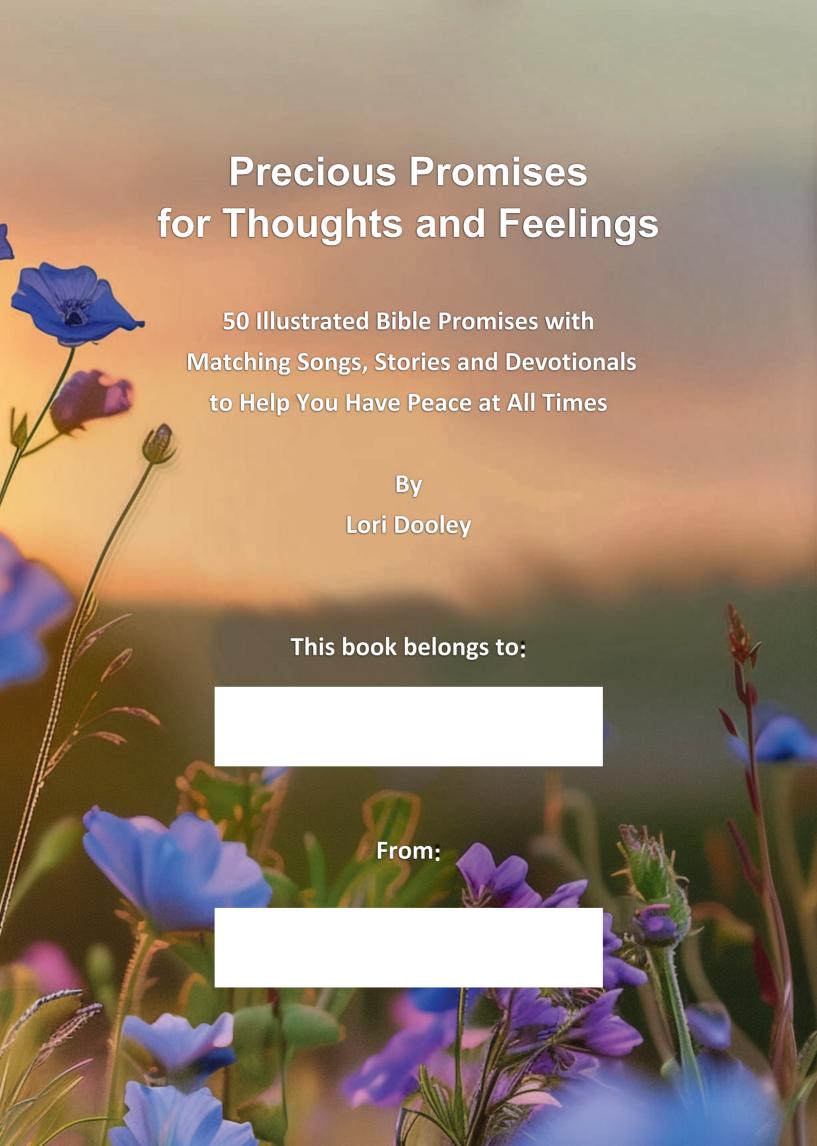
Precious Promises for Thoughts & Feelings



50

Illustrated Bible Promises with Matching Songs, Stories and Devotionals to Help You Have Peace at All Times





To my three precious daughters,

Hannah, Haley, and Heidi,

the motivation and inspiration behind this book.

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All Scripture is quoted from the King James Version unless noted otherwise.

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Some stories in this book may contain names that have been altered in order to maintain privacy.

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INTRODUCTION

As a young Christian, I knew I should be filled with joy and happiness. After all, Christians should be the happiest people on earth. But this was not my experience. Instead I found myself drowning in sadness, discontentment, and worry. I was held captive by my emotions. My mood was dependent upon how I felt about the circumstances around me. I did not know how to find the "fulness of joy" (Psalm 16:11) or the peace "which surpasses all understanding" (Philippians 4:7 NKJV).

But then I discovered the power of God's promises. The very peace and joy that Christ offers is found in His Word. Each promise contains the very gift that it offers. For example. God says, "Peace I leave with you" (John 14:27). The fulfillment of this verse, the receiving of peace, takes place as I read it and believe it. As soon as I accept His peace, it becomes my own. I can thank God for His peace that He promises to give me even before I feel any peace. Faith must come first, then the feelings follow.



As I became a mother, I wanted to teach my children also about the power of God's promises. So I began to teach them five Scripture passages for each negative emotion they may face. I knew my plan was working when my girls stopped waking me up during the night because of a nightmare they had, or a scary thunderstorm. They had remembered

their verses on fear, and by focusing their minds on them, they had experienced the power of God's Word to overcome their problems!

You also can be set free from negative thoughts and emotions by claiming God's promises. As you compare your negative thoughts with the truth in God's Word, you can be set free from anything that disturbs your peace. "Ye shall know the truth, and the truth shall make you free" (John 8:32).

In this third book of the Precious Promises Series, I have chosen ten topics concerning our most common negative emotions. First there is a short devotional explaining the topic. Then a story to demonstrate the topic and make it practical for life. Finally, each category or chapter contains five Bible Scripture passages. Many of the Bible passages are a combination of verses because the corresponding Scripture song combines them. I have done my best to choose the most relevant Scriptures and not to repeat any verses in more than one category. In most cases, I have chosen to match the layout and wording of verses with the corresponding Scripture song.

You will notice some of the Scripture passages are quite long. This is because I believe even young children are fully capable of memorizing longer passages. Even as a toddler, my daughter learned to sing along with all of them.

I pray that the beautiful images with Scripture, stories, and devotionals on each topic will be a blessing to you. May they draw you closer to God and equip you to trust God and fully rely on Him by faith.

Lori Dooley





This book has Scripture songs that match the verses!



- 1. Download the scripture songs to your computer or phone
- 2.As you turn each Scripture page play the corresponding scripture song.



Installation Instructions

For Instructions on how to download the Scripture songs or how to install them via usb card (included with this book) scan the qr code or visit:

little-branches.com/scripture-song-instructions/



These songs are available for download on our website:

little-branches.com



We need your feedback! Please leave us an honest review at little-branches.com or Amazon.com

Special thanks to the following musicians for contributing Scripture songs or helping with the production of songs. This project would not be possible without you!

Ainy Evelyn Stephens-Shoute (theadventmessage.org)

Christian Paul (Giveglory2him.org)

Laura Williams (laurawilliamsmusic.com)

Schubert and and Yolanda Palmer (LOVE ME - Ready Scripture Songs Youtube)

Gary and Alexandra Hullquist (7thfriends.com)

Brackin and Lindsay Kirkland (soundslikereign.com)

Bill Striegel (KJV Scripture Songs Facebook Group)

Sabrina Hew (musicverse.org)

Jade Kneebone (Scripture for Kids Youtube)

Stephen Nasby (The N Crew Youtube)

Earl Martin (mysteryministries.net)

Harrow family (singtheword.com)

Fountainview Academy Singers (Fountainview Academy Youtube)

Paul and Carolyn Rayne family (thehomeplace.org)

Ron and Patti Vaillant (biblemusic.com)

Emily van Rhin (Emily van Rijn Youtube)

Karen Stoeckert (Keeptheword.org)

Jolly and Madsen families (atriumoflight.com)

Derrol Sawyer (mosessong.org)

Tom and Alane Waters family (rionline.org)

Derek and Bodil Morris, Ashley Hold (trilogyscriptureresources.com)

Braedan and Alise Entermann (Word and Song with Sandra Entermann Youtube)

Victoria-Joy Creighton (The Hope Factor Youtube)

Zaida Torres (Zaida Torres Youtube)

Janet Evert (Young Disciple Youtube)

Zana Reichen (zanareichen.com)

Tyler family (Sounds of Scripture Youtube)

Mihaela Williams (mihaelawilliams.com)

Ruth Davis (Ruth Davis Youtube)

Jack Marti (Jack Marti Youtube)

Hannah and Haley Dooley (Little Branches Youtube)

Karen Hudson (Jonathan Hudson Youtube)

Gloria Thorne (blueskymusic.net)

Linda McCabe

Shemaiah Carter

Malachi and Chelsea Speidel

Natalie, Olivia, and Seth Sherbondy

Joshua and Emily Suarez Mizner

Audrey Weatherest

Judy Evenson

Jenn and Amber Harris

Wayne Hooper

"We draw from God's promises all that peace, that comfort, that hope that will develop in us the fruits of peace, joy, and faith. And by bringing these promises into our own life we bring them always into the lives of others."

The Upward Look, p. 15



Ideas for Using this Book

Personal Devotions. Because this book attaches memory verses to specific photos, even non-reading children can see the photos and remember the Scriptures that go with them. The beautiful nature scenes also help turn the minds to the great Creator.

Family Worship. The whole family can enjoy reading the stories and devotionals together and singing the songs. Be creative and come up with ideas to make it fun. I have made up life scenarios and had the children give me a promise that they could use to help them with that situation. Also, you could hum or sing the melodies and have the children guess the verse. You could describe the picture and have the child guess the verse.

Discipline. When your child needs correction you can point them to the beautiful photos and verses. Using Scripture will have more power with young children as you can show them the picture and discuss it with them rather than simply quoting it. It will give you a tool to "overcome evil with good" (Romans 12:21). Book 3 in the Precious Promises Book Series contains topics very applicable for discipline issues.

Home school. This book is an excellent Bible curriculum as it will give your child a very good foundation in salvation. The Scriptures and songs will be with your child the rest of their life and equip them to be able to help others understand salvation.

Classroom. This can be used as a Bible curriculum in a classroom setting.

1. Anger

Are you tempted to feel angry when someone says something untrue about you, your friends exclude you, or your parents don't let you do what you want or have what you want? Maybe you get angry at God for making you a certain way, not giving you a better family, or for allowing certain circumstances to occur in your life. The Bible says the "wrath [or anger] of man worketh not the righteousness of God" (James 1:20). It is important to know what causes you to get angry so that you can properly deal with your feelings when you become irritated.

Usually when a person gets angry it is because one of their rights have been

He who is our example in all things, and equal with God, did not hold on to His rights, but set all of them aside.

violated. As humans, we naturally feel that we have a right to our own opinions, our possessions, our time, our plans, our money, our reputation, and our choice of activities. We feel we deserve to be

treated respectfully and lovingly by others, and that we have a right to have good health and happiness.

If someone damages or steals something you own, you may feel like your right to your possessions has been violated. When your parents give you an answer you don't like, you may feel they are denying your right to your own opinion. When someone is unkind, you may feel like your right to be treated with respect and honor has been violated. Whenever you feel yourself becoming angry, take a moment to ask yourself what right is being violated.

What did Jesus do with His rights? He who is our example in all things, and equal with God, did not hold on to His rights, but set all of them aside. He deserved to be treated as God, but instead stepped down to our level and became like a servant (Philippians 2:5-7). He gave up everything and even died instead of standing up for His rights. He deserved heaven but He gave it up to endure suffering and death so that we could be saved.

The remedy for anger is to follow Jesus' example and surrender your rights to God. Tell Him that He can have your will, your plans, your possessions, your

opinions, your friends, your reputation, and all your other rights. Give them all to Him. In God's infinite wisdom and goodness, He may withhold some of the rights you surrender to Him because He sees they will harm you physically or spiritually. But there are other rights He will loan back to you. But now, they will be privileges instead of rights. Then you will be able to thankfully use all of your privileges for God's glory.

Anger rises up when we demand our rights. So, when you begin to feel irritated and angry, you can think of it as an alarm system indicating that one of your rights has not been surrendered to God. The principle of surrendering our rights can be found in Luke 9:23-24 when Jesus said, "If any man will come after me, let him deny himself, and take up his cross daily, and follow Me. For

whosoever will save his life shall lose it: but whosoever will lose his life for My sake, the same shall save it."

When you begin to feel irritated, whisper a prayer for help. Instead of returning an angry answer when you are treated harshly or wrongfully accused, silently repeat God's promises in your mind. Be determined not to

When you begin to feel irritated, whisper a prayer for help.
Instead of returning an angry answer when you are treated harshly or wrongfully accused, silently repeat God's promises in your mind.

retaliate but instead remain silent or give a "soft answer" (Proverbs 15:1).

Remember that God sees the big picture, and if you have given your life to Him, He is working everything out for good. Therefore, when you have been wronged, or things are not going your way, ask God to open your eyes and help you see the situation exactly as He sees it. Instead of being angry at a person who has hurt you, He may give you pity for them as you see that their sin is separating them from God.

Anger is the common, natural, worldly response to being mistreated. But God wants to do a miracle inside of you and give you love, kindness, and pity in place of anger. Then Christ will be seen in your life and others will be drawn to serve Him also.

The Pineapple Story

Otto Koning and his wife sacrificed their comfortable lives in the United States to serve as missionaries in New Guinea, an island north of Australia. They wanted to take the gospel to a primitive tribe who knew nothing of God, the Bible, or Christians.

While living on the island, Otto and his wife soon noticed that stealing was such a common practice for the tribal people that they thought of it as a normal way of life. It wasn't long before they noticed that every time a native came to visit their home, some of their belongings would turn up missing.

Otto decided to plant a garden of pineapples because that was the only fruit he could grow on the island. He paid one of the natives to plant one hundred pineapple bushes. Otto loved pineapples and could hardly wait to eat them. However, they take several years before they produce any fruit. Finally, three years later, he saw pineapples forming. But to his dismay, before they ripened they would disappear. The people would steal them and eat them green. Otto became very frustrated and angry with them. No matter how he scolded or threatened them, nothing changed, and every single pineapple was stolen.

Otto and his wife resorted to drastic measures to curb the natives' stealing. They closed the clinic that Otto's wife was running, hoping to teach the people a lesson and encourage them to give up their stealing. But soon the sick babies began dying and the stealing continued. So, they reopened the clinic.

One day Otto caught one of the thieves in the act. It was the man he had hired to plant the pineapple bushes. The man said, "Here in jungle the rule is that if I plant it, it's mine. All these pineapples are mine." So, feeling he had no choice, Otto had the plants dug up and hired the native to plant some more. This time he made sure that they had an agreement that Otto would own the new pineapples.

Three long years later, finally pineapples were starting to grow again and ripen. But just as before, every single one was stolen. So, Otto closed the store, hoping they would be sorry and repent. But with no store, the natives headed into the deep jungle. For the first time, Otto was able to sit by himself and eat as



many pineapples as he wanted. At first it was wonderful. But then he started to realize that without any people, he had no ministry there. He knew he could eat pineapples in the United States if he wanted to. So, he reopened the store, the people returned, and the stealing continued.

Otto thought that perhaps he could use a dog to protect his garden. So, he got a huge German Shepherd and it worked! The people were so scared of the dog, that they stopped coming around. Now Otto was alone again with no one to minister to. So, he got rid of the dog.

Otto returned to the United States for a short time, and while he was there he attended a seminar where he heard a preacher discuss the idea that if you give, then you will have, but if you keep things solely for yourself you will lose them (Matthew 16:25). Otto felt that God was speaking to him about his pineapples. He realized he wasn't getting to eat any of them anyway so he might as well give them to God.

Otto returned to New Guinea determined to live differently. One night he went to his garden and said, "Lord, see these pineapple bushes? I have fought to have fruit from them. I have claimed them. I have stood up for my rights. It's all wrong, and I realize it now...From now on, if You want me to eat any of Your pineapples, fine...If not, fine."

After that, even though Otto had given the pineapples to God, the native people continued to steal them just as they had before. Otto thought, "See, God, You can't control them either."

One day some natives came to Otto and said, "You have become a Christian, haven't you?" They indicated that they had always wondered what it would be like to meet a Christian. Although he felt like snapping back that he had been a Christian for twenty years, he asked why they would say that. They replied, "Because you don't get angry anymore when we steal your pineapples."

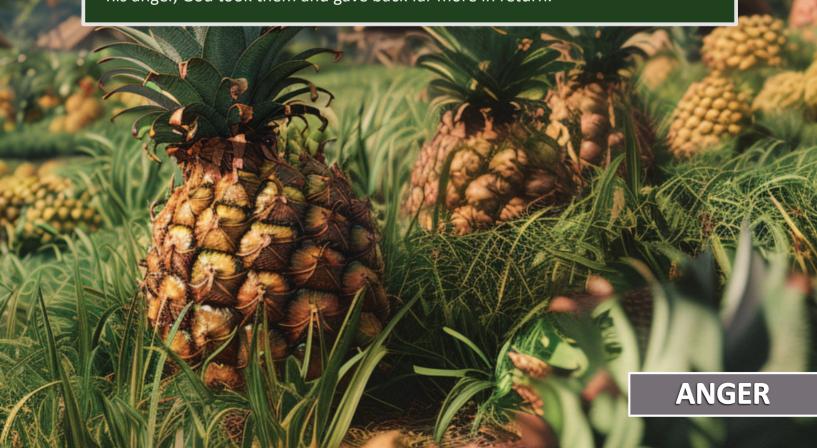
Otto suddenly realized why not even one person had become a Christian in the seven years of his missionary service. He had been preaching to them about Christ, but they hadn't seen it in his life. He had been telling them to love others and be kind, but Otto had been harsh and angry. He had stood up for his rights.

