

## PERSONAL NOTES:



# FREEDOM TOOL KIT

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All Bible verses in the New King James Version.

Toolkit v02pp

## PERSONAL NOTES:

When you feel the most wretched and needy, Jesus is near. He has conquered the worst temptations you are facing, and He knows exactly how to give you victory. Let Him do it!

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us...” (**1 John 5:14-15**)  
As we pray the Word of God (the Bible), we are praying God’s will. Therefore, we have confidence that God actually does hear and answer us.

Since we cannot see the big picture and the future as God does, we follow Jesus’ example and pray, “nevertheless, not My will but Yours be done.” (**Luke 22:42**)

**Acts 10:38** God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.

**Luke 6:38** Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”

**Proverbs 11:25** The generous soul will be made rich, and he who waters will also be watered himself.

**Matthew 7:12** Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.

**Matthew 10:8** Freely you have received, freely give.

**Acts 20:35** “And remember the words of the Lord Jesus, that He said, ‘It is more blessed to give than to receive.’”

**2 Corinthians 9:7** God loves a cheerful giver.

**Ephesians 2:10** For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

**1 Timothy 6:17-19** Let *[those who are rich]* ...do good, that they be rich in good works, ready to give, willing to share, storing up for themselves a good foundation for the time to come, that they may lay hold on eternal life.

**Hebrews 13:16** But do not forget to do good and to share, for with such sacrifices God is well pleased.

**2 Corinthians 9:8** And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

**Isaiah 58:10** If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday.

**Galatians 6:9** And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

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**THERE IS NO PERPLEXITY** too difficult for God to unravel...

**THE “CROWD-IT-OUT” PRINCIPLE:** We can't stamp out sin, rather the Bible says we should crowd it out with good thoughts, new habits and encouraging Bible verses.

**(Romans 12:21)**

### **5 SECONDS TO VICTORY:**

1. Say NO! out loud.
2. Thank the Lord out loud for the Bible promise.
3. Avoid places where temptations occur.

**PRAYER IS THE KEY...** in the hand of faith to unlock Heaven's storehouse.

**PERSONALIZE IT:** When you pray a Bible verse, put your name and situation into the verse. There is power in God's word. And it does our mind GREAT good to speak those promises out loud.

### **FIXING MY WAYWARD THOUGHTS:**

1. Say NO! out loud.
2. I'm dead to that useless thought.  
That's not me anymore. Jump to the new thought.
3. Thank you, Lord for... (new thought).
4. Focus on my end goal.

**EVERY PROMISE IN THE WORD** of God provides us with subject matter for prayer.

### **FREEING THOUGHT**

1. I'm dead to that old habit.
2. I'm alive to this new thought.

### **SMILE**

I'm gaining a new useful habit.



**-HSE-**

## **Holy Spirit Empowered**

**Ezekiel 36:26-27** "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them."

**Titus 3:5** ...not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

**Romans 15:13** Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

**Romans 5:5** Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

**Ephesians 3:14-16** ...that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,

**Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

**Isaiah 11:2** The Spirit of the Lord shall rest upon Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord.

**Ezekiel 37:3-14** [Ezekiel's valley of dry bones vision concludes...] "Surely I will cause breath to enter into you, and you shall live. ...So I prophesied as He commanded me, and breath came into them, and they lived, and stood upon their feet, an exceedingly great army. ...I will put My Spirit in you, and you shall live..."

**2 Corinthians 3:18** But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

**John 16:13** However, when He, the Spirit of truth, has come, He will guide you into all truth...and He will tell you things to come.

**Zechariah 4:6-7** "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the Lord of hosts. 'Who are you, O great mountain? Before Zerubbabel you shall become a plain!'"

