

## Helpful Scriptures for:

### **Isaiah 41:10 (NIV)**

<sup>10</sup> So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

### **Isaiah 46:4 (NIV)**

<sup>4</sup> Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

### **Isaiah 49:15 (NIV)**

<sup>15</sup> "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!

### **Isaiah 54:10 (NIV)**

<sup>10</sup> Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

### **Jeremiah 9:24 (NIV)**

<sup>24</sup> but let him who boasts boast about this: that he understands and knows me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD.

### **Jeremiah 31:34 (NIV)**

<sup>34</sup> No longer will a man teach his neighbor, or a man his brother, saying, 'Know the LORD,' because they will all know me, from the least of them to the greatest," declares the LORD. "For I will forgive their wickedness and will remember their sins no more."

### **Matthew 6:25, 32-33 (NIV)**

<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### **Matthew 28:20 (NIV)**

<sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

### **John 8:12 (NIV)**

<sup>12</sup> When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

### **John 10:14 (NIV)**

<sup>14</sup> "I am the good shepherd; I know my sheep and my sheep know me--

## **The Impossible**

### **Luke 18:27**

Jesus replied, "What is impossible with men is possible with God."

## **I'm to tired**

### **Matthew 11:28-30**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

## **I Can't Go On**

### **Psalm 91:15**

He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

### **2 Corinthians 12:9**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

## **Nobody Really Loves Me**

### **John 3:16**

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

## Helpful Scriptures for:

### **I can't figure things out**

#### **Proverbs 3:5-6 (NIV)**

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

### **I'm not able**

#### **2 Corinthians 9:8 (NIV)**

And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.

### **I can't do it**

#### **Philippians 4:13 (NIV)**

I can do everything through him who gives me strength.

### **It's not worth it**

#### **Romans 8:28 (NIV)**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

### **I can't forgive myself**

#### **1 John 1:9 (NIV)**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

#### **Romans 8:1 (NIV)**

Therefore, there is now no condemnation for those who are in Christ Jesus,