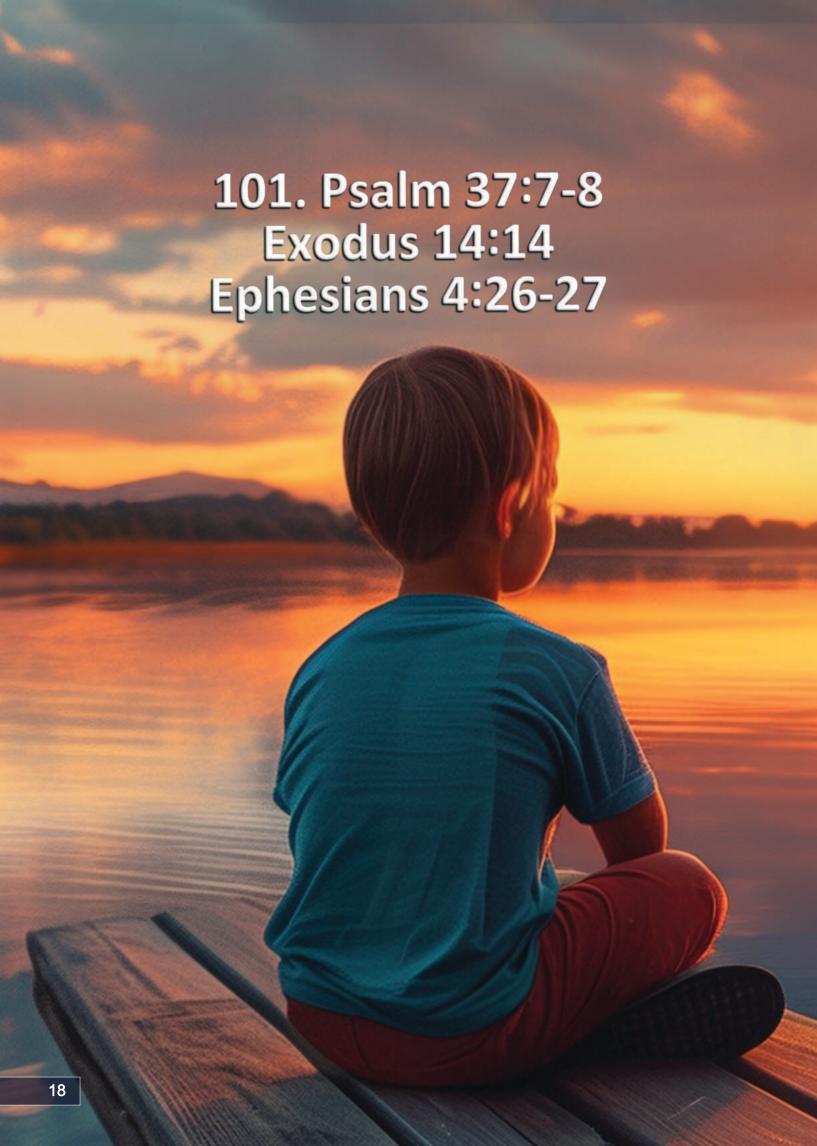
Now that he was no longer angry, they saw that he was living what he was preaching.

The natives then asked Otto why he no longer got angry when they stole his pineapples. He told them that he had given the pineapple garden away to God and it didn't belong to him anymore. Soon the word spread through the village that Otto had given his garden to the God of heaven. The people began to realize that maybe this was why bad things were happening in their village. Their hunting wasn't successful, their babies were getting sick, and their wives weren't getting pregnant.

A short time later the natives came and told Otto that his pineapples were getting ripe. He reminded them they belonged to God. Eventually, Otto picked a few pineapples and ate some and then shared some with the natives. Otto began to realize there were other things in his life he needed to surrender to God. For example, while he felt like the Bible translating he was doing was extremely important, natives kept bringing him items to fix. He said, "God, my time is Yours. If You want me to fix harmonicas and pots and shovels out here on the mission field, fine!" Soon many people were asking to know more about Christ and many people were becoming Christians.

Through everything that happened, Otto realized that God's ways are higher than man's. By giving all of his possessions and his rights to God and overcoming his anger, God took them and gave back far more in return.





⁷Rest in the Lord, and wait patiently for Him...

*Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

¹⁴The Lord shall fight for you, and ye shall hold your peace.

Let not the sun go down upon your wrath.

²⁷Neither give place to the devil.











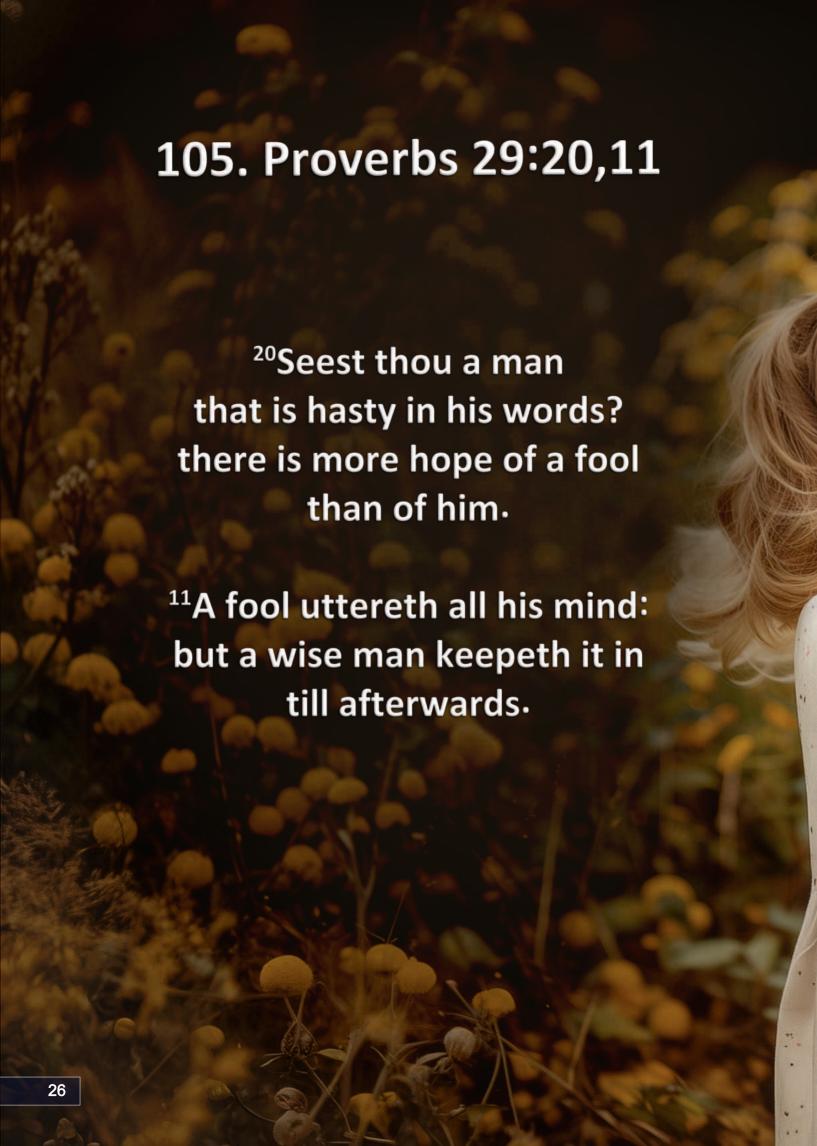
104. Proverbs 25:28 James 1:19-20 Proverbs 16:32

his own spirit
is like a city that is broken down,
and without walls.

¹⁹Let every man be swift to hear, slow to speak, slow to wrath.

²⁰For the wrath of man worketh not the righteousness of God.

is better than the mighty; and he that ruleth his spirit than he that taketh a city.





2. Discontentment

t is easy to think that our level of happiness and contentment in life depend upon our outward circumstances. Maybe you are tempted to think that you would be content if only you had a few more toys, more friends, a bigger house, or if you were smarter or prettier. But true happiness and contentment does not depend on our current circumstances, or on the amount of worldly possessions we have, or even the number of friends we have. The Bible teaches that it is possible to be content and happy no matter what situation we are in (Philippians 4:11-13).

Many people are discontent because they do not understand that Jesus Christ is the only source of true happiness. They are looking for fulfillment in all the wrong places, not realizing that there is no real happiness apart from that which Christ gives. Every worldly pleasure and supposed source of joy is temporary and will eventually lead to disappointment and feelings of discontent. But when Christ is in the heart, we can have a constant peace that surpasses any disappointment or inconvenience. Christ is the fountain of living waters, and happiness and peace that comes from Him will never fail.

One of the root causes of discontentment or unhappiness is misunderstanding our true purpose in life.

God designed each of us to minister to the needs of others. We are to help others and support them in any way we can. As you do whatever you can to make others happy and bless them, you will have a sense of satisfaction and joy. But if you live only for

If you live only for yourself by seeking your own pleasures and treasures of the world, you will always feel like you are lacking.

yourself by seeking your own pleasures and treasures of the world, you will always feel like you are lacking. Instead, "lay up for [yourself] treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal" (Matthew 6:20).

When things do not go the way we want them to, or when we feel discontent, we may be tempted to complain. But we should remember that God allows each trial or hardship so that we can become more like Him and be ready for heaven.

Complaining makes each hardship more bitter and causes us to miss out on the blessing God wants for us. We actually become weaker and less prepared for the next trial. In loving mercy, God will repeat trials of a similar nature until we have learned the valuable lesson He is trying to teach us.

We can learn a lesson from the Israelites. While they were in the wilderness, God provided them with food every day in the form of manna. Yet, instead of being grateful for this bread-like substance that was sent to them straight from

Do not imitate their mistake by overlooking the blessings all around you and wishing for things you don't have. heaven, they murmured and complained (Numbers 11:6). Do not imitate their mistake by overlooking the blessings all around you and wishing for things you don't have.

When you are tempted to be discontent about the circumstances of your life, one of the

best things you can do is realize that someone in the world is likely wishing or praying for the very thing that is troubling you. For example, you may be irritated by your sibling, while someone else is wishing or praying that they could have a sibling. You may be picky about the food that is served, and at the same time someone else is wishing they had any food at all. You may hate going to bed, and someone else wishes they had a bed. Maybe you wish you had prettier hair, while someone else with cancer wishes they had some hair.

Instead of looking at all of the negative things in your life, try making a list of things to be thankful for. You can even thank God for the things that seem really bad. Trust that God is using those things to work out His perfect plan for your life. You will find that there is something good about everything, and many of the little trials in your life may actually disappear!



Blind and Happy

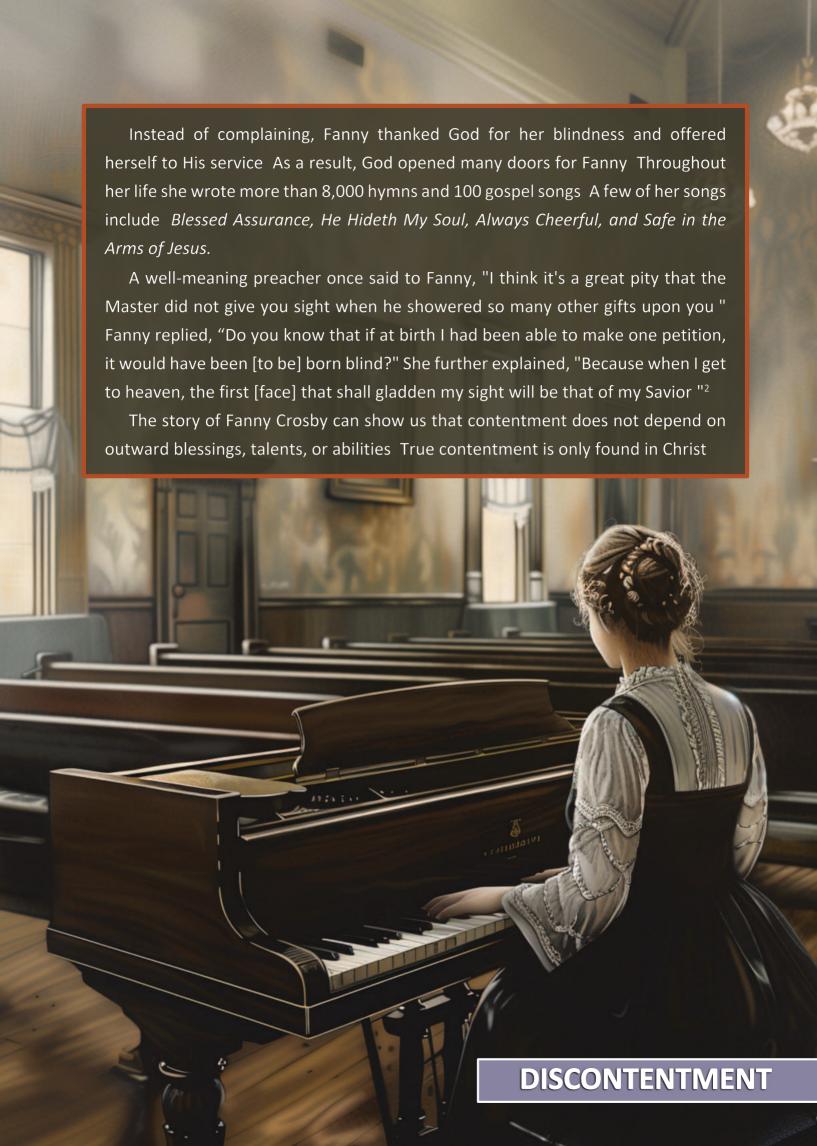
he American hymn writer, Fanny Crosby, experienced a tragedy in 1820 when she was just six weeks old that would impact the rest of her life. It all began when she became very sick with a cold. Unfortunately, the family doctor was out of town, and someone who pretended to be a physician instructed the family to put a mustard poultice over her eyes. When Fanny screamed, the counterfeit doctor claimed it was working. Tragically, the results of the treatment left her completely blind.

While many families would have been devastated by such a disability, Fanny's family saw it as an act of providence. Her mother believed "that sometimes Providence deprive[s] persons of some physical faculty in order that the spiritual insight more fully awake[n]."¹

Despite her disability, Fanny's grandmother was determined to educate her, and spent countless hours reading the Bible to her. As a result, Fanny began memorizing large portions of Scripture and by age fifteen she had memorized the four Gospels, the Pentateuch, the Book of Proverbs, the Song of Solomon, and many of the Psalms.

Fanny did not feel sorry for herself because of her disability. She had a determination to be happy and content. When she was just eight-years-old she wrote:

Oh, what a happy soul I am!
Although I cannot see,
I am resolved that in this world
Contented I will be.
How many blessings I enjoy
That other people don't!
To weep and sigh because I'm blind,
I cannot, nor I won't!





106. Ephesians 5:19-20

in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

²⁰Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

DISCONTENTMENT

107. Philippians 2:14

¹⁴Do all things without murmurings and disputings.



108. Philippians 4:11-13 Hebrews 13:5-6

13 can do all things through Christ which strengtheneth me.

⁵Let your conversation be without covetousness; and be content with such things as ye have:

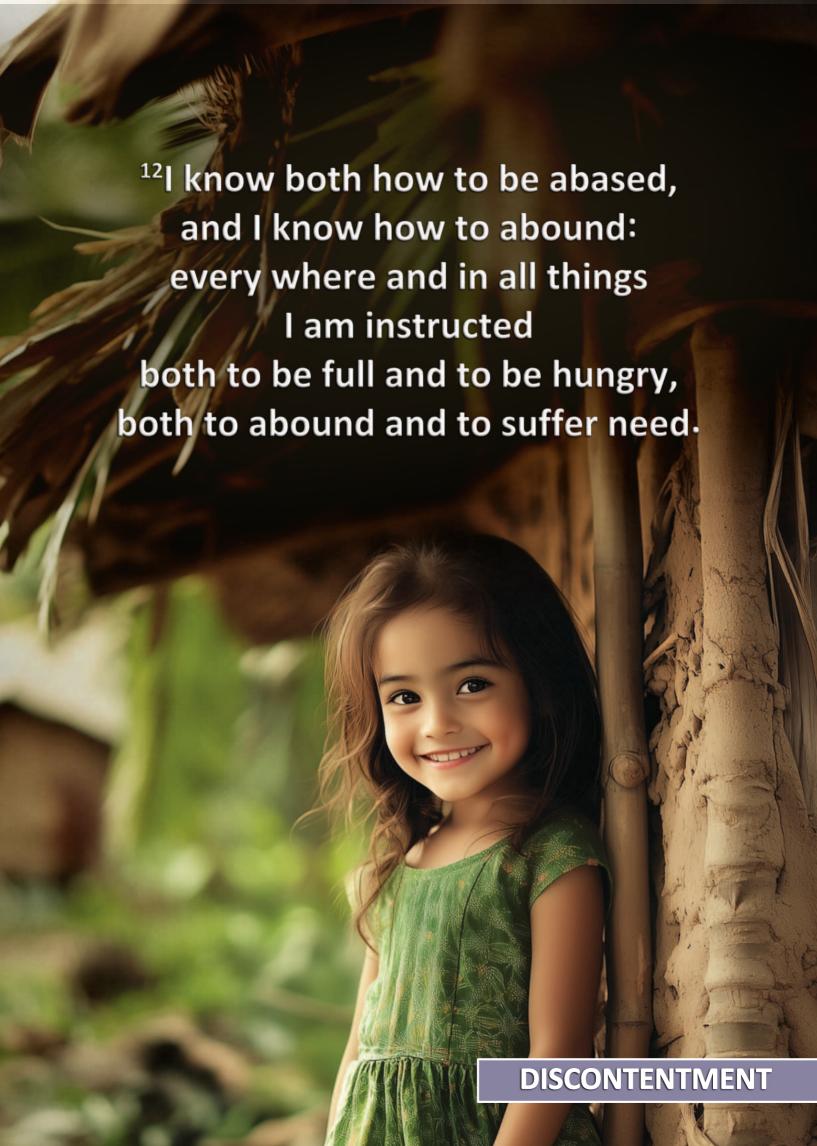
for He hath said,

I will never leave thee,

nor forsake thee.

⁶So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

¹¹Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.





109. 1 Thessalonians 5:16-18

¹⁸In everything give thanks: for this is the will of God in Christ Jesus concerning you.