**Proverbs 18:24** A man who has friends must himself be friendly,

**Jeremiah 24:7** Then I will give them a heart to know Me, that I am the Lord; and they shall be My people, and I will be their God... *[God initiates the relationship]*

**GOD'S FRIENDS**

- **ABRAHAM: James 2:23** "Abraham believed God, and it was accounted to him for righteousness." And he was called the friend of God.
- **ENOCH: Genesis 5:22-24** And Enoch walked with God...
- **MOSES: Exodus 33:11-14** So the Lord spoke to Moses face to face, as a man speaks to his friend. I pray, if I have found grace in Your sight, show me now Your way, that I may know You and that I may find grace in Your sight... And He *[God]* said, "My Presence will go with you, and I will give you rest."
- **THE DISCIPLES AND US: John 15:13-15** Greater love has no one than this, than to lay down one's life for his friends. You are My friends if you do whatever I command you. No longer do I call you servants...but I have called you friends

**Leviticus 26:12-13** "I will walk among you and be your God, and you shall be My people. I am the Lord your God, who brought you out of the land of Egypt, that you should not be their slaves; I have broken the bands of your yoke and made you walk upright *[erect]*."

**Mark 1:35** Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

**John 15:7** If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. *[Abide: Get with & stay with God]*

**Romans 5:8** But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

**1 John 1:6-7** If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

**2 Chronicles 15:2** ...The Lord is with you while you are with Him. If you seek Him, He will be found by you;

**John 17:3** And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.

**Isaiah 40:28-29** Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength.

**Isaiah 41:10,13** "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand...For I, the Lord your God, will hold your right hand, saying to you, 'Fear not, I will help you.'"

**2 Corinthians 12:9** And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."

**Ephesians 3:14-16** For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,

**Ephesians 3:20-21** Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory...

**2 Peter 1:2-4** Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises...

**Philippians 4:13** I can do all things through Christ who strengthens me.

**Romans 1:16-17** For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes...

**2 Timothy 1:7** For God has not given us a spirit of fear, but of power and of love and of a sound mind.

**1 Chronicles 29:11** Yours, O Lord, is the greatness, the power and the glory, the victory and the majesty; for all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, and You are exalted as head over all.

**John 15:5** ...without me you can do nothing.

**-GLC-**

## God Is Loving and Caring

**1 Peter 5:7** ...casting all your care upon Him, for He cares for you.

**1 John 4:16** And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.

**John 3:16** For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

**Romans 5:8** But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

**Galatians 2:20** I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

**Psalms 86:15** But You, O Lord, are a God full of compassion, and gracious, Longsuffering and abundant in mercy and truth.

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing."

**Romans 8:37-39** Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

**Jeremiah 31:3** The Lord has appeared of old to me, saying: "Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.

**Romans 8:31-32** What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

**1 John 4:9-10** In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

**Isaiah 49:15** "Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you.

**-ABS-**

## Absolute Surrender (Commitment)

**James 4:7** Therefore submit to God. Resist the devil and he will flee from you.

**Romans 12:1-2** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

**James 4:10** Humble yourselves in the sight of the Lord, and He will lift you up.

**Deuteronomy 6:5** You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

**John 5:19** Then Jesus answered and said to them, "Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner.

**Galatians 2:20** I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

**Philippians 2:5-8** Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

**Mark 14:35-36** He...prayed that if it were possible, the hour might pass from Him. And He said, "Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will."

**Proverbs 3:5-6** Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

**Luke 9:23-24** Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. 24 For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.

**John 15:5** I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

## **-HAP-**

### **Hope and Potential**

**Psalm 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him...

**Jeremiah 17:5, 7-8** Thus says the Lord: “Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the Lord... Blessed is the man who trusts in the Lord, and whose hope is the Lord...” For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.

**Jeremiah 29:11-12** “For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you.”

**Jeremiah 31:16-17** Thus says the Lord: “Refrain your voice from weeping, and your eyes from tears; for your work shall be rewarded, says the Lord, and they shall come back from the land of the enemy. There is hope in your future, says the Lord, that your children shall come back to their own border.”

