the rock" must be done ahead of time...before "the storm" hits (Mt.7:24-27)! This preparation will not only build your faith but equip you to be of significant spiritual benefit in ministering to others also (2Cor.1:3-4). Remember, this world will & is passing away (1Jn.2:17)...so that a new one will come (MT.6:10; Rev.21-22), so get ready.