16Rejoice evermore.

¹⁷Pray without ceasing.





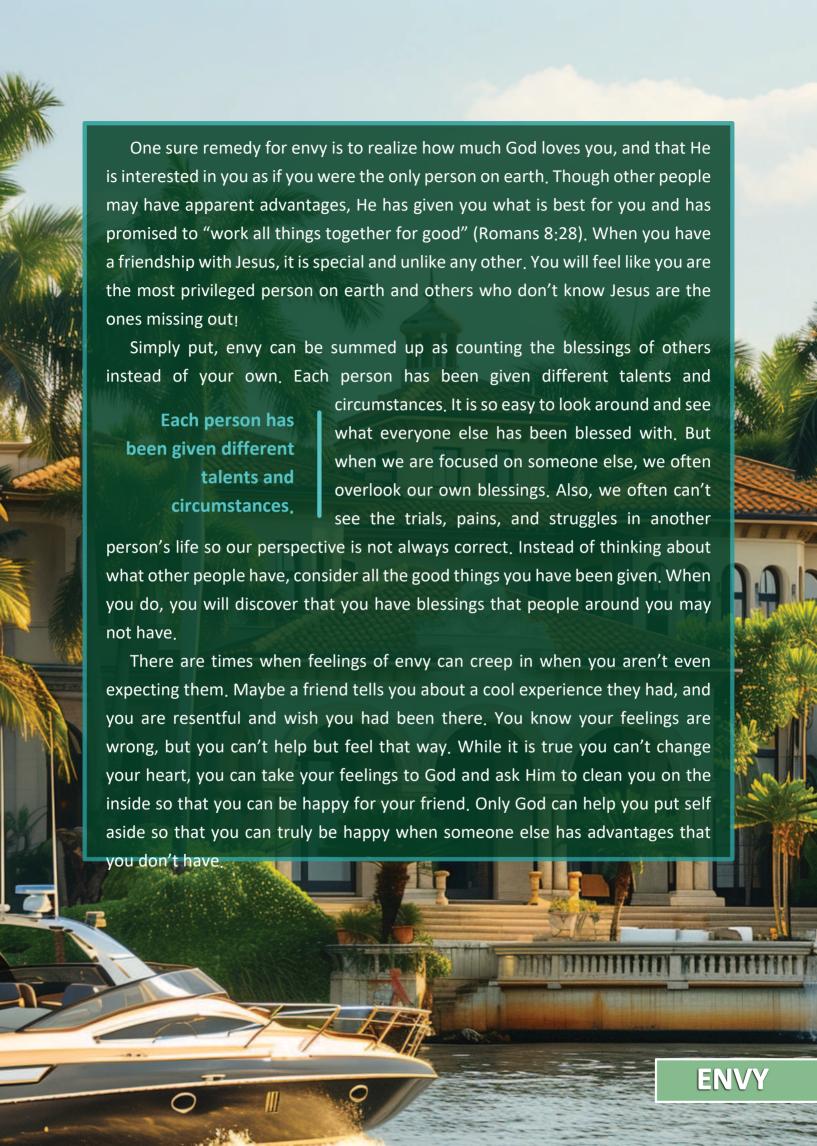
3. Envy

ave you ever felt like someone else was more attractive, more humorous, or more likable than you? Or maybe they had nicer things than you, or they were able to travel, or do things that you couldn't do. When you encounter someone who has advantages that you don't have you may be tempted to feel envious, which is a desire for possessions, traits, or experiences that someone else has. At the very root of envy is pride, or self-exaltation. When a person is envious, they are wanting the best things for themselves instead of being happy that someone else is blessed.

Envy was one of the very first sins that originated with Satan who used to be an honored angel in heaven. He was beautiful and perfect (Ezekiel 28:12,15), "But when God said to His Son, 'Let us make man in our image,' Satan was jealous of Jesus. He wished to be consulted concerning the formation of man, and because he was not,

Envy was one of the very first sins that originated with Satan who used to be an honored angel in heaven.

he was filled with envy, jealousy, and hatred. He desired to receive the highest honors in heaven next to God."1 Instead of being thankful for the high position that he had been given, he became envious and wanted what he did not have. "Because he could not have all the power and glory he sought, he rebelled against the government of God. He envied our first parents and tempted them to sin and thus ruined them and all the human race."2 Unlike Satan, who had a high position and desired an even higher one, Christ had a high position, yet He gave it up! He "made himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men" (Philippians 2:7). He left all the glories and riches of heaven. He did not live in the King's palaces on Earth or have all the conveniences that humans naturally desire. He came to live with the poor. We are invited to have this same humble attitude when the Bible says, "Let this mind be in you which was also in Christ Jesus" (Philippians 2:5).



Why Can't I Be Like That?

he school year was coming to an end for Betty's two children, Evan and Laura. Evan was finishing up his junior year of high school and Laura was finishing eighth grade.

Evan was very athletic and outgoing. He had made many friends that year and was extremely popular. He had even joined the gymnastic's team that year and proved to be an excellent gymnast. One evening, at his end of year gymnastics competition, Evan's family watched in amazement as he performed double backflips and back hand springs which earned him many awards, cheers from the crowd, and public recognition. It seemed as if everyone was cheering for Evan.

Later that night Laura crept into her mother's room. Her eyes filled with tears as she shared how she felt so jealous of Evan and all his awards and accomplishments. Laura wasn't outgoing like Evan. She was very quiet, shy, and studious. She was even a few pounds overweight and did not have Evan's athletic ability. She even told her mother that she felt she was never going to be as popular or as fun as Evan. Betty did her best to comfort Laura.

Two weeks later, the family attended Laura's eighth grade graduation. Laura received many honors that night including being elected class valedictorian for getting the best grades in her class. She walked down from the stage with many ribbons and awards around her neck.

Later that night as Betty was saying goodnight to Evan, he said, "Mom, why can't I get good grades like Laura?" Despite his popularity and athletic ability, school was challenging for Evan, and he wished it could be as easy for him as it seemed to be for Laura.

Betty saw the humor in the situation and told Evan that just a few weeks ago Laura had been the one wishing she could be like him!

When we look at others and compare ourselves to them, it's easy to feel inadequate. However, we each have specific talents that God has given us. You may not be athletic or excel in academics, but you have abilities or gifts that God has given to you that He has not given to everyone else. Be thankful for the gifts and talents you do have, and be happy for someone else's talents, abilities, and blessings.



111. Psalm 119:36-37 (NKJV)

³⁶Incline my heart to Your testimonies, and not to covetousness.

³⁷Turn away my eyes from looking at worthless things, And revive me in Your way.



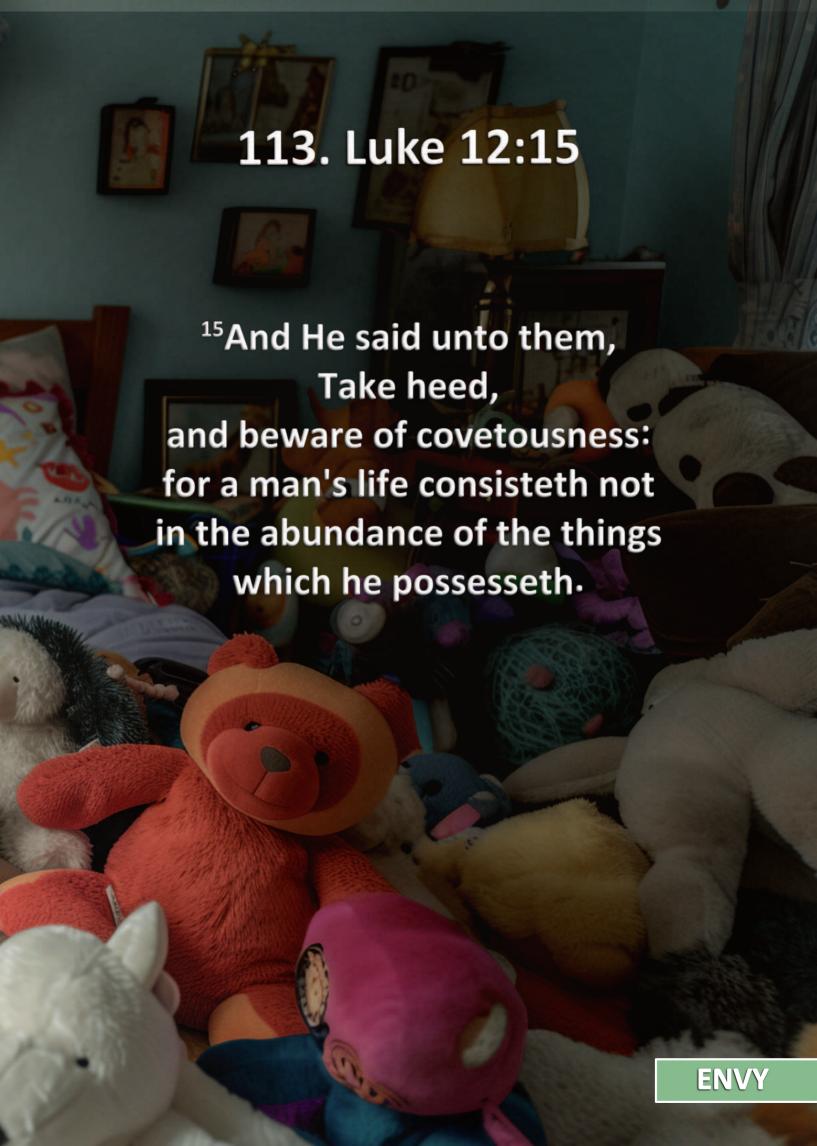


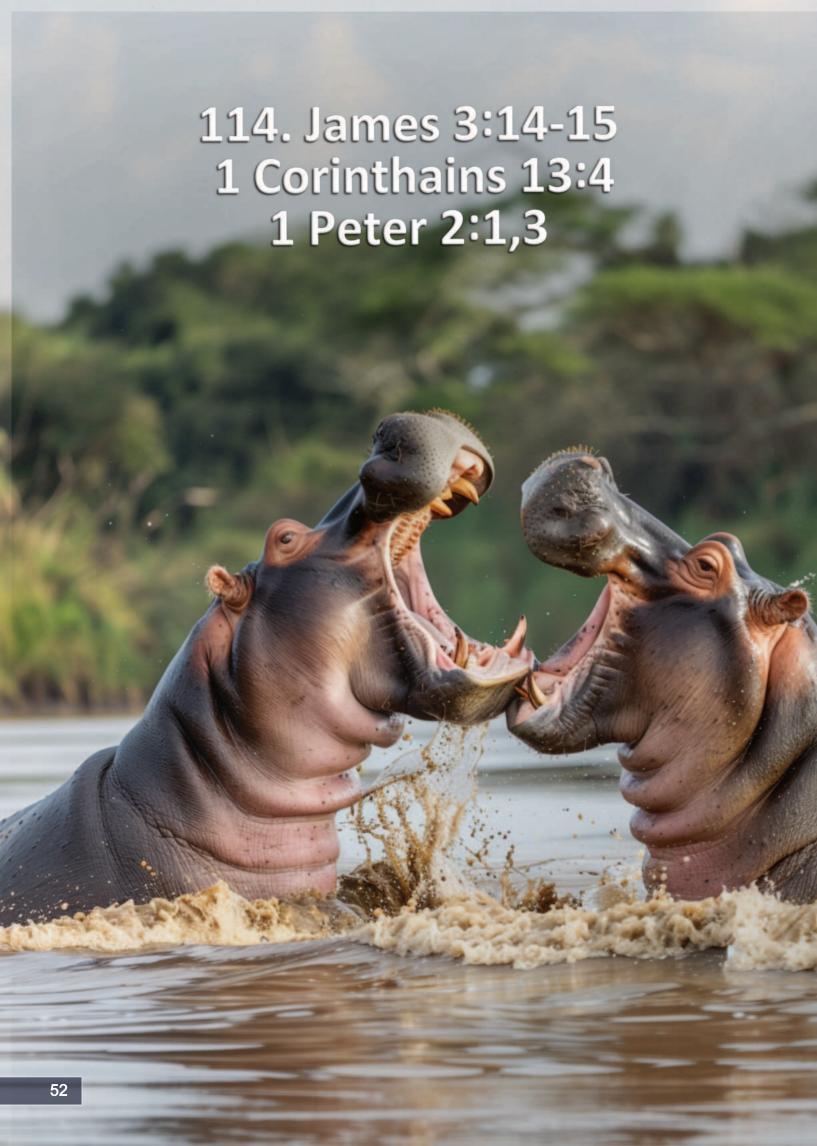
The life of the flesh:
but envy the rottenness
of the bones.

¹⁷Let not thine heart envy sinners: but be thou in the fear of the LORD all...day long.

> ⁴Wrath is cruel, and anger is outrageous; but who is able to stand before envy?







¹⁴If ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.

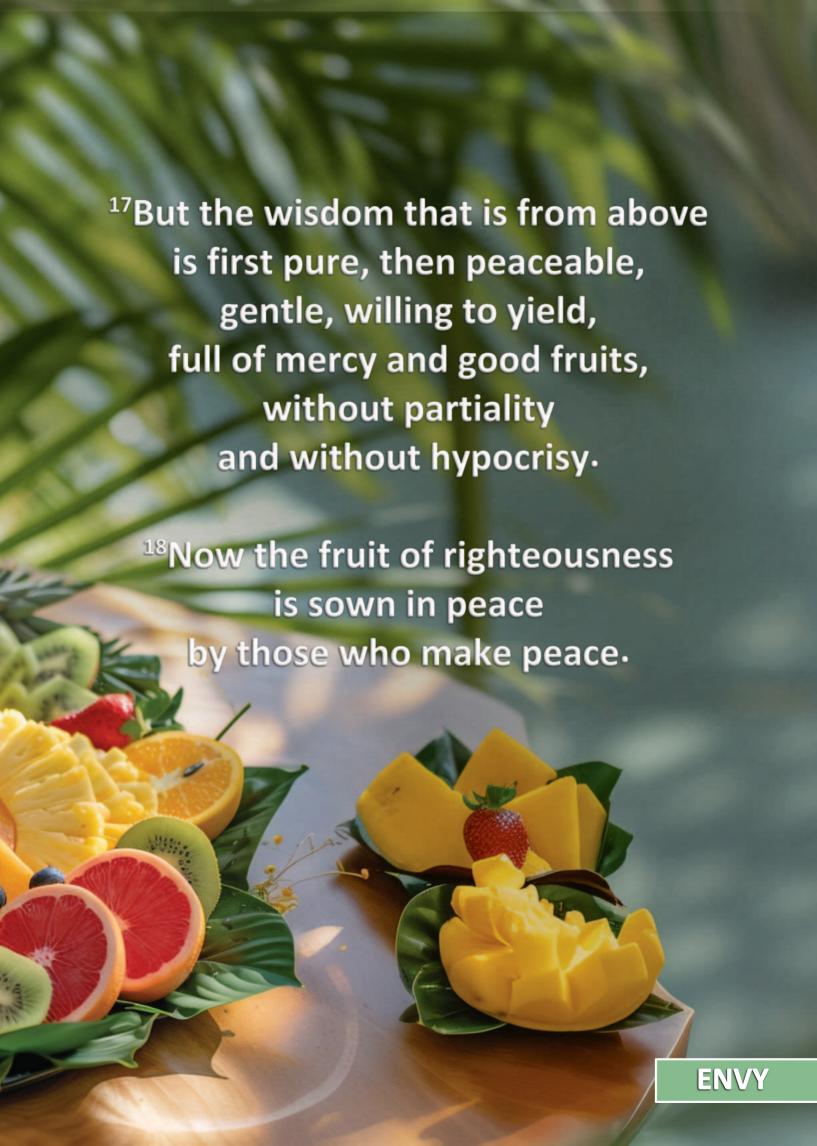
¹⁵This wisdom descendeth not from above, but is earthly, sensual, devilish.

⁴[Love] envieth not.

¹[Lay] aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,

³If so be ye have tasted that the Lord is gracious.





4. Fear

Are there things that frighten you? Things that cause your heart to pound loud and fast, make you feel butterflies in your stomach, and give you an overwhelming feeling of doom?

Nearly everyone has something that they are afraid of. And yet, God does not

The remedy for fear is perfect trust in God.

want us to be afraid. He has told us in the Bible more than three hundred times to "Fear not." So, how can we overcome fear?

The remedy for fear is perfect trust in God. This can only happen as you surrender your entire life to Him. If you have given your life to God, there is absolutely nothing to fear. "It is the absence of this faith and trust which brings...distressing fears." If we dwell on our fears and doubts or try to figure out everything that we don't understand, our fears will only increase. "But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him.... He can and will attend to our cry and will let light shine into our hearts."

The mind cannot experience fear and love and trust at the same time.

"Science has demonstrated that the human brain is incapable of focusing on two things at once." Imagine for a moment that you are in heaven, spending

The mind cannot experience fear and love and trust at the same time.

time with Jesus and looking at your favorite animals. Now imagine that you are here on earth having a hard day, where nothing is going right. You will notice that it is not possible to think about both of these scenarios at the same time. By keeping your mind focused on God's love and His promises, you can have perfect peace in any situation.

The Bible tells a story about Jesus when He and His disciples were caught in a storm while sailing in a boat on the Sea of Galilee (Mark 4:35-41). He was sleeping when the wind and waves began to roar and beat against the boat. His disciples were terrified and woke Jesus up and cried out to him, "Teacher, do You not care that we are perishing?" Was Jesus scared? No. "He was in perfect peace. There was no trace of fear in word or look, for no fear was in His heart...