**Lamentations 3:25-26** The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord.

**Romans 5:5** Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

**Romans 15:13** Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

**Hebrews 10:23** Let us hold fast the confession of our hope without wavering, for He who promised is faithful.

**1 John 3:1-3** Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. And everyone who has this hope in Him purifies himself, just as He is pure.

**John 15:16** You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.

## **-GCF-**

### **God Can Fix Messed Up Minds and Hearts**

**Psalm 51:10-12** Create in me a pure [*clean*] heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Jeremiah 24:7** Then I will give them a heart to know Me, that I am the Lord; and they shall be My people, and I will be their God, for they shall return to Me with their whole heart.

**2 Corinthians 3:18** But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

**2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

**Ephesians 3:20-21** Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us...

**Ezekiel 36:26-27** I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.

**Titus 3:5** ...not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

**2 Peter 1:4** by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

**Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

**Isaiah 26:3** You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

**2 Timothy 1:7** For God has not given us a spirit of fear, but of power and of love and of a sound mind.

**God Is Willing to Be with Us**

**Matthew 1:23** “Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, “God with us.”

**Exodus 33:14** “My Presence will go with you, and I will give you rest.”

**Leviticus 26:12-13** “I will walk among you and be your God, and you shall be My people. I am the Lord your God, who brought you out of the land of Egypt, that you should not be their slaves;”

**Deuteronomy 31:8** “And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”

**Joshua 1:5, 9** I will not leave you nor forsake you...have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

**2 Chronicles 15:2** ...The Lord is with you while you are with Him. If you seek Him, He will be found by you;

**Psalms 23** ...Yea, 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...

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.

**Isaiah 43:1-2** ...Fear not, for I have redeemed you; I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”

**Isaiah 57:15** For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: “I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite [*crushed*] ones.”

**Genesis 5:22-24** And Enoch walked with God; and he was not, for God took him. [*Noah & Levi also “walked with God” - Genesis 6:9; Malachi 2:6*]

**Hebrews 13:5** ...be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

**Contentment / Discontent**

**Hebrews 13:5** Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

**Philippians 4:11-13** Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.

**Luke 12:15** And He said to them, “Take heed and beware of covetousness, for one’s life does not consist in the abundance of the things he possesses.”

**1 Timothy 6:6-7, 11** Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out... But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.

**Matthew 6:33** But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

**Philippians 4:19** And my God shall supply all your need according to His riches in glory by Christ Jesus.

**Isaiah 26:3** You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in Yah, the Lord, is everlasting strength.

**Psalms 37:3-5** Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, and He shall give you the desires of your heart, your way to the Lord, trust also in Him, and He shall bring it to pass.

**Matthew 6:21** For where your treasure is, there your heart will be also.

**Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

**Colossians 3:2** Set your mind on things above, not on things on the earth.



**-JRS-**

## Joy, Rejoice, and Singing

**Psalm 16:11** You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

**Psalm 40:3** He has put a new song in my mouth—Praise to our God; Many will see it and fear, and will trust in the Lord.

**Psalm 51:10-12** Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Psalm 147:1** Praise the Lord! For it is good to sing praises to our God; for it is pleasant, and praise is beautiful.

**Isaiah 12:2** Behold, God is my salvation, I will trust and not be afraid; for YAH, the Lord, is my strength and song; He also has become my salvation.

**Jeremiah 15:16** Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; for I am called by Your name, O Lord God of hosts.

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.

**John 15:11** “These things I have spoken to you, that My joy may remain in you, and that your joy may be full.

**John 16:23-24** Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

**Romans 15:13** Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

**Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.

**1 Thessalonians 5:16-18** Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

**-GTS-**

## God Will Guide Teach, Show, Lead

**Exodus 33:13-14** I pray, if I have found grace in Your sight, show me now Your way, that I may know You and that I may find grace in Your sight...And He [God] said, “My Presence will go with you, and I will give you rest.”

