

Isaiah 26:3–4

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you. Trust
in the LORD forever, for the
LORD GOD is an everlasting
rock.*



Psalm 18:1–2

*I love you, O LORD, my
strength. The LORD is my rock
and my fortress and my deliver-
er, my God, my rock, in whom I
take refuge, my shield, and the
horn of my salvation, my strong-
hold.*



John 14:1

*Let not your hearts be troubled.
Believe in God; believe also in
me.*



Psalm 28:7

*The LORD is my strength and
my shield; in him my heart
trusts, and I am helped; my
heart exults, and with my song
I give thanks to him.*



Psalm 91:1–2

*He who dwells in the shelter of
the Most High will abide in the
shadow of the Almighty. I will
say to the LORD, “My refuge
and my fortress, my God, in
whom I trust.”*



Matthew 6:34

*Therefore do not be anxious
about tomorrow, for tomorrow
will be anxious for itself. Suffi-
cient for the day is its own
trouble.*



Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.



Matthew 11:28–30



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

Psalms 27:1

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?



Psalms 61:1–2

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I.



Isaiah 40:31



But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Matthew 28:20

And behold, I am with you always, to the end of the age.”



Psalm 121:1–2

*I lift up my eyes to the hills.
From where does my help
come? My help comes from the
LORD, who made heaven and
earth.*



Deuteronomy 31:8

*It is the LORD who goes before
you. He will be with you; he will
not leave you or forsake you. Do
not fear or be dismayed.*

1 Peter 5:6–7

*Humble yourselves, therefore,
under the mighty hand of God
so that at the proper time he
may exalt you, casting all your
anxieties on him, because he
cares for you.*



Proverbs 18:10

*The name of the LORD is a
strong tower; the righteous
man runs into it and is safe.*



Psalm 94:19

*When the cares of my heart
are many, your consolations
cheer my soul.*



Exodus 33:14

*And he said, “My presence will
go with you, and I will give
you rest.”*



Micah 7:7–8

But as for me, I will look to the LORD; I will wait for the God of my salvation; my God will hear me. Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the LORD will be a light to me.



John 15:5

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.



Habakkuk 3:18–19

I will rejoice in the LORD; I will take joy in the God of my salvation. GOD, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.



Turning to the Bible isn't a simple Sunday School answer to life's messy, difficult, and overwhelming problems. It's the remedy!



Equip yourself with these scripture cards. Print them out and carry them with you so you always have an encouraging word from God at hand. (Verses are all from ESV translation)

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