He trusted in the Father's might... As Jesus rested by faith in the Father's care, so we are to rest in the care of our Saviour."⁴

We don't have to be afraid of storms, accidents, or disasters because God has promised that "all things work together for good" (Romans 8:28).

We don't have to be afraid of snakes, spiders, or wild animals because God is in charge of these creatures. He can even shut their mouths from hurting us as he closed the lion's mouth for Daniel in the Bible (Daniel 6:22).

We don't have to be afraid of people because God has promised to give us the courage to stand before kings. And He says He will put His words in our mouth and speak for us when we don't know what to say (Jeremiah 1:9).

We don't have to be afraid of being alone in the dark, getting lost, or being abandoned because God has promised that He will always be with us and will never leave us (Hebrews 13:5).

We don't have to be afraid of the future or for any of our needs being met because He has promised that He will provide our food, clothing, and everything we need if we put Him first in our life (Matthew 6:33).

We don't have to fear persecution or death because God will give us the strength to go through whatever He allows to happen to us; and He is in control of when we die.

Remember, nothing on earth can take away your peace when your mind is focused on Jesus. The Bible says to "overcome evil with good" (Romans 12:21). So, you can overcome fear by talking about Jesus, and thinking of Jesus. Focus your thoughts on His promises, sing songs of praise, and thank Him for what He's done for you. Put your trust completely in His hands and rest in His love for you.



Peace Through a Storm

Ellen White was eighteen-years-old in 1846 when she boarded a steamer boat travelling to Boston. A strong storm developed mid-way through the trip. The thunder roared across the sky. The wind howled and the lightning lit up the dark sky. The boat she was traveling on rocked violently from side to side. The waves became very violent and broke through some of the windows. Suddenly, a large chandelier fell to the floor, crashing loudly, and dishes that had been on the table went flying in every direction.

Women were screaming and many were crying out to God. Some were confessing their sins and asking God for mercy. One woman cried loudly, "O God, if You will save us from death, I will serve You forever!"

Someone noticed Ellen's calm face and asked, "Aren't you terrified? Another woman asked, "Do you realize that we may never reach land?

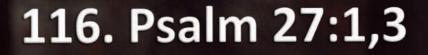
Ellen calmly replied, "I have nothing to fear... I have made Christ my refuge, and if my work is done, I might as well lie in the bottom of the ocean as in any other place. But if my work is not done, all the waters of the ocean cannot drown me. My trust is in God, that He will bring us to land if it is for His glory."

A few hours later the boat arrived safely in Boston. As the passengers were stepping off the boat, Ellen heard a woman mockingly exclaim, "Glory to God! I'm glad to step on land again!" Ellen noticed it was the same woman who had promised to serve God forever if He would save her life.⁵

The Lord did have a large work for Ellen to do. She wrote many books and helped many people know about Jesus before her death at eighty-seven-years-old. God also has a special work for you to do, and if His work for you is not done yet, nothing can stop you, and nothing can hurt you!







¹The Lord is my light and my salvation; whom shall I fear?
The Lord is the strength of my life; of whom shall I be afraid?

Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.



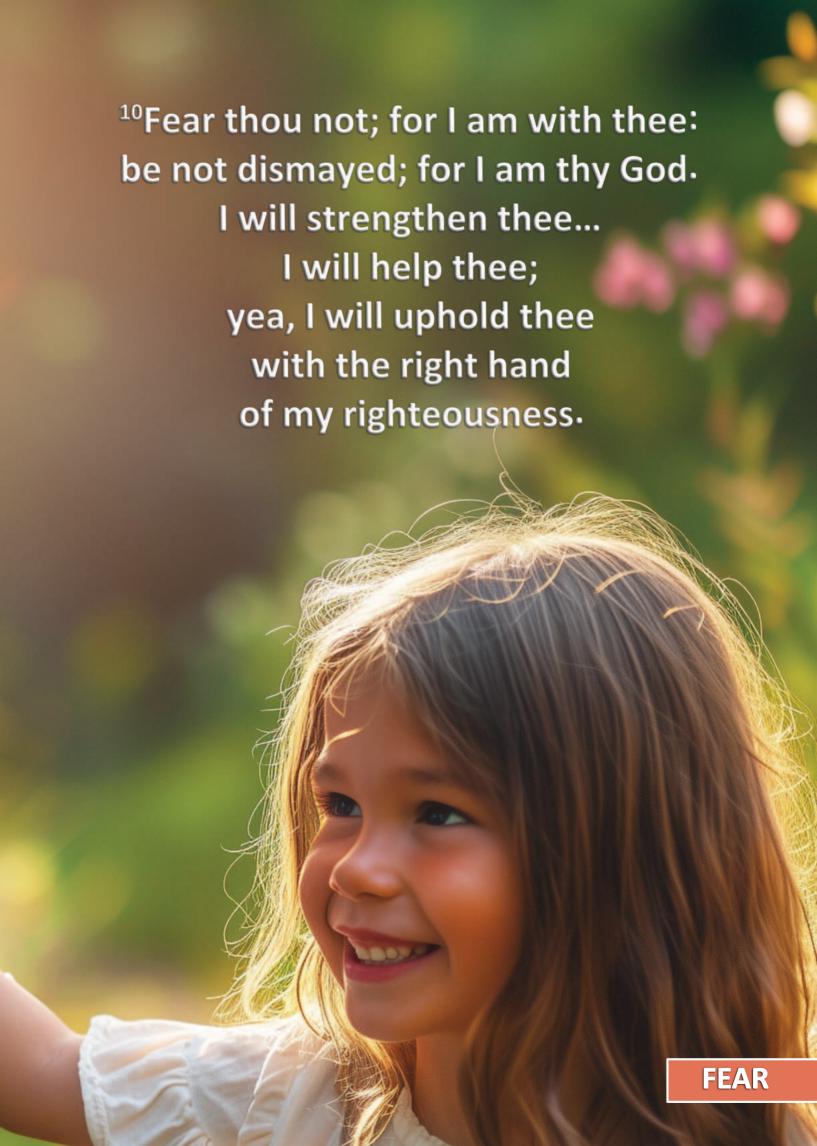


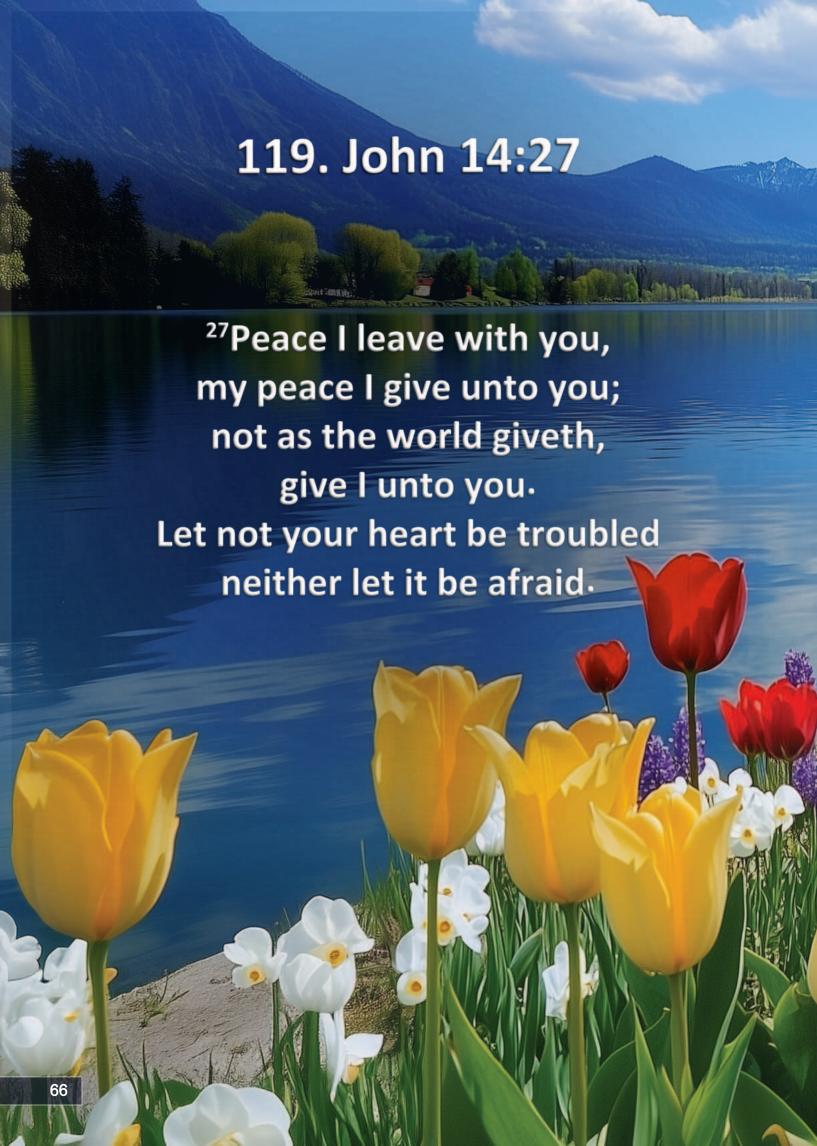


right hand, saying unto thee,

Fear not;
I will help thee.









120. 2 Timothy 1:7-8 1 John 4:4

⁷For God hath not given us the spirit of fear; but of power, and of love, and... a sound mind.

8Be not thou therefore ashamed.

^⁴Greater is He that is in you, than he that is in the world.



5. Grief

Our life here on earth is temporary and very brief in light of eternity. At some point, every one of us will likely experience the loss of someone or something very dear to us. "We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way to the heavenly home." The feelings of deep mental anguish that come with loss is called grief. Grief can be brought on by any life-changing event, whether it be the loss of a loved one, possessions, or even the actions of

To live by faith means to completely trust God and His Word, believing He really loves you and knows what is best for you.

another person. When a person experiences loss, the normal reaction is to mourn without restraint. But we do not need to mourn in this way. For the Christian, there is a comfort that is beyond the understanding of an unbelieving world. The Bible says God is the "God of all

comfort," and He is able to comfort us "in all our tribulation" (2 Corinthians 1:3-4). The heavier your grief is and the heavier your burdens are, the greater the peace and rest you can experience as you cast your burdens on God and turn to Him for comfort. This comfort makes no sense and is not understood by onlookers. By God's grace it is possible to remain strong in faith and even cheerful when we experience the bitterest trial of loss. And it is those who have

been through the greatest sorrows who are able to be the greatest comfort to others. What hope do we have as Christians that keeps us from following the world's pattern of mourning? Well, we understand that this world

Only as you believe the promises of God do they become true in your life.

is not our final home—that this life is temporary. We can live each day with the blessed hope that very soon Jesus will return and we will be reunited with our loved ones once again. And if for some reason, our loved ones have rejected salvation, we can trust that God knows their heart and the circumstances of their life. He loves them far more than we do, and we can trust the outcome of their future life to God. In the future life there will be no more death or mourning.

There will be no sadness, sorrow, or disappointments. In fact, we cannot even imagine the wonderful things God has prepared for us!

There are many things in this life that we don't understand now. We have such a limited view of things. But God sees the big picture, and He is working all things out for good (Romans 8:28). Someday we will learn and understand the reasons why God allowed certain things to happen. It will not be long before we

Jesus longs for you to come just as you are with all your weaknesses so He can wrap His arms of love around you.

stand before Christ and our questions will be answered, and the pain and grief we suffered will be relieved. "And in His presence, all the trials and sufferings of this life will be as nothingness."²

It is true that while we are in this world, we will experience losses and disappointments. Thieves break through and steal; moth and rust corrupt; fires and storms sweep away our possessions. This is why the Bible tells us to put our treasure where it cannot be destroyed—in heaven, not on this earth (Matthew 6:19-20). We lay up treasure in heaven by depending on Christ to fulfill our needs instead of the pleasures of this world, or the people in our life. We lay up treasure in heaven by using our talents, money, and resources to save souls rather than serving self. "Everything that is laid up upon earth may be swept away in a moment; but nothing can disturb the treasure that is laid up in heaven." Do you carry the heavy burden of grief and loss? "Plead with Jesus to show you a way out of your troubles. Press closer to Him than ever before. "Could your eyes be opened, you would see your Heavenly Father bending over you in love; and could you hear His voice it would be in tones of compassion to you who are prostrate with suffering and affliction. Stand fast in His strength; there is rest for you."

Peace in the Midst of Sorrow

In 1870, life was good for Horatio and Anna who were active Christians in their church in Chicago. The couple had five children and were quite wealthy. However, things began to change when their only son, four-year-old Horatio Jr., suddenly died of scarlet fever. Then, the following year — in 1871 — a massive fire, known as the Great Chicago Fire, destroyed much of Horatio's property in downtown Chicago. As a result, Horatio and Anna lost much of their wealth. Despite their loss, they demonstrated God's love to others by helping some of the thousands who had become homeless because of the fire.

Wanting to help his family recover from the stress and grief that they had experienced, Horatio planned a family vacation to England. He was delayed by business, so he sent his wife and four daughters ahead on a ship to England. He was planning to join them later. Unfortunately, their ship was struck by another ship, and twelve minutes later the entire ship sank, killing 226 people. Horatio's four daughters, ages eleven, nine, five, and two, were among those who lost their lives. His wife Anna survived after she was found unconscious, floating on a plank of wood.

Once she was safely on land, Anna sent Horatio a telegram that began by saying, "Saved alone."

Horatio boarded a ship to England to be with his wife. During the voyage, the captain pointed out the spot where the ship had sunk, and his daughters had died. Horatio then returned to his cabin and penned the words to the famous hymn, "It Is Well With My Soul." Here is the first verse of this well-known hymn:

When peace like a river attendeth my way
When sorrows like sea billows roll
Whatever my lot, Thou hast taught me to say
It is well, it is well with my soul.

A short time later, Horatio wrote a letter to a relative where he penned the following: "On Thursday, last, we passed over the spot where she went down, in mid-ocean, the waters three miles deep. But I do not think of our dear ones there. They are safe...dear lambs."

Even Anna's faith in God remained strong throughout the tragedy. She later told someone, "God gave me four daughters. Now they have been taken from me. Someday I will understand why."⁷

Horatio and Anna had three more children after the tragedy. In 1881, they left America and went to Jerusalem. The last years of their life were spent showing God's love by helping the poor, caring for the sick, and taking in homeless children.

The story of Anna and Horatio is evidence that the peace and comfort that Christ offers surpasses any grief or loss experienced by man.





121. Psalm 30:8,11,12 Psalm 147:3

⁵Weeping may endure for a night, but joy cometh in the morning.

11Thou hast turned...
my mourning into dancing:
thou hast put off my sackcloth,
and girded me with gladness...

12 will give thanks unto thee for ever.

³He healeth the broken in heart, and bindeth up their wounds

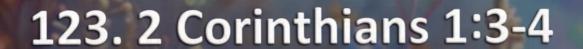
122. Psalm 34:3,18-19

18The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

³O magnify the Lord with me, and let us exalt his name together.

of the righteous:
but the Lord delivereth him
out of them all.





³Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

4Who comforteth us in all our tribulation, that we may be able to comfort them ... by the comfort wherewith we ourselves are comforted.



124. 1 Thessalonians 4:13-18 (NKJV)

brethren, concerning those
who have fallen asleep,
lest you sorrow
as others who have no hope:

¹⁴If we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus,

by the word of the Lord,
that we who are alive and remain
until the coming of the Lord
will by no means precede
those who are asleep.

vill descend from heaven with a shout, [and] with the voice of [the] archangel, and with the trumpet of God. [Hear it sounding loud and clear, He's coming soon]

And the dead in Christ will rise first.

17Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air.

And thus we shall always be with the Lord.

18Therefore comfort one another with these words.



125. Revelation 21:4-5

4And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

⁵And He that sat upon the throne said, Behold, I make all things new... for these words are [faithful and true].

6. Guilt & Shame

he horrible feeling that comes when you know you've done something wrong is called guilt. And while guilt can feel awful, it can actually be a blessing because it is often a signal that something is separating you from God (Isaiah 59:2). When we sin, the Holy Spirit convicts us and shows us that something is wrong in our lives. Our Heavenly Father is so kind. His voice is always gentle and full of love, like that of a loving parent, softening even the strongest rebuke. While He must reveal our dirtiness to us, He gives us hope that we can become clean again.

The Bible gives contrasting examples of how two men responded to the

crushing weight of guilt. Judas, who was one of Jesus' disciples, betrayed Him by selling information about him to the

His voice is always gentle and full of love.

Pharisees for 30 pieces of silver. When Judas saw that his actions were responsible for the death of Jesus, He was so weighed down by guilt that he went out and hung himself. Unfortunately, Judas' guilt did not drive him to Jesus to repent and have his sins washed clean. On the other hand, Peter who was also Christ's disciple, betrayed Him the same night as Judas. When he was recognized by some as being connected to Christ, he cursed and firmly denied that he had anything to do with Jesus. When the heavy weight of what he had done to the Savior overwhelmed him, he wept bitterly and repented.

What should we do when we feel the heaviness of guilt and sin on our heart? We are to acknowledge our guilt and admit that we have done wrong. "We should not try to lessen our guilt by excusing sin. We must accept God's estimate of sin, and that is heavy indeed. Calvary alone can reveal the terrible enormity of sin. If we had to bear our own guilt, it would crush us. But the sinless One has taken our place; though undeserving, He has borne our iniquity." We are to confess our sins and give them to God. If we have hurt someone by our sins, it is our duty to make things right with them as far as possible. God will give us strength and help us to do this. Then we are to believe His promises that we are forgiven and cleansed.