**Psalm 32:8** “I will instruct you and teach you in the way you should go; I will guide you with My eye.”

**Psalm 86:11** Teach me Your way, O Lord; I will walk in Your truth; unite my heart to fear Your name.

**Psalm 139:23-24** Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.

**Psalm 143:8** Cause me to hear Your lovingkindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to You.

**Proverbs 3:5-6** Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

**Isaiah 42:16** “I will bring the blind by a way they did not know; I will lead them in paths they have not known. I will make darkness light before them, and crooked places straight. These things I will do for them, and not forsake them.”

**John 16:13** However, when He, the Spirit of truth, has come, He will guide you into all truth; ...and He will tell you things to come.

**Psalm 48:14** For this is God, our God forever and ever; He will be our guide even to death.

**Romans 15:4** For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

**John 14:6** Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

**Psalm 16:11** You will show me the path of life; In Your presence is fullness of joy; at Your right hand are pleasures forevermore.

## **-HLP-**

### **God Will Help, Aid, Assist**

**Psalm 46:1-2** God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea;

**Psalm 121:1-3** I will lift up my eyes to the hills— From whence comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber.

**Isaiah 41:10, 13** “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand...” “For I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’”

**John 14:26** But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

**2 Corinthians 9:8** And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

**Hebrews 2:14-15** Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.

**Hebrews 2:18** For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

**Isaiah 50:7** “For the Lord God will help Me; therefore I will not be disgraced; therefore I have set My face like a flint, and I know that I will not be ashamed.

**Hebrews 4:16** Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

**Hebrews 13:5-6** ...For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”

**Psalm 121:1-3** I will lift up my eyes to the hills—From whence comes my help? My help comes from the Lord, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber.

## **-ALB-**

### **Abundant Life and Blessings**

**2 Peter 1:2-3** Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,

**Psalm 37:3-4** Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, and He shall give you the desires of your heart.

**Psalm 68:19** Blessed be the Lord, who daily loads us with benefits

**Psalm 84:11-12** For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly...Blessed is the man who trusts in You!

**Psalm 103:1-5** Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

**Psalm 107:8-9** Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul, and fills the hungry soul with goodness.

**Psalm 145:18-19** The Lord is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He also will hear their cry and save them.

**John 10:10** The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

**2 Corinthians 9:8** And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

**Philippians 4:19** And my God shall supply all your need according to His riches in glory by Christ Jesus.

**Psalm 34:8** Oh, taste and see that the Lord is good...

**-VOF-**

## Victory, Overcoming, Set Free

**1 John 4:4** You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

**Psalm 119:11** Your word I have hidden in my heart, that I might not sin against You.

**John 8:31-32** “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.

**John 8:34, 36** ...Therefore if the Son makes you free, you shall be free indeed.

**Hebrews 7:25** Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

**Ephesians 3:20-21** Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever

**Colossians 1:12-13** ...giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.

**Hebrews 4:15-16** For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

**2 Peter 1:2-4** Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

**2 Peter 2:9** then the Lord knows how to deliver the godly out of temptations...

**Jude 24-25** Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, Who alone is wise, be glory and majesty, dominion and power, both now and forever.

**-PGW-**

## Power in God's Word

**Psalm 119:11** Your word I have hidden in my heart, that I might not sin against You.

**Psalm 119:28** My soul melts from heaviness; strengthen me according to Your word.

**John 8:31-32** Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.

**Psalm 119:105** Your word is a lamp to my feet and a light to my path.

**Isaiah 55:10-11** “For as the rain comes down, and the snow from heaven, and do not return there, but water the earth, and make it bring forth and bud, that it may give seed to the sower and bread to the eater, so shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”

**Matthew 4:4** But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

**John 15:7** If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

**John 17:17** Sanctify them *[make them holy]* by Your truth. Your word is truth.

**Romans 10:17** So then faith comes by hearing, and hearing by the word of God.

**Romans 15:4** For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

**Hebrews 4:12** For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

**Jeremiah 15:16** Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; for I am called by Your name, O Lord God of hosts.