Maybe you have experienced feeling guilty about something, wishing you could change the things you've done or said. You've prayed about it, asked God for forgiveness, and done what you could to make it right. However, you still feel

dirty, sinful, and unforgiven. These feelings are now called shame rather than guilt. Shame is Satan's lie that there is no hope for you and no forgiveness for you. It leaves you feeling dirty and defiled. But God's promises are not based on feelings. You must believe God's promises no matter how you feel. He has promised that "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9). Whether we feel forgiven or not, we are. And we are to believe it and claim it. Then, in time, the

You must believe God's promises no matter how you feel. feelings of forgiveness will follow.

Even when we step outside of God's plan for our lives and commit very significant sins, God offers us hope and encouragement. The Bible is full of stories

of people who committed seemingly unforgivable sins, yet God used their sins or mistakes for good! For example, Jacob's ten sons committed a grievous sin when they cruelly sold Joseph, their own brother, into slavery. Then they lied about it to their father. It was not God's will for them to commit that sin, but God used it to accomplish His purposes in Egypt. Likewise, God will also bring good out of your sins and mistakes if you ask Him to forgive you, wash you clean, and work His will in your life. "If you feel yourself to be the greatest sinner, Christ is just what you need, the greatest Saviour. Lift up your head and look away from yourself, away from your sin to the uplifted Saviour."²

Sometimes people feel guilty when they see the high standards that God has for their life, and they become overwhelmed by His requirements. They feel guilty because they feel incapable of doing what He requires. And it is true that none of us can do what God requires in our own strength. But the Bible says, "Faithful is He that calleth you, who also will do it" (1 Thessalonians 5:24). God wants to do the work in us. Instead of focusing on your imperfections, praise God for what He can and will do based on His promises.

Lay your guilt on Jesus. He tells us, "Lay it all on Me; I will take your sin, I will give you peace. Destroy no longer your self-respect, for I have bought you with the price of My own blood. You are Mine; your weakened will I will strengthen; your remorse for sin I will remove."

Sins Blotted Out

Although John had been raised as a Christian and taught to love God, as an adult he began following the gods of this world instead. He neglected prayer, Bible study, and church attendance. He felt no need for God or the Bible in his life.

However, things began to change when John and his wife became parents. Their son Willie was very curious, and the questions he would ask would often puzzle John. A nurse had taught Willie about God and he would often ask in a sweet and innocent manner about that "happy land, far, far away."

One evening John's wife told him that Willie had been misbehaving that day, so John talked to his son about his behavior. Later that evening, Willie suddenly started crying and sobbing loudly. John asked what was bothering him and Willie replied, "I don't want it there, Father; I don't want it there. Father, I don't want the angels to write down in God's book all the bad things I have done today. I don't want it there; I wish it could be wiped out." Poor Willie's sobs increased as he finished his sentence.

John was in turmoil. He no longer followed what he had previously been taught about God, yet Willie's distress touched his heart, and he felt a great need to comfort him. Finally, he said, "Well, you need not cry. You can have it all wiped out in a minute if you want."

"How?" Willie asked.

"Why, just get down on your knees, and ask God, for Christ's sake, to wipe it out, and He will do it," John replied.

John did not have to speak twice. Willie jumped up , saying, "Father, will you come and help me?"

Now came the real trial for John. Willie's distress was so great, and he pleaded so earnestly, that John, who had never once bowed before God with a sincerely repentant heart, got on his knees beside his little boy. John asked God to wipe away Willie's sins, and though his lips did not speak it, his heart included his own sins too.

As Willie climbed back into bed that night, he asked, "Father, are you sure that my sin is all wiped out?"

John could hardly believe what he was saying as the words came out of his mouth, "Why yes, my son. The Bible says that if from your heart you ask God for Christ's sake to do it, and if you are really sorry for what you have done, it shall be all blotted out."

A happy smile beamed across Willie's face as he quietly asked, "What did the angel blot it out with? A sponge?"

Again, John's whole soul stirred within him, as he answered, "No, but with the precious blood of Christ. The blood of Christ cleanses us from all sin."

Now John could no longer contain himself as the tears came pouring down his face. His cold heart had melted, and he felt like a poor guilty sinner. He went immediately to his wife and said, "My dear wife, we must first find God ourselves, if we want to show Him to our children. We cannot show them the way, unless we know it ourselves."

And in the quietness of the night, John and his wife knelt beside Willie's bed and prayed, "Lord, I believe, help thou mine unbelief." John and his wife then united in prayer for themselves and for Willie.

John later wrote, "God heard our prayers, and received us, as He always does for those who seek him with the whole heart."

Do you have sins that need blotting out? God is ready to wipe them away with the precious blood of His Son Jesus.



126. Psalm 103:8,10-14

8The Lord is merciful and gracious, slow to anger, and plenteous in mercy.



¹⁰He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

¹¹For as the heaven is high above the earth, so great is his mercy toward them that fear Him.

12As far as the east is from the west, so far hath He removed our transgressions from us.

> ¹³Like as a father pitieth his children... the Lord pitieth them that fear Him.

¹⁴He knoweth our frame; He remembereth that we are dust.

127. Isaiah 1:16-20

18Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

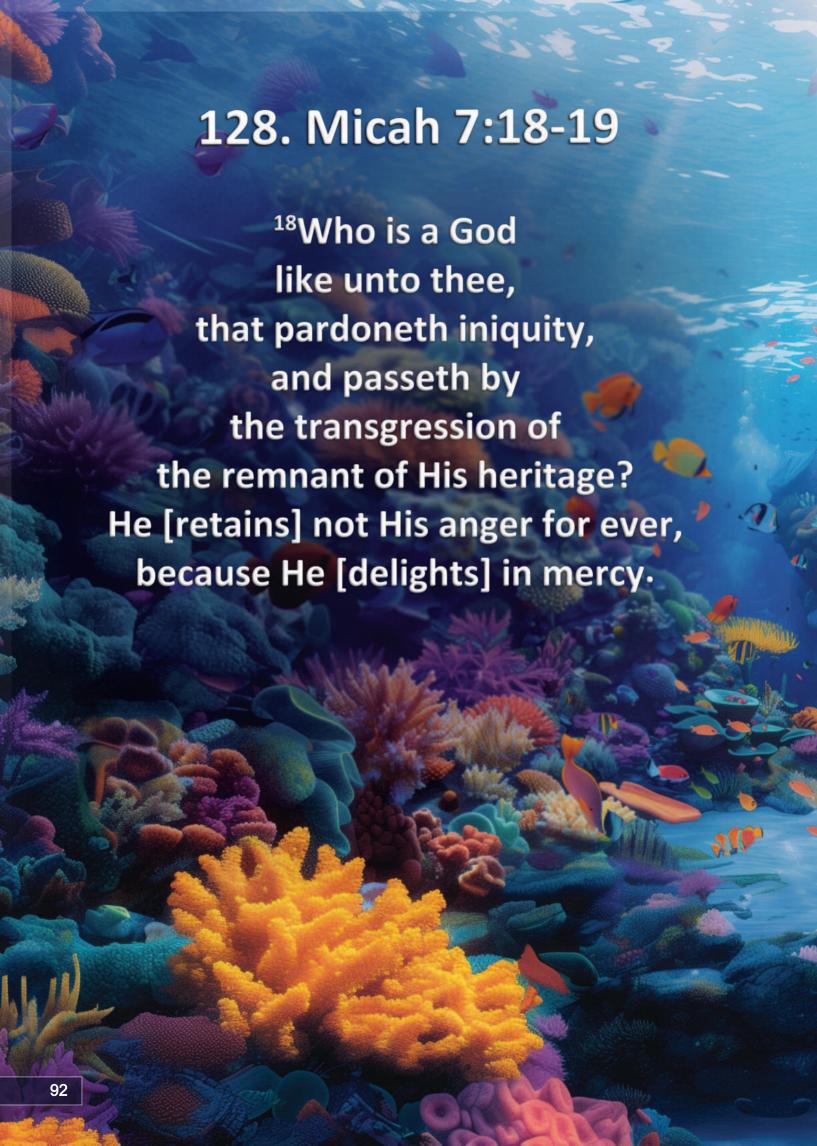
¹⁶Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil;

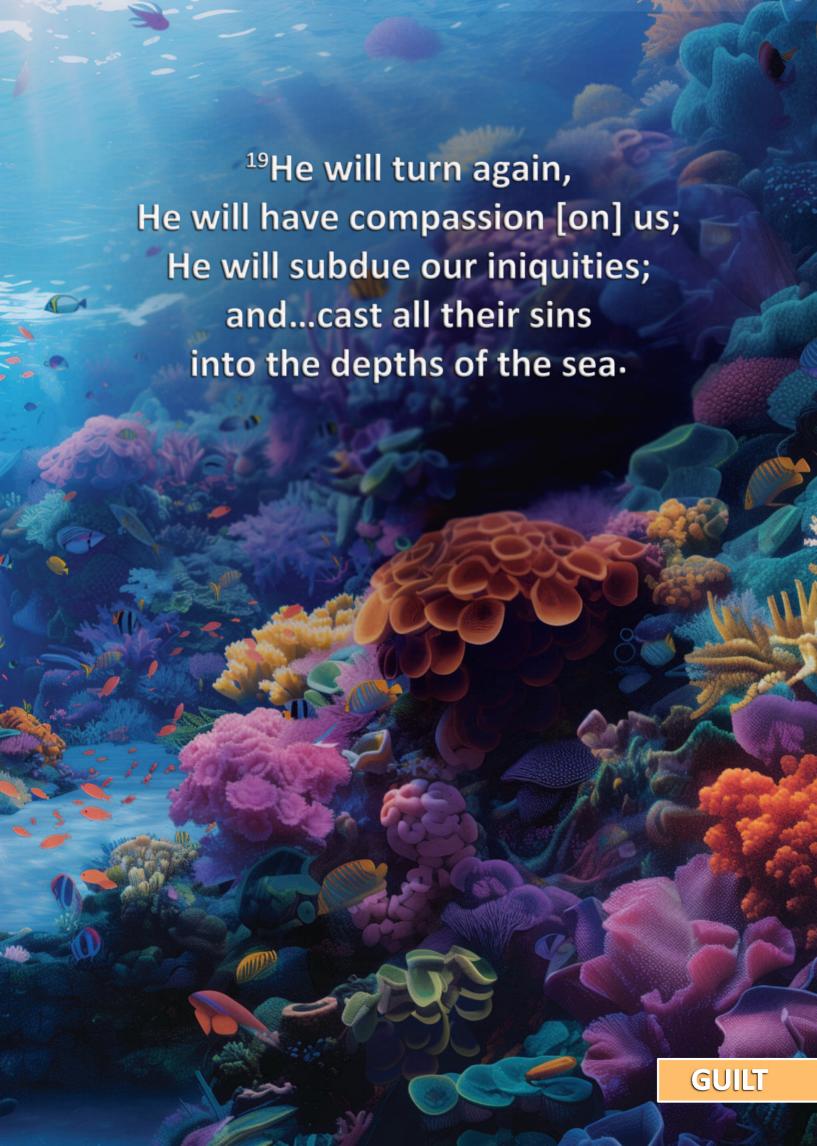
¹⁷Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow.

¹⁹If ye be willing and obedient, ye shall eat the good of the land:

²⁰But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the Lord hath spoken it.





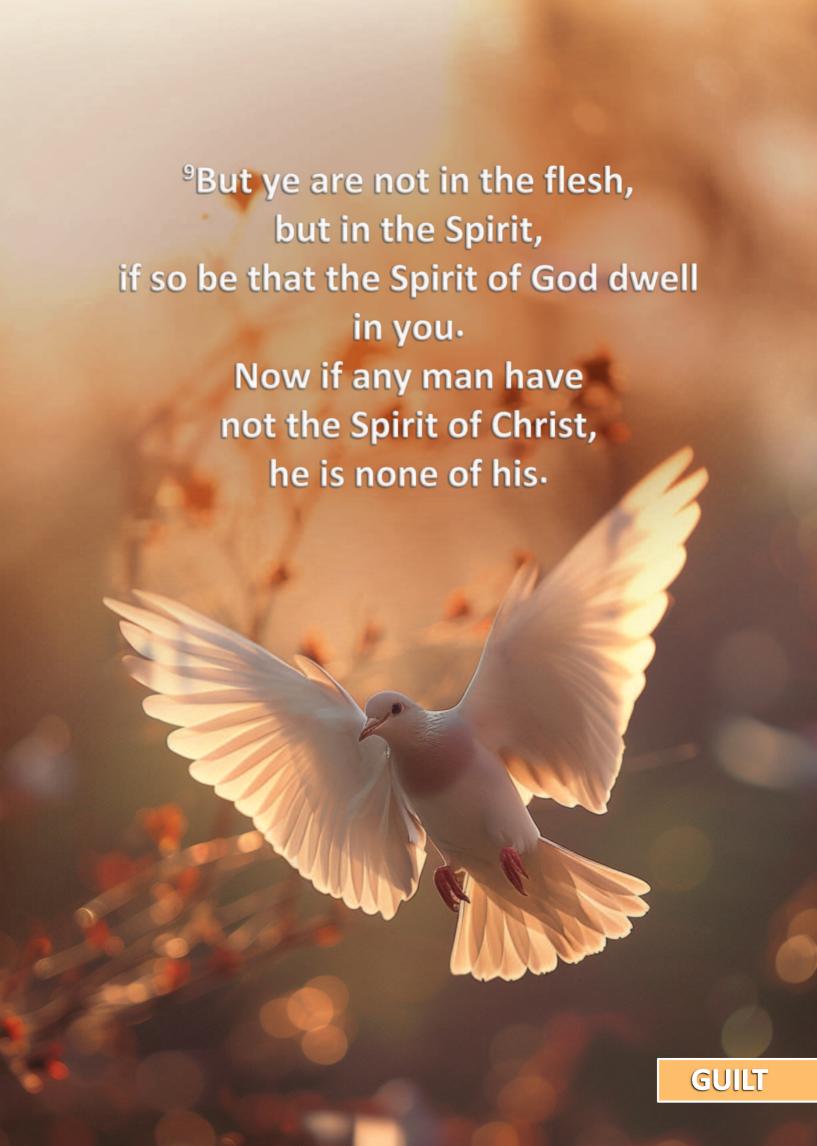


129. Romans 8:1-3,9

¹There is therefore now no condemnation to them which are in [Jesus] Christ... who walk not after the flesh, but after the Spirit.

²For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

³For what the law could not do, in that it was weak through the flesh,
God sending his...Son...
condemned sin in the flesh:



130. Hebrews 8:12

12For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.



7. Laziness

As a mountain is comprised of grains of sand and the ocean, of droplets of water, a lifetime is made up of many little moments. The small decisions that you make today, and how you spend your time will determine the future and the direction of your life. "Every act of life, however small, has its bearing for good or for evil. Faithfulness or neglect in what are apparently the smallest duties may

Every act of life, however small, has its bearing for good or for evil. open the door for life's richest blessings or its greatest calamities." Each of us has an opportunity to make the world a better place by laying self aside to do whatever we can to help others, and by cheerfully doing the work that we are given to do.

"Success in this life, success in gaining the future life, depends upon a faithful, conscientious attention to the little things."²

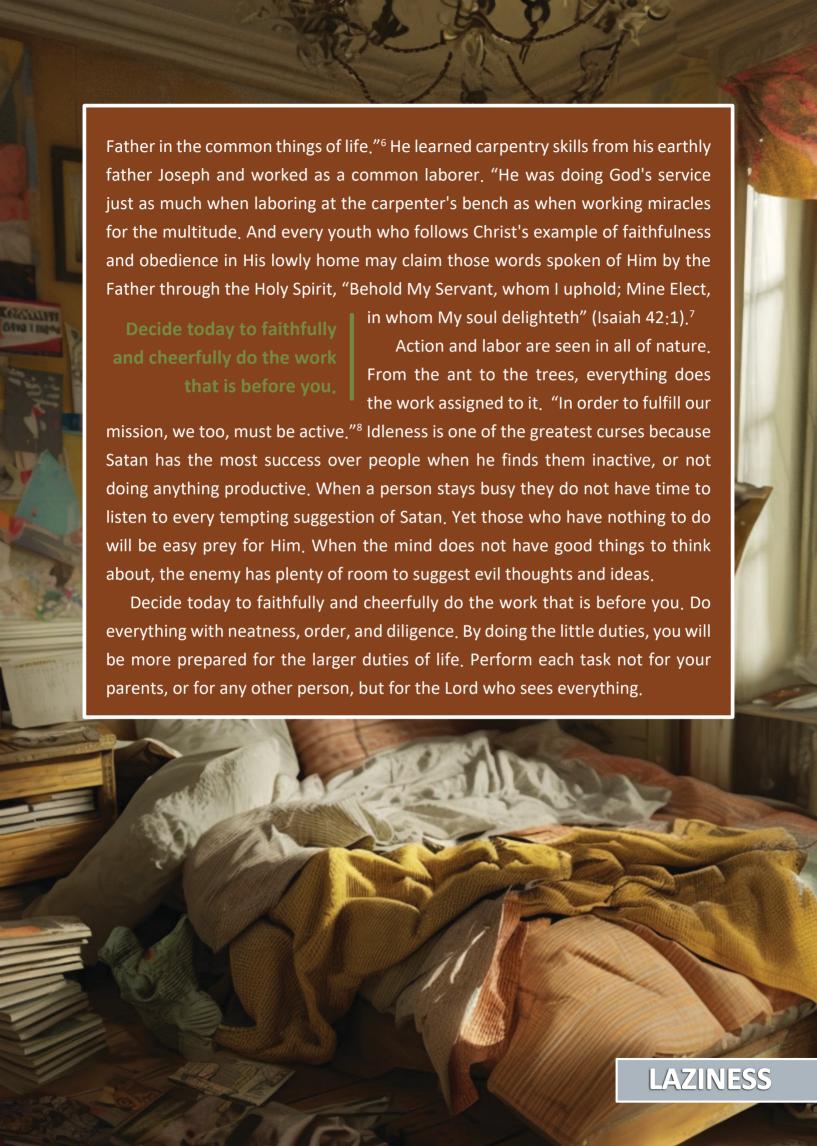
Work is often viewed as an enemy, while traveling, amusements, and leisure time are desired and praised. "Many children go about their home duties as though they were disagreeable tasks, and their faces plainly show the disagreeable. They find fault and murmur, and nothing is done willingly. This is not Christ-like; it is the spirit of Satan, and if you cherish it, you will be like him. You will be miserable yourselves and will make all about you miserable."³

The truth is, work is one of the greatest blessings God has given us. It helps keep our minds busy and gives strength to our bodies. "Only the diligent worker finds the

The truth is, work is one of the greatest blessings God has given us.

true glory and joy of life. The approval of God rests with loving assurance upon children and youth who cheerfully take their part in the duties of the household, sharing the burdens of father and mother. Such children will go out from the home to be useful members of society."⁴

Jesus, our example in all things, spent the first thirty years of His life faithfully and cheerfully doing the duties of His home. "He had been the Commander of heaven, and angels had delighted to fulfill His word; now He was a willing servant, a loving, obedient son." "He lived to please, honor, and glorify His



Cheap Construction

Many years ago, a young builder was presented with a unique opportunity. His father-in-law asked him to build a house for him and his wife to live in after their retirement. The father-in-law had plenty of money and the house plans were of the highest quality. They specified that only the best materials and high-quality workmanship should be put into the house.

The young builder was struggling financially, and he saw this offer as a chance to make some extra money. However, he didn't honor his father-in-law's wishes. Instead, he decided to cut corners wherever possible by using the cheapest materials. Low quality lumber was used in places where it would not show. Thin concrete was poured for the foundation, and cheap paint was used on the walls. And what's worse, he charged his father-in-law the price of the high-quality materials and kept the difference in price for himself.

Soon the house was completed. It looked beautiful, just like the building plans had specified. Only the builder and his workers knew that cheap materials had been used.

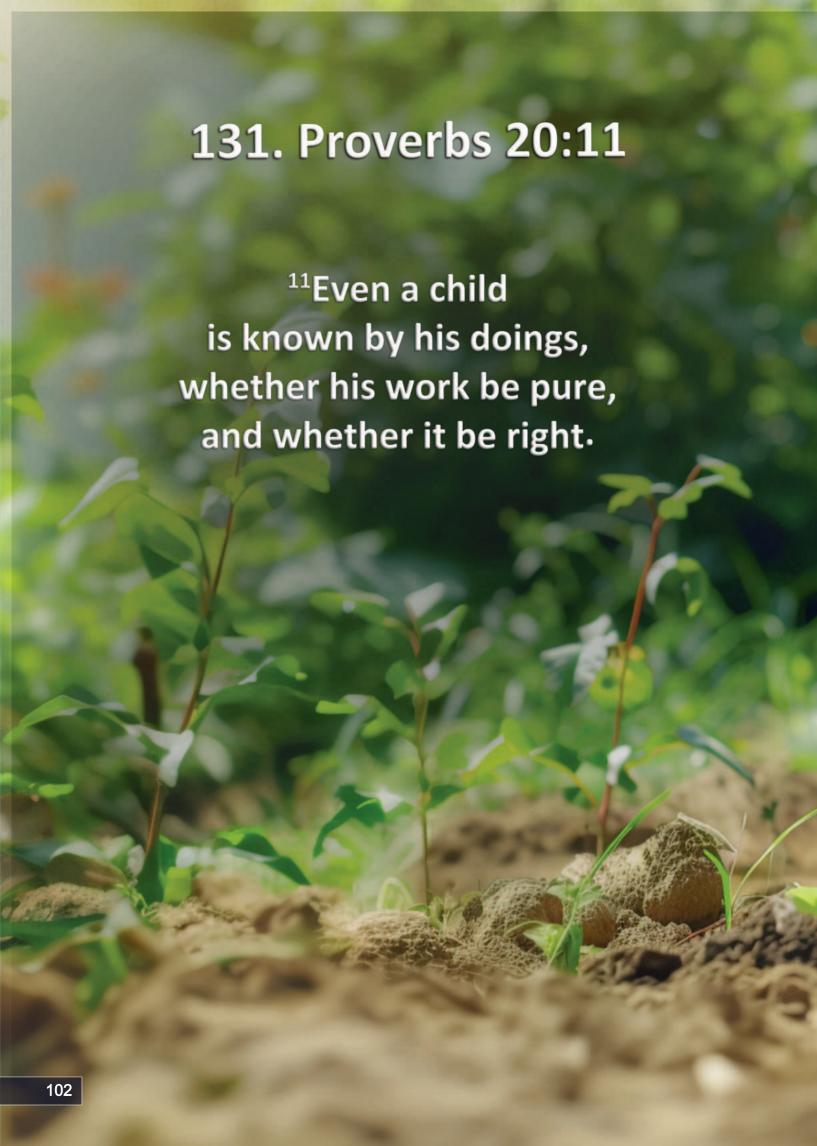
The day came when the builder showed the finished house to his father-in-law. After the father-in-law finished his inspection of the house, he turned to his son-in-law and proudly presented him with the deed to the house! It was then that he realized what a great mistake he had made. If only he had known the house was for him and his wife, he would have followed the plans to the letter and maybe even made them better as needed. He would have put the best materials and workmanship into the house.

With no other choice, the young couple moved into their new house. At first it was enjoyable, but it wasn't long before the trouble began. The walls started to crack as the foundation sagged. The cheap paint peeled off the walls, the roof leaked, and the cheap doors were hard to open and shut. The builder who had put cheap materials into his house was stuck with his poor-quality home.

Remember to be faithful in the little duties of life. All the best things in life start small. A musician does not get to be good without hours of study and

practice. An artist cannot be successful without hours of painting or drawing. A doctor cannot help patients until he has put in years of study and hands-on experience. Your future is determined by the little decisions and faithfulness in the little things. The best preparation for the future is to faithfully do the duties that are presented to you today.





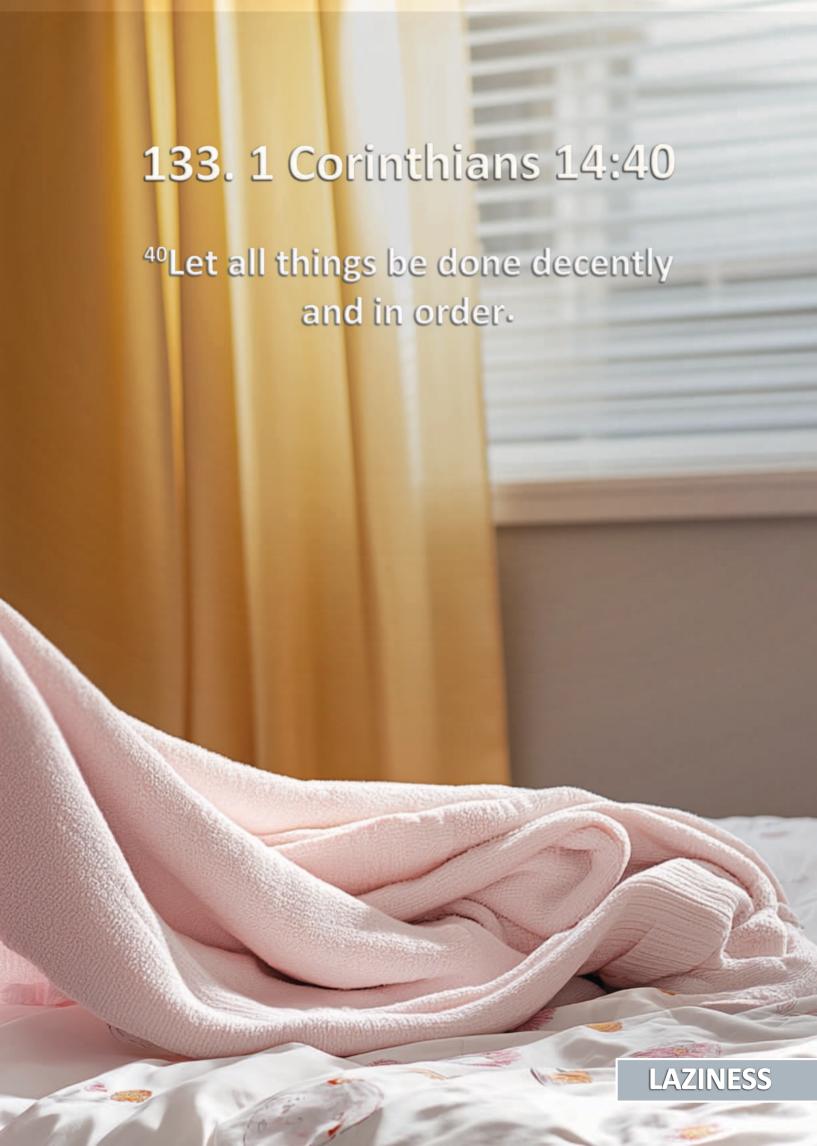




132. Luke 16:10 10 He that is faithful in that

which is least
is faithful also in much:
and he that is unjust
in the least
is unjust also in much.





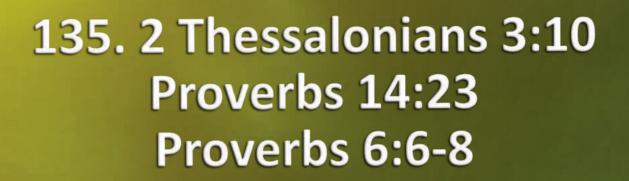
134. Colossians 3:23-24

do it heartily,
as to the Lord,
and not unto men;

²⁴Knowing that of the Lord ye shall receive the reward of the inheritance.







¹⁰If [any] will not work, neither shall he eat.

²³In all labour there is profit: but the talk of the lips tendeth only to [poverty].

⁶Go to the ant, thou sluggard; consider her ways, and be wise:

⁷Which having no guide, overseer, or ruler,

Provideth her meat in the summer, and gathereh her food in the harvest.



8. Loneliness

Loneliness is a feeling that you can experience when you are by yourself, or when you feel discriminated against, or when you do not feel like you have close friends. When someone is lonely it doesn't necessarily mean that they are

When someone is lonely it doesn't necessarily mean that they are completely alone.

completely alone. They may be surrounded by friends and family who love them. But if they feel like they don't fit in, or that no one understands them, they may feel lonely. There may be people in your life who look like they

have lots of friends, but inside they feel really alone because no one truly understands what they are going through.

No matter how few earthly friends or acquaintances you have, you don't ever have to feel lonely. "You are never alone. You are never in a place where you have no one to have interest in you. Our Heavenly Father has given His Son to die for you." The cross gives evidence of God's great interest in you. Christ purchased you and takes great interest in your well-being. "Whether we choose Him or not, we have a companion. Remember that wherever you are, whatever you do, God is there. Nothing that is said or done or thought can escape His attention."

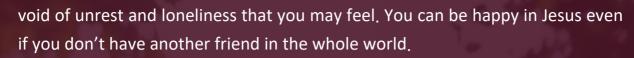
Our natural tendency is to look to people around us for encouragement and sympathy, instead of looking to Jesus. "In His mercy and faithfulness, God often

permits those in whom we place confidence to fail us, in order that we may learn the folly of trusting in man and making flesh our arm."² Often it is only when someone feels completely

He understands the things you cannot share with anyone else.

alone, when every friend and family member has failed them, that they will turn to God for the comfort and peace that only He can give.

The only true remedy for loneliness is to make Christ your constant friend and companion. He is the only one that understands every single detail of your life. He understands the things you cannot share with anyone else. As you talk to Him and tell Him your problems, He will guide you and speak to you. He will fill the



While God wants to fill the void inside each of us by being our friend and helper, He also understands our need for human companionship. He does not want us to isolate ourselves. He wants us to share His love with the people around us. We cannot sit in a corner and expect that people will befriend us. The Bible says that a person who wants friends must be friendly to others (Proverbs 18:24). Everyone wants a friend who will be interested in them and listen to them. So, by showing interest in other people and listening to them you can be a friend to them.

While it's true that you can read or hear about how a relationship with God

When you feel alone, take the promises of God, and claim them as your own. can be the remedy for your loneliness, unless you taste and see for yourself, you will never truly find the joy in companionship with Christ. When you feel alone, take the promises of God, and claim them as your own. You can pray, "God I feel really

alone right now, but I know that you are with me because you have promised You would be." Then by faith believe that He is with you, because He is with you!



When Loneliness is a Blessing

A young woman named Gina was devastated when her husband became seriously ill and died. Since they had no children, she was completely alone. She reached out to her parents and siblings, but they were cold, unsympathetic, and even refused to speak to her. They treated her as if she didn't exist.

Gina felt so confused. Her family had always been so loving towards her in the past, so she didn't understand their lack of compassion. Confused and lonely beyond words, Gina sank into a deep depression. The anguish of rejection and loneliness felt like more than she could bear. She was unable to sleep or eat much, and she was quickly losing weight. She spent every day and night alone crying in her house.

Then, one day she decided to visit a local bookstore. There she saw a book on the shelf titled "Prison to Praise." She looked through the book for a little bit, but when it started to remind her of her husband, she quickly set it down and left and returned home. But Gina couldn't stop thinking about the book, and felt an urgency to return to the bookstore and get it. So that's what she did.

As she read the pages about praising God in all circumstances, she knew God was speaking directly to her. Yet she had mixed emotions as she read the many verses and examples of giving thanks in all circumstances. She wondered if God truly wanted her to give thanks that her husband was dead. It seemed so cruel of God to ask such a thing. Yet as Gina continued to read, her heart was touched, and she began to fully surrender every area of her life to God. She began to accept God's plans as higher than her own and she completely submitted herself to Him.

Soon Gina realized that it took her extreme loneliness to bring her to the point of full surrender to God. She knew deep inside that if she had not lost her husband she would not have searched for God. She also realized that if her parents and brother would have comforted her she would have clung to them and not turned to God. Joy welled up in her heart as she realized the comfort and presence of Jesus.

Before long, friends who had been concerned about Gina's broken condition were astounded by the change they saw in her. She was experiencing a peace and joy that she had never known before. Soon Gina's brother came to visit and apologized for being so cold and unsympathetic toward her. He explained that someone told him that she had complained to her neighbor that her family had not been helpful when her husband was dying. Gina's brother shamefully confessed that he had just learned that the person had not been talking about Gina but about someone else who had also lost their husband. Gina's brother was full of remorse that he had believed the rumor and that he had left Gina alone when she needed comfort. However, Gina's response was surprising. She cheerfully said, "Don't be sorry, be thankful you made the mistake!" Completely confused, her brother replied, "What do you mean, Sis? I let you down when you really needed me. Do you want me to thank God for that? "That's right," Gina laughed. "If you hadn't turned your back on me, I wouldn't have discovered just how much God loves me!"3 What a powerful lesson of love Gina experienced. No matter how lonely or forsaken you may feel, remember you always have a friend in Jesus. One woman felt so alone and discouraged when she was the only person to show up to pray in a prayer room. She prayed, "Lord, I know that where two or three are gathered together in Your name, You are there Lord, but what if it is just me?" Then as she opened her eyes, she saw a fleeting glimpse of angels completely encircling the room. She was not alone!4 So always remember, although you can't see them, you also have angels that surround you. You never need to feel that you are alone. For God has said, "The angel of the LORD encampeth round about them that fear him, and delivereth them" (Psalm 34:7). **LONELINESS**







137. Psalm 16:8-9

⁸I have set the Lord always before me: because He is at my right hand, I shall not be moved.

⁹Therefore my heart is glad, and my glory rejoiceth: my flesh [shall also] rest in hope.

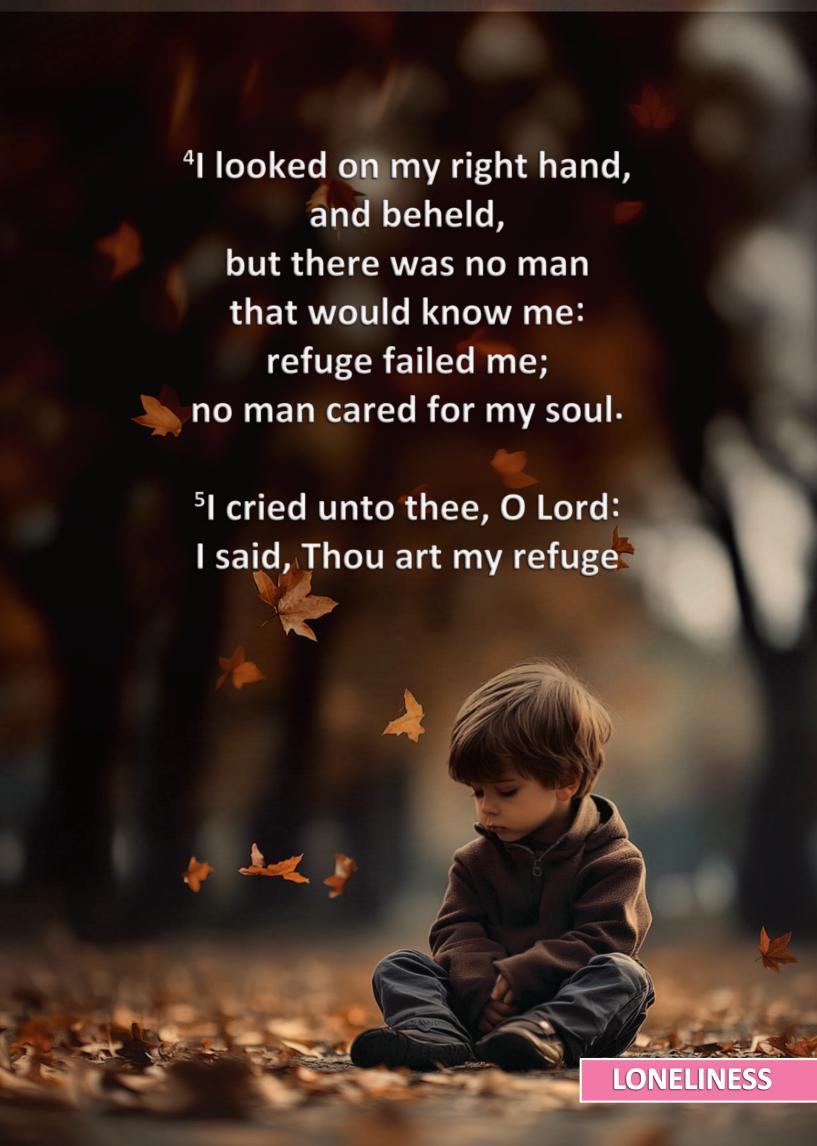


138. Psalm 18:6 Genesis 28:16 Psalm 142:4-5; 145:18

I called upon the LORD, and cried unto my God: He heard my voice out of His temple, and my cry came before Him, even into His ears.