**Matthew 24:35** Heaven and earth will pass away, but My words will by no means pass away.

**-PIP-**

## Power in Prayer

**Matthew 7:7-8** Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

**Psalm 145:18-19** The Lord is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him...

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

**John 14:13-14** And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.

**John 15:7** If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

**Ephesians 3:20-21** Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

**Philippians 4:6-7** Be anxious for nothing, 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 minds through Christ Jesus.

**James 5:16-18** Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit.

**1 John 5:14-15** Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

**Jeremiah 29:12-13** Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.

**1 Thessalonians 5:16-18** Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

**-SAL-**

## God Is Able to Save,

**Psalm 50:23** Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God.

**Psalm 51:10-12** Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Isaiah 12:2** Behold, God is my salvation, I will trust and not be afraid; for YAH, the Lord, is my strength and song; He also has become my salvation.

**Jeremiah 17:14** Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for You are my praise.

**Lamentations 3:25-26** The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord.

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.

**Matthew 1:21** And she will bring forth a Son, and you shall call His name Jesus, for He will save His people from their sins.

**Luke 19:10** "...for the Son of Man has come to seek and to save that which was lost."

**Philippians 2:12-13** ...work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure.

**Hebrews 7:25** Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

**Jude 24-25** Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, Who alone is wise, be glory and majesty, dominion and power, both now and forever.

**John 10:9-11** The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

## **-PHS-**

### **Protection, Hedge, Shield**

**2 Kings 6:16** So he answered, “Do not fear, for those who are with us are more than those who are with them.” *[Elisha speaking when surrounded by an enemy army at Dothan]*

**2 Chronicles 16:9** For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.

**Psalm 4:8** I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.

**Psalm 34:7** The angel of the Lord encamps all around those who fear Him, and delivers them.

**Psalm 91:11-12** For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone.

**Proverbs 18:10** The name of the Lord is a strong tower; the righteous run to it and are safe.

**Proverbs 30:5** Every word of God is pure; He is a shield to those who put their trust in Him.

**Isaiah 43:1-2** ...Fear not, for I have redeemed you; I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”

**John 10:27** My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

**John 17:15** I do not pray that You should take them out of the world, but that You should keep them from the evil one.

**2 Thessalonians 3:3** But the Lord is faithful, who will establish you and guard you from the evil one.

**Psalm 121:1-4** I will lift up my eyes to the hills—From whence comes my help? My help comes from the Lord, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber.

## **-PAG-**

### **Power in an Attitude of Gratitude**

**Psalm 34:1, 4** I will bless the Lord at all times; His praise shall continually be in my mouth...I sought the Lord, and He heard me, and delivered me from all my fears.

**Psalm 40:3** He has put a new song in my mouth—Praise to our God; Many will see it and fear, and will trust in the Lord.

**Psalm 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him...

**Psalm 50:23** Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God.

**Psalm 92:1-2** It is good to give thanks to the Lord, and to sing praises to Your name, O Most High; to declare Your lovingkindness in the morning, and Your faithfulness every night,

**Psalm 103:1-5** Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives... Who heals... Who redeems... Who crowns you with lovingkindness and tender mercies... Who satisfies your mouth with good things So that your youth is renewed like the eagle's. *[Read the whole passage]*

**Psalm 100:4-5** Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him... and bless his holy name.

**Habakkuk 3:17-19** Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls— Yet I will rejoice in the Lord, I will joy in the God of my salvation. The Lord God is my strength...

**1 Thessalonians 5:16-18** Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

**Hebrews 13:15** Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

**Psalm 118:1** Oh, give thanks to the Lord, for He is good! For His mercy endures forever.

**-PSL-**

## Power of Love and It's Source

**1 John 4:7-8** Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love...

**Jeremiah 31:3** The Lord has appeared of old to me, saying: "Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.

**1 Corinthians 13:4-7** Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love. He will rejoice over you with singing."

**Romans 5:5** Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

**Romans 8:38-39** For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

**Isaiah 54:10** For the mountains shall depart and the hills be removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed," says the Lord, who has mercy on you.

**Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...

**Ephesians 3:17-20** ...that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height— to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,

**2 Corinthians 5:14-15** For the love of Christ compels us...that those who live should live no longer for themselves, but for Him who died for them

**1 Corinthians 13:8-13** Love never fails...And now abide faith, hope, love, these three; but the greatest of these is love.

**-TTT-**

## Temptation, Trials, Troubles

**Psalm 46:1-2** God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea;

**Psalm 91:15-16** "He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him.

**Psalm 138:7** Though I walk in the midst of trouble, You will revive me;

**Nahum 1:7** The Lord is good, A stronghold in the day of trouble; and He knows those who trust in Him.

**John 16:33** These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

**Romans 8:35, 37-39** Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ...Yet in all these things we are more than conquerors through Him who loved us.

**1 Corinthians 10:13** No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

**2 Corinthians 4:7-8** But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair;

**2 Corinthians 4:16-17** Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory.

**Hebrews 2:18** For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

**James 1:2-4** My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

**-SWD-**

## Intense Spiritual Warfare

**Romans 16:19-20** For your obedience has become known to all. Therefore I am glad on your behalf; but I want you to be wise in what is good, and simple concerning evil. And the God of peace will crush Satan under your feet shortly.

**Ephesians 6:10-13** Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

**Colossians 1:12-13** giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light. He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.

**John 17:15** I do not pray that You should take them out of the world, but that You should keep them from the evil one.

**James 4:7-8** Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you...

**2 Peter 1:10-11** Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

**2 Peter 2:9** then the Lord knows how to deliver the godly out of temptations...

**Hebrews 2:14-15** Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.

**Isaiah 59:19** When the enemy comes in like a flood, The Spirit of the Lord will lift up a standard against him.

**Luke 10:19** Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

**-LAA-**

## Feeling Lonely and Abandoned

**Deuteronomy 31:8** "And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed."

**2 Chronicles 15:2** ...The Lord is with you while you are with Him. If you seek Him, He will be found by you;

**Isaiah 41:10** Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.'

**Isaiah 57:15** For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite [*crushed*] ones."

**Zephaniah 3:17** The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.

**Exodus 33:13-14** I pray, if I have found grace in Your sight, show me now Your way, that I may know You and that I may find grace in Your sight...And He [*God*] said, "My Presence will go with you, and I will give you rest."

**Matthew 28:19-20** Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

**Hebrews 13:5-6** ...For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"

**John 10:11, 14** "I am the good shepherd. The good shepherd gives His life for the sheep. I am the good shepherd; and I know My sheep, and am known by My own.

**Romans 8:37-38** For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

## **-FAW-**

### **Fear, Anxiety, Worry, Depression**

**Deuteronomy 31:8** "And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed."

**2 Chronicles 20:15** ...Thus says the Lord to you: "Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's."

**Psalms 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him...

**Psalms 56:3-4** Whenever I am afraid, I will trust in You. In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?

**Psalms 94:19** In the multitude of my anxieties within me, Your comforts delight my soul.

**1 Peter 5:7** ...casting all your care upon Him [God], for He cares for you.

**Psalms 139:23-24** Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.

**John 16:33** These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

**Micah 7:8** Do not rejoice over me, my enemy; when I fall, I will arise; when I sit in darkness, the Lord will be a light to me.

**Isaiah 41:10** "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand..."

**Joshua 1:9** Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

**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 heart be troubled, neither let it be afraid.

## **-ANG-**

### **Anger... Internal and Expressed**

*NOTE: We choose to be angry because of current or past pain. Anger poisons our minds, and when expressed, injures our relationships. The Bible says:*

**Romans 12:21** Do not be overcome by evil, but overcome evil with good. [We cannot stamp out evil. We must crowd it out.] But how? Check this out:

**Matthew 5:44** But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,

**Matthew 7:12** Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets. [Check out how God will help... Keep reading...]