¹⁶Surely the LORD is in this place; and I knew it not.

18The LORD is nigh unto all...
that call upon Him,
[He's nigh] to all
that call upon Him in truth.



139. Psalm 34:7-8

⁷The angel of the Lord encampeth round about them that fear Him, and delivereth them.

*O taste and see that the LORD is good: blessed is the man that trusteth in Him.







9. Sadness & Depression

Everyone longs for happiness and joy, but unfortunately each of us will experience times of sadness and discouragement. During these times it can be hard to believe that we have a kind, loving Father in heaven. Often when we experience sadness and depression we begin to doubt the goodness of God and fall into unbelief. Though it is God's desire that each of us experience happiness, there are many reasons why we may be sad or depressed.

The mind and the body are intimately connected.

There are times when feelings of sadness or depression are brought on by a breakdown in the physical health of the body. The mind and the body are intimately connected. "When one is

affected, the other sympathizes."¹ Whatever affects the health of our body will also affect the health of our mind. So, to have pure, happy thoughts, it is important to properly care for the body. We can do this by eating wholesome food, drinking pure water, exercising, breathing fresh air, getting sunshine and proper rest, and avoiding substances that are harmful.

Another major cause of sadness is a breakdown in our relationships with

others. If we put our trust in other people instead of God, we will always be disappointed. Even those closest to us may at times hurt us by their words and actions. They may be very unloving toward us and not meet

If we put our trust in other people instead of God, we will always be disappointed.

our needs. Our only safety is in making Jesus our best friend, companion, and helper instead of leaning on others to fill our needs (Philippians 4:19).

Many times, sadness comes as a direct result of what we are thinking. This is because our feelings are directly influenced by our thoughts. As a man "thinketh in his heart, so is he" (Proverbs 23:7). "The only security for any soul is right thinking." Our thoughts are influenced by our surroundings, so it is important to avoid reading, watching, seeing, or hearing things that are impure. It is also important to dismiss any untrue thoughts and not hold on to them. And consider this, just because a thought enters your mind, it does not mean that it

is true. If you are telling yourself, "Nobody loves me," "I'm a failure," "Poor me," or "I can't do it," you are going to start feeling pretty bad. Furthermore, these types of thoughts are out of harmony with God's Word. Compare your thoughts with the truth found in God's Word. By learning and memorizing the promises of God, you can quickly realize when a thought is a lie from the devil and not the truth.

Do you dwell on past mistakes, failures, and disappointments? If so, you will most certainly feel sad. You will always find thorns and negative things to think about, but instead look for the roses and the bright spots, the positive things. Think about the things God has done for you and list your blessings. The Bible

encourages us to overcome evil with good" (Romans 12:21). As you fill your mind with the promises of God and spend your time praising God and counting the blessings in your life, the negative thoughts will be crowded out.

Think about the things God has done for you and list your blessings.

One of the best remedies for sadness and depression is to direct the thoughts away from self and find someone else to help and bless. "Seeking the good of others is the way in which true happiness can be found." The Bible says, "He that watereth shall be watered also himself" (Proverbs 11:25). As you seek to help and encourage someone else, you will also be encouraged and strengthened.

Once again, there are many different reasons you may feel sad. But this is the time above all others to grasp hold of God by faith and learn to trust Him, despite how you feel. "The blessed Savior stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp our hands firmly, while we cling to Him in simple faith." No matter what the sadness is caused by, 1 Thessalonians 5:18 tells us God's will or desire for us even at this very moment: "In everything give thanks: for this is the will of God in Christ Jesus concerning you." You don't need to wait for happy feelings to come. Instead, you can invite them when by faith, you take hold of God's promises and give Him thanks or sing a song of praise.

Two Prescriptions for Depression

A woman named Mary suffered from severe depression and bitter feelings toward her husband. She had been to many doctors and psychologists, but no one could help her.

Fortunately for Mary, a minister named Glenn Coon shared a few of the 800 verses in the Bible that contain specific commands to rejoice and praise the Lord. He instructed her to make a list of ten things to thank the Lord for. This list was to be made daily. She was to write them down, say them aloud, and think about them throughout the day.

Miraculously within two days, Mary had such a different outlook on life that she considered herself cured. Even her husband could not believe the difference in her. Mary asked Pastor Coon how something so small could have made such an enormous difference in her life. He shared that according to Psalm 22:3, God actually "dwells" or lives in the praises of His people. And Psalm 16:11 says there is "exceeding joy" and "pleasures forevermore" in the presence of God. In Mary's case, the best prescription for her depression and bitterness was counting her blessings and praising God.⁵

Another woman named Pat visited her doctor because she was so depressed and miserable. She was tired of her job and ready to give up on life. After listening to her story, the doctor promised he could help her if she was willing to closely follow his instructions.

"I'll do anything," Pat quickly replied.

The doctor then advised Pat to return to work and get to know her coworker Dorothy, who worked next to her at the bank. He suggested that she invite Dorothy to her home, learn about her life goals and do something to help her. Next, the doctor encouraged Pat to get acquainted with her neighbors and discover what she could do to help them. And finally, he told Pat to return to see him in two months.

Surprisingly, Pat did not return to the doctor after two months. Instead, she wrote him a ten-page letter filled with all the good things happening in her life. There was not one expression of sadness or gloom. She explained that she had

helped Dorothy with her Latin, which had allowed her to pass her college exams with honors. She had helped her neighbor's family when their child was extremely sick. Now she was best friends with the child's mother.

Pat concluded the letter by saying, "Where have I been all my life? I didn't know there was a joy like this!" She had experienced the Bible principle that says, "He that watereth shall be watered also himself" (Proverbs 11:25). She had found happiness by helping someone else be happy.⁶

Both Mary and Pat each found ways out of their discouragement using small but effective prescriptions. Mary did it by thanking and praising God for all His blessings and taking her eyes off negative things. Pat overcame her sadness by taking her thoughts off herself and helping the people around her. If you are sad, try out one or both prescriptions and see how your outlook and life will change for the better!



141. Psalm 42:11

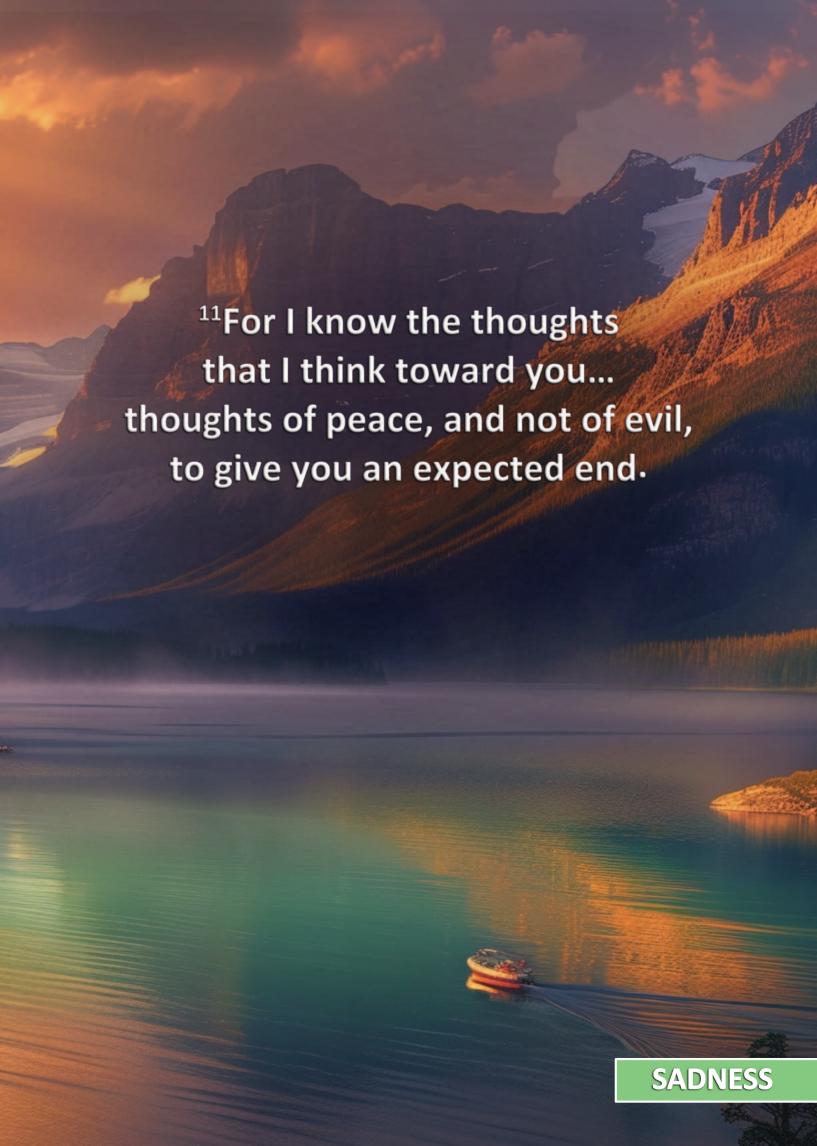
and why art thou disquieted
within me?
hope thou in God:
for I shall yet praise Him,
who is the health of my countenance,
and my God.



142. Isaiah 55:8-9 Jeremiah 29:11

⁸For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.

PFor as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts [higher] than your thoughts.



143. Jeremiah 32:17-19,26-27,37-38 Matthew 19:26; Mark 9:23 (NKJV)

the heavens and the earth
by Your great power
and outstretched arm.
There is nothing too hard
for You.

¹⁸The great, the mighty God, whose name is the Lord of hosts.

¹⁹You are great in counsel and mighty in work.

²⁶Then [came] the word of the Lord saying [unto me],

²⁷Behold, I am the Lord... of all flesh.
Is there [something] too hard
for Me?

³⁷Behold, [I'll] gather [you] and ... will cause [you] to [safely dwell].

38[You] shall be My people, and [I'll] be [your] God;

but with God
all things are possible.

²³If you can believe, all things are possible to him who believes.

144. Habakkuk 3:17-18 (NKJV)

17Though 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.

¹⁸Yet I will rejoice in the Lord, I will joy in the God of my salvation.





145. Philippians 4:8

Whatsoever things are true,
whatsoever things are honest,
whatsoever things are just,
whatsoever things are pure,
whatsoever things are lovely,
whatsoever things are of good report;
if there be any virtue,
and if there be any praise,
think on these things.



10. Worry & Anxiety

We all experience times when we feel stressed, worried, or anxious. But God wants us to have peace and joy. He wants us to lay all our cares, absolutely everything that worries or disturbs us, on Him. "Nothing is too small for our compassionate Saviour to notice, nothing is too great for Him to carry." "When we really believe that God loves us and means to do us good, we shall cease to worry about the future. We shall trust God as a child trusts a loving parent. Then

We all experience times when we feel stressed, worried, or anxious.

our troubles and torments will disappear, for our will is swallowed up in the will of God."²

Many who are trying to follow Christ are anxious and troubled because they are afraid

to give themselves completely to God. They surrender some areas of their life to God but hesitate to give Him everything. "They shrink from the consequences that such a surrender may involve. Unless they do make this surrender, they cannot find peace.³

Sometimes people worry about the future instead of seeing the blessings God has for them right now. "Their minds are continually dwelling upon

something disagreeable which they fear may come; or some difficulty...which, though small, blinds their eyes" to God's many blessings which they should be thankful for.4 "The difficulties they

Sometimes people worry about the future instead of seeing the blessings God has for them right now.

encounter, instead of driving them to God, the only source of their help, separate them from Him because they awaken unrest and repining.⁵

The Bible story in 2 Chronicles 20 gives a wonderful formula for how to handle overwhelming situations or stressful circumstances. King Jehoshaphat was told that several huge armies were on their way to battle with his kingdom. Instead of preparing his army to fight, he called his people together to seek the Lord. He reminded everyone of God's guidance in the past by recounting many of the miracles God had performed for them. Then he ended his prayer by admitting, "We have no might against this great company...neither know we what to do: but our eyes are upon thee" (2 Chronicles 20:12).

The Lord's answer to him was the same as it is for us today in the battles we face. "Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord...fear not, nor be dismayed... for the Lord will be with you" (2 Chronicles 20:17). God was going to fight the battle for him!

Instead of arming his men with weapons as most kings would have, "he appointed singers unto the Lord...." to sing praises. Imagine going into battle

God is just as willing to fight battles for you today. with no weapon other than songs of praise! It would seem as if they would be easily defeated, but the Bible says, "...when they

began to sing and to praise, the Lord set ambushments against [the enemies] and they were smitten" (2 Chronicles 20:22).

God is just as willing to fight battles for you today. Instead of complaining, worrying, and despairing when something disturbing or stressful happens, stop, and acknowledge God's ability to work miracles as He has in the past. Then admit you are helpless. Thank Him for the miracle He is about to work on your behalf even before He does it. Then sing and praise God for what He is about to do. You will see God work in a powerful way!

"The Lord desires you to lay your troubles and perplexities at His feet and leave them there." Tell Him, "Lord, my burdens are too heavy for me to carry. Will You carry them for me?" His answer will be: "I will take them. 'With everlasting kindness will I have mercy on thee'" (Isaiah 54:8). "The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer."



Praise Instead of Worry

Seven-year-old Emma was at school one day when she had a bad accident and broke her arm. After her parents were called, she was rushed to the hospital. Her parents were anxious for something to be done to help Emma's arm.

As the doctor was examining her arm and preparing to set the bone, he was called away to examine someone else with a broken bone — a high-school boy who had broken his arm while playing football. When the doctor returned, he informed Emma and her parents that the boy had a simple fracture that would only take a few minutes to set. And because it would be easier to complete, the doctor was going to work on the boy first.

While Emma and her parents waited for Emma's turn, they heard the teenage boy screaming with pain as the doctor set his arm. Emma knew she was next, and her fracture would be much more challenging to set. She was about to go through a very difficult, unpleasant experience and it would have been natural for her to be worried. However, to her parent's surprise, she turned to them and said, "He hasn't learned to praise the Lord. I'm thankful for my broken arm, and I believe God will keep me from having pain."

Emma and her parents had been studying about the power of praising God. They had made it a habit to praise God for the little blessings in life, and even the problems. Emma's parents had no idea that she had completely accepted the idea of praising God. They hoped that her faith would not be shattered by the pain of getting her arm set. But even as the teenage boy screamed, they could see the peace on Emma's face. It was so evident she was fully trusting in God to help her.

When the doctor returned, he explained that he would would need to hurt her so that her arm could get better. However, Emma's faith was steadfast and unshaken as she stated, "No, it won't hurt. I've thanked God, and I believe that He is going to keep it from hurting."

The doctor looked at Emma's parents with a worried smile which seemed to say, "I'm sorry I have to be the one to shake her faith."

As he began to work on Emma's arm, she was relaxed and quiet and had a smile on her face. The doctor frequently looked back and forth from Emma to

her parents and shook his head in amazement. He paused several times during the procedure to ask, "Does this hurt you very much?"

And each time, Emma quietly responded "No, sir, it doesn't hurt."

When the doctor was finished, he said, "In all my years of practice, I have never seen anything like this."

Emma was a normal child and had always experienced pain in a normal manner, just like any other child. This was the first time that her parents had ever seen her react that way — so calmly, so peacefully to pain. They believed that God worked a miracle to reward Emma's faith and her decision to praise God instead of worry.⁸

God may not always take away our pain like He did for Emma. But when we take our eyes off our problems, worries, and anxieties and praise God for His power and what He can do, God can work in marvelous ways for us.



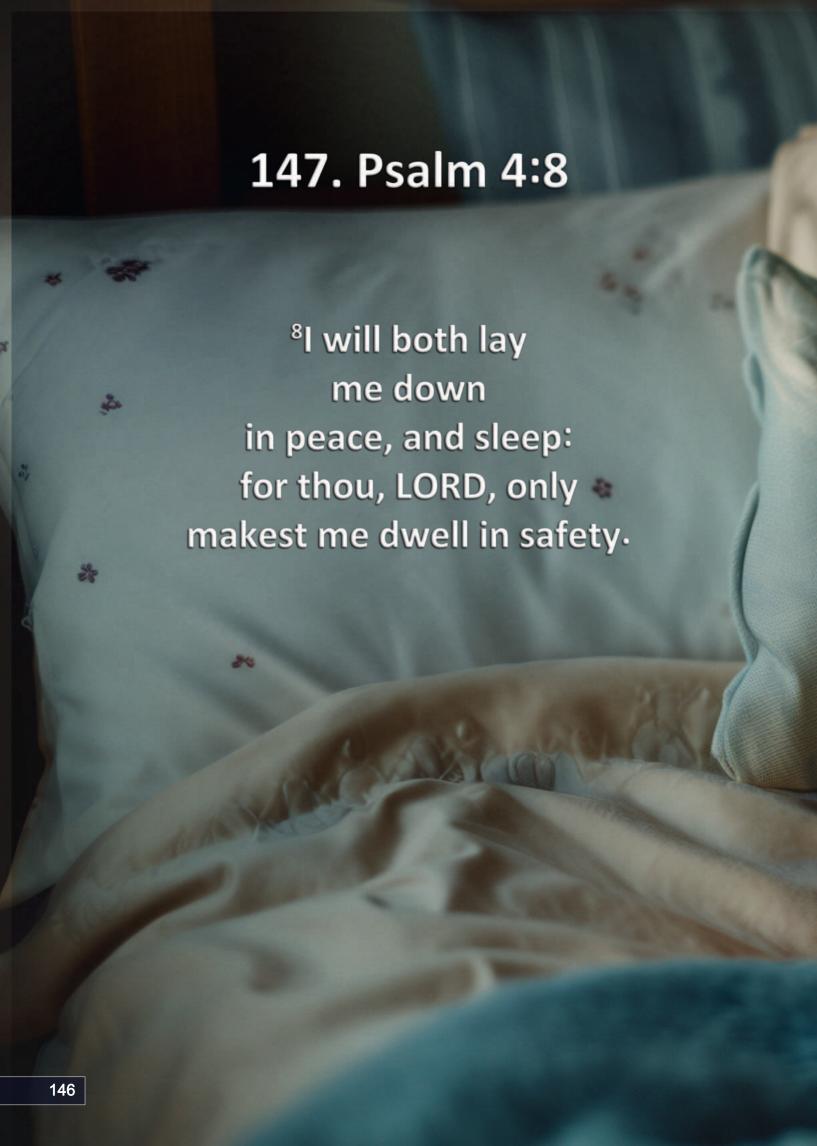
146. 2 Chronicles 20: 12, 15, 17, 22, 21

we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.

¹⁵Thus saith the Lord unto you, Be not afraid nor dismayed... for the battle is not yours, but God's. in this battle:
set yourselves, stand ye still,
and see the salvation of the Lord...
fear not, nor be dismayed...
tomorrow go out against them:
for the Lord will be with you.

began to sing and to praise, the Lord set ambushments against the [enemies] and they were smitten.

²¹Praise the Lord.



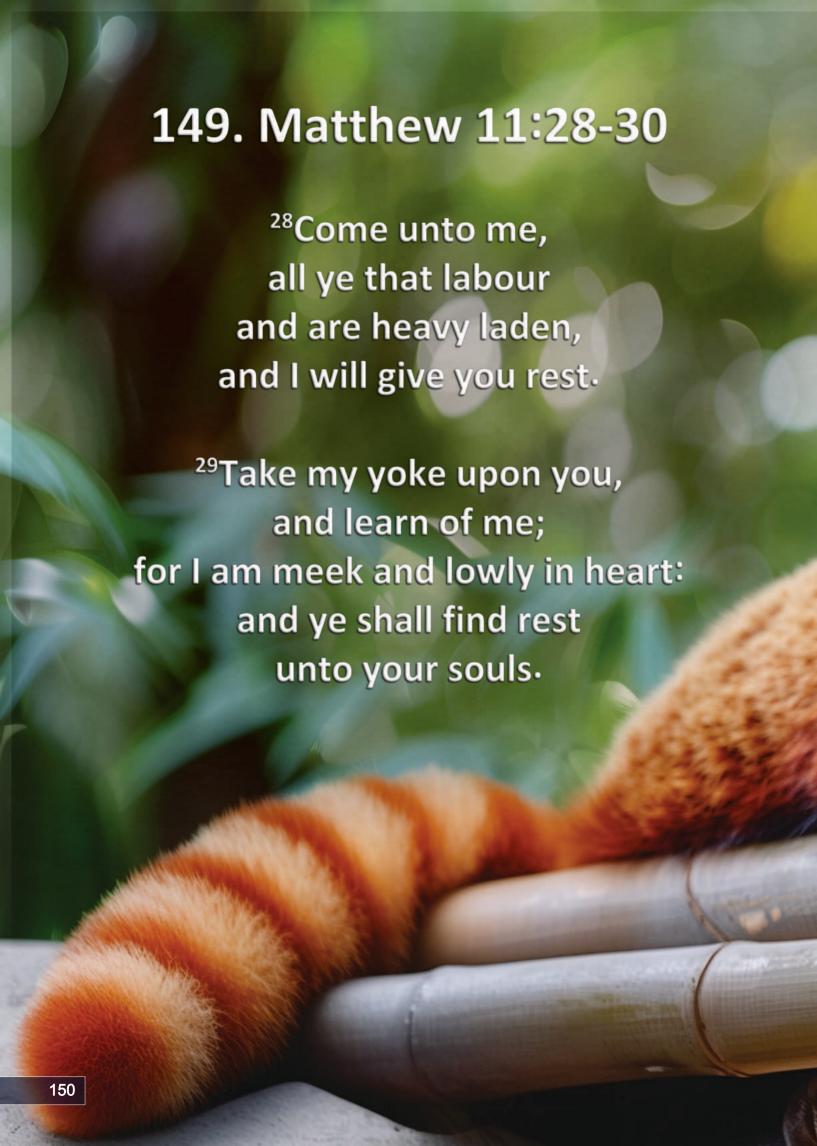




148. Isaiah 26:3-4

3Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

4Trust ye in the LORD for ever: for in the Lord Jehovah is everlasting strength.





150. Philippians 4:6-7 (NKJV)

⁶Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷And the peace of God, which surpasses all understanding, will guard your hearts and [your] minds through Christ Jesus.



SCRIPTURE INDEX

Angel

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Env

Fear

101. Psalm 37:7-8 Exodus 14:14 Ephesians 4:26-27

⁷Rest in the Lord, and wait patiently for Him...

⁸Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

¹⁴The Lord shall fight for you, and ye shall hold your peace.

²⁶Be ye angry, and sin not. Let not the sun go down upon your wrath.

²⁷Neither give place to the devil.

106. Ephesians 5:19-20

¹⁹Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

²⁰Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

102. Psalm 119:165

¹⁶⁵Great peace have they which love thy law: and nothing shall offend them.

107. Philippians 2:14

¹⁴Do all things without murmurings and disputings.

111. Psalm 119:36-37 (NKJV)

³⁶Incline my heart to Your testimonies, and not to covetousness.

³⁷Turn away my eyes from looking at worthless things, And revive me in Your way.

112. Proverbs 14:30 Proverbs 23:17 Proverbs 27:4

³⁰A sound heart is the life of the flesh: but envy the rottenness of the bones.

¹⁷Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long.

⁴Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

116. Psalm 27:1,3

¹The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?

³Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

117. Psalm 56:3-4

³What time I am afraid, I will trust in thee.

In God I will praise His Word, In God I have put my trust; I will not fear what flesh can do unto me.

103. Proverbs 15:1 (NKJV)

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

104. Proverbs 25:28 James 1:19-20 Proverbs 16:32

²⁸He that hath no rule over his own spirit is like a city that is broken down, and without walls.

¹⁹Let every man be swift to hear, slow to speak, slow to wrath.

²⁰For the wrath of man worketh not the righteousness of God.

³²He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

105. Proverbs 29:20,11

²⁰Seest thou a man that is hasty in his words? there is more hope of a fool than of him.

> ¹¹A fool uttereth all his mind: but a wise man keepeth it in till afterwards.

108. Philippians 4:11-13 Hebrews 13:5-6

¹³I can do all things through Christ which strengtheneth me.

⁵Let your conversation be without covetousness; and be content with such things as ye have: for He hath said, I will never leave thee, nor forsake thee.

⁶So that we may boldly say,The Lord is my helper, and I will not fear what man shall do unto me.

¹¹Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

¹²I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

109. 1 Thess. 5:16-18

¹⁸In everything give thanks: for this is the will of God in Christ Jesus concerning you.

¹⁶Rejoice evermore.

¹⁷Pray without ceasing.

110. 1 Timothy 6:6-7

⁶Godliness with contentment is great gain.

For we brought nothing into this world, and it is certain we can carry nothing out.

113. Luke 12:15

¹⁵And He said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.

114. James 3:14-15 1 Corinthians 13:4 1 Peter 2:1,3

¹⁴If ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.

¹⁵This wisdom descendeth not from above, but is earthly, sensual, devilish.

⁴[Love] envieth not.

¹[Lay] aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,

³If so be ye have tasted that the Lord is gracious

115. James 3:16-18 (NKJV)

¹⁶For where envy and self-seeking exist, confusion and every evil thing are there.

¹⁷But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

¹⁸Now the fruit of righteousness is sown in peace by those who make peace.

118. Isaiah 41:13,10

¹³I the Lord thy God will hold thy right hand, saying unto thee, Fear not.

¹⁰Fear thou not; for I am with thee: be not dismayed; for I am thy God. I will strengthen thee... I will help thee; yea, I will uphold thee with the right hand of my righteousness.

119. John 14:27

²⁷Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled neither let it be afraid.

120. 2 Timothy 1:7-8 1 John 4:4

⁷For God hath not given us the spirit of fear; but of power, and of love, and... a sound mind.

8Be not thou therefore ashamed.

⁴Greater is He that is in you, than he that is in the world.

121. Psalm 30:8,11,12 122. Psalm 34:3.18-19 Psalm 147:3 ¹⁸The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. ⁵Weeping may endure for a night, but joy cometh in the morning. Thou hast turned.. ³O magnify the Lord with me, and let us exalt his name together. my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness... ¹⁹Many are the afflictions of the righteous: but the Lord delivereth him ¹²I will give thanks unto thee for ever. out of them all. ³He healeth the broken in heart, and bindeth up their wounds 126. Psalm 103:8,10-14 127. Isaiah 1:16-20 8The Lord is merciful and gracious, ¹⁸ Come now, and let us reason together, saith the Lord: though your sins be as scarlet, slow to anger, and plenteous in mercy. they shall be as white as snow; though they be red like crimson, ¹⁰He hath not dealt with us after our sins; nor rewarded us according to our iniquities. they shall be as wool. ¹¹For as the heaven is high above the earth, so great is His mercy toward them that fear Him. ¹⁶Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; ¹²As far as the east is from the west, ¹⁷Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow. so far hath he removed our transgressions from us. ¹³Like as a father pitieth his children... the Lord pitieth them that fear him. ¹⁹If ye be willing and obedient, ye shall eat the good of the land: ¹⁴For he knoweth our frame; he remembereth that we are dust. ²⁰But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the Lord hath spoken it. 131. Proverbs 20:11 132. Luke 16:10 ¹¹Even a child is known by his doings, ¹⁰He that is faithful in that which is least whether his work be pure, is faithful also in much: and whether it be right. and he that is unjust in the least is unjust also in much.

123. 2 Corinthians 1:3-4

³Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort:

'Who comforteth us in all our tribulation, that we may be able to comfort them ... by the comfort wherewith we ourselves are comforted.

124. 1 Thessalonians 4:13-18 (NKJV)

¹³I do not want youto be ignorant, brethren, concerning those who have fallen asleep, lest you sorrowas others who have no hope.

14If we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.

15For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep.

¹⁶For the Lord Himself will descend from heaven with a shout, [and] with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first.

¹⁷Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.

¹⁸Therefore comfort one another with these words.

125. Revelation 21:4-5

'And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

⁵And He that sat upon the throne said, Behold, I make all things new... for these words are [faithful and true].

128. Micah 7:18-19

18Who is a God
like unto thee,
that pardoneth iniquity,
and passeth by
the transgression of
the remnant of His heritage?
He [retains] not His anger for ever,
because He [delights] in mercy.

¹⁹He will turn again, He will have compassion upon us; He will subdue our iniquities; and...cast all their sins into the depths of the sea.

129. Romans 8:1-3

'There is therefore now no condemnation to them which are in [Jesus] Christ... who walk not after the flesh, but after the Spirit.

²For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

³For what the law could not do, in that it was weak through the flesh, God sending His...Son... condemned sin in the flesh:

But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His.

130. Hebrews 8:12

¹²For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.

133. 1 Corinthians 14:40

⁴⁰Let all things be done decently and in order.

134. Colossians 3:23-24

²³Whatsoever ye do, do it heartily, as to the Lord, and not unto men;

²⁴Knowing that of the Lord ye shall receive the reward of the inheritance.

135. 2 Thessalonians 3:10 Proverbs 14:23 Proverbs 6:6-8

¹⁰If anyone will not work, neither shall he eat.

²³In all labour there is profit: but the talk of the lips tendeth only to [poverty].

⁶Go to the ant, thou sluggard; consider her ways, and be wise:

⁷Which having no guide, overseer, or ruler.

⁸Provideth her meat in the summer, and gathereh her food in the harvest.

_oneliness

Sadness/Depression

Worry/Anxiety

136. Joshua 1:9

⁹Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

137. Psalm 16:8-9

8I have set the Lord always before me: because He is at my right hand, I shall not be moved.

⁹Therefore my heart is glad, and my glory rejoiceth: my flesh [shall also] rest in hope.

141. Psalm 42:11

11Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

142. Isaiah 55:8-9 Jeremiah 29:11

⁸For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.

⁹For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts [higher] than your thoughts.

> ¹¹For I know the thoughts that I think toward you... thoughts of peace, and not of evil, to give you an expected end.

146. 2 Chronicles 20:12,15,17,22,21

O our God... we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.

¹⁵Thus saith the Lord unto you, Be not afraid nor dismayed... for the battle is not yours, but God's.

¹⁷Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord... fear not, nor be dismayed... tomorrow go out against them: for the Lord will be with you.

> ²²And when they began to sing and to praise, the Lord set ambushments against the [enemies] and they were smitten.

> > ²¹Praise the Lord.

147. Psalm 4:8

⁸I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

138. Psalm 18:6 Gen 28:16 Psalm 142:4-5; 145:18

fin my distress I called upon the LORD, and cried unto my God: He heard my voice out of his temple, and my cry came before Him, even into His ears.

¹⁶Surely the LORD is in this place; and I knew it not.

18The LORD is nigh unto all... that call upon Him, [He's nigh] to all that call upon Him in truth.

⁴I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul.

> ⁵I cried unto thee, O Lord: I said, Thou art my refuge

139. Psalm 34:7-8

⁷The angel of the Lord encampeth round about them that fear Him, and delivereth them.

> ⁸O taste and see that the LORD is good: blessed is the man that trusteth in Him.

140. Proverbs 18:24

²⁴A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

143. Jeremiah 32:17-19, 26-27, 37-38, Matthew 19:26; Mark 9:23 (NKJV)

17"Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.

¹⁸ The Great, the Mighty God, whose name is the Lord of hosts.

¹⁹You are great in counsel and mighty in work

²⁶Then [came] the word of the Lord saying [unto me],

²⁷Behold, I am the Lord... of all flesh. Is there [something] too hard for Me?

³⁷ Behold, [l'll} gather [you] and ... will cause [you] to [safely dwell].

³⁸[You] shall be My people, and [l'll] be [your] God;

144. Habakkuk 3:17-18 (NKJV)

¹⁷Though 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.

¹⁸Yet I will rejoice in the Lord, I will joy in the God of my salvation.

145. Philippians 4:8

⁸Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

148. Isaiah 26:3-4

³Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

⁴Trust ye in the LORD for ever: for in the Lord Jehovah is everlasting strength.

149. Matthew 11:28-30

²⁸Come unto me, all ye that labour and are heavy laden, and I will give you rest.

²⁹Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

³⁰For my yoke is easy, and my burden is light.

150. Philippians 4:6-7 (NKJV)

⁶Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God:

⁷And the peace of God, which surpasses all understanding, will guard your hearts and [your] minds through Christ Jesus.

Bible Stories By Chapter

Use these Bible stories for further study.

1. Anger

Cain Genesis 49:5-7
David and Saul 1 Samuel 24
Naaman 2 Kings 5:1-14
Moses Numbers 20

2. Discontentment

Israelites in wilderness

John the Baptist

Vineyard workers

Korah, Dathan, Abiram

Numbers 11:1-6

Matthew 11:2-6

Matthew 20:1-16

Numbers 16:1-40

3. Envy

Satan Isaiah 14:12-14

Sarah/Hagar Genesis 16:1-13; 21:9-21

Joseph's brothers Genesis 37
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4. Fear

Daniel lions den Daniel 6
Elijah 1 Kings 18
Joshua/Jericho 1 Joshua 6:1-20
Jesus calms storm Mark 4:35-41

5. Grief

Hannah 1 Samuel 1

Job 1

David 2 Samuel 18:19-33

Martha/Mary John 11

Bible Stories By Chapter

6. Guilt

Woman washing Jesus' feet Luke 7:36-50
Woman caught in adultery John 8:3-11
Man with Palsy Luke 5:18-25
Judas Matthew 27:3-10

7. Laziness

Parable of talents

David (diligence)

Virtuous woman

Wise/foolish builders

Matthew 25:14-30

1 Samuel 1-2

Proverbs 31

Matthew 7:24-27

8. Loneliness

Elijah 1 Kings 19
Hagar Genesis 21
David Psalm 142
Jesus Mark 15:34

9. Sadness/Depression

Jesus Matthew 26:37-38 Elijah 1 Kings 19

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10. Worry

Martha Luke 10:38-42
Jehoshaphat 2 Chronicles 20
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Esther Esther 4

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Chapter 3

- 1. Early Writings p. 145.
- 2. Testimonies for the Church, vol. 5. p. 56.

Chapter 4

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