**Philippians 2:12-13** ...work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure.

**Ephesians 4:32** ...be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

**James 1:19-20** So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath [anger]; for the wrath [anger] of man does not produce the righteousness of God.

**Leviticus 19:18** You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the Lord.

**Proverbs 15:1** A soft answer turns away wrath, but a harsh word stirs up anger.

**Proverbs 20:22** Do not say, "I will recompense [pay back] evil"; Wait for the Lord, and He will save you.

**Luke 6:35** But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil.

**Colossians 3:12-13** Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another...even as Christ forgave you



## **-GRI-**

### **Grief and Sorrow**

**Romans 8:38-39** For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

**Isaiah 53:4** Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.

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

**Psalm 147:3** He heals the brokenhearted and binds up their wounds.

**Isaiah 41:10** Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.'

**Psalm 23:4** ...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.

**Revelation 21:4** And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

**Psalm 55:22** Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.

**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 tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

**1 Peter 5:7** ...casting all your care upon Him, for He cares for you.

**Psalm 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, The help of my countenance and my God.

**Psalm 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.

## **-BAC-**

### **Brokenness and Crushed**

**Psalm 34:18-19** The Lord is near to those who have a broken heart, and saves such as have a contrite [*crushed*] spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all.

**Psalm 37:23-24** The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand.

**Psalm 43:5** Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him...

**Psalm 119:28** My soul melts from heaviness; strengthen me according to Your word.

**Isaiah 57:15** For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite [*crushed*] ones."

**Isaiah 61:1-3** "The Spirit of the Lord God is upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the Lord..."

**Psalm 147:3** He heals the brokenhearted and binds up their wounds.

**Jeremiah 31:16-17** Thus says the Lord: "Refrain your voice from weeping, and your eyes from tears; for your work shall be rewarded, says the Lord, and they shall come back from the land of the enemy. There is hope in your future, says the Lord, that your children shall come back to their own border."

**Ezekiel 34:11-12, 16a** 'For thus says the Lord God: "Indeed I Myself will search for My sheep and seek them out. As a shepherd seeks out his flock on the day he is among his scattered sheep, so will I seek out My sheep and deliver them from all the places where they were scattered on a cloudy and dark day... "I will seek what was lost and bring back what was driven away, bind up the broken and strengthen what was sick..."

**Isaiah 66:2** "But on this one will I look: On him who is poor and of a contrite spirit, and who trembles at My word.

## **-GUI-**

### **Guilt and Shame**

**Romans 3:23** for all have sinned and fall short of the glory of God [*We all make mistakes*]

**Romans 5:1-2** Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

**John 3:17** "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved"

**Psalms 103:11-14** For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust.

**2 Corinthians 5:21** "For He [*God*] made Him [*Jesus*] who knew no sin to be sin for us, that we might become the righteousness of God in Him".

**Ephesians 1:7** "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace".

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

**Hebrews 8:12** "For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more" [*In His great mercy, God erases your sin from His memory!*]

**Romans 8:1** There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

**Micah 7:18-19** Who is a God like You, pardoning iniquity and passing over the transgression of the remnant of His heritage? He does not retain His anger forever, because He delights in mercy. He will again have compassion on us, and will subdue our iniquities. You will cast all our sins into the depths of the sea.

**2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

## **-FAF-**

### **Forgiveness / Forgiving (Grudges)**

**Luke 23:33-34** And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. Then Jesus said, "Father, forgive them, for they do not know what they do." [*Stephen also prayed similarly Acts 7:59*]

**1 John 1:9** If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**Matthew 18:21-22** Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

**Matthew 6:14-15** "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

**Luke 6:37** "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.

**Matthew 5:7** Blessed are the merciful, for they shall obtain mercy.

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

**Acts 5:31** Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.

**Psalms 103:10-14** He has not dealt with us according to our sins, or punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust

**Luke 7:47** Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little."

**John 8:10-11** When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?" She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more."