

Topic	Scripture	Quote	
Discouraged	Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9	Suffering, failure, loneliness, sorrow, discouragement, and death will be part of your journey, but the Kingdom of God will conquer all these horrors. No evil can resist grace forever. Brennan Manning	
Worried	Instead of worrying, pray... before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. Philippians 4:6	Worry does not empty tomorrow of its sorrow. It empties today of its strength. Corrie Ten Boom	
Lonely	I’ve picked you. I haven’t dropped you.’ Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, keep a firm grip on you. Isaiah 41:10	Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ, and you will find Him, and with Him everything else thrown in. C.S Lewis	
Depressed	Is anyone crying for help? God is listening, ready to rescue you. If your heart is broken, you’ll find God right there; if you’re kicked in the gut, he’ll help you catch your breath. Psalm 34:17	"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." —Helen Keller	
Peace	Do not be anxious about anything, but in every situation, by prayer... present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds... Philippians 4:6	God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing. C.S Lewis	
Guilt	“This is how much God loved the world: He gave his Son, his one and only Son.... God came to help, to put the world right again. Anyone who trusts in him is acquitted... John 3:16	God loves us too much to leave us alone to contend with the pain, guilt and loneliness of our present life. Josh McDowell	

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Tired	Are you tired? Worn out? ... Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me ... learn the unforced rhythms of grace.... keep company with me and you'll learn to live freely and lightly." Matthew 11:28	We can be tired, weary and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies energy, power and strength. Charles Stanley	
Stressed	My parting gift to you... Peace. I don't leave you the way you're used to being left—feeling abandoned, bereft. So don't be upset. Don't be distraught. John 14:27	God will never give you anything you can't handle, so don't stress. Kelly Clarkson	
Physical Pain	Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. 2 Corinthians 4:16	"One of life's greatest paradoxes is that it's in the crucible of pain and suffering that we become tender." — Brennan Manning,	
Emotional Pain	He heals the heartbroken and bandages their wounds. He counts the stars and assigns each a name. Our Lord is great, with limitless strength; we'll never comprehend what he knows and does. God puts the fallen on their feet again... Psalm 147:3	"God, who foresaw your tribulation, has specially armed you to go through it, not without pain but without stain." C. S. Lewis	

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Confused	5-12 Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Proverbs 3:5	"God turns you from one feeling to another and teaches by means of opposites so that you will have two wings to fly, not one" Rumi	
Angry	Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. In simple humility, let God, landscape you with the Word, making a salvation-garden of your life. James 1:19-20	"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." — Mark Twain	
Afraid	I pulled you in from all over the world, called you in from every dark corner of the earth... I've picked you. I haven't dropped you. Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you. Isaiah 41:10-12	"I learned that courage was not the absence of fear, but the triumph over it. The brave person is not he who does not feel afraid, but he who conquers that fear." — Nelson Mandela	
Rejected	God will never walk away from his people, never desert his precious people. Rest assured that justice is on its way and every good heart put right. Psalm 94:15	"A rejection is nothing more than a necessary step in the pursuit of success." — Bo Bennett	
Doubt	Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Proverbs 3:5-6	"Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt." — William Shakespeare	

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Guidance	By your words I can see where I'm going; they throw a beam of light on my dark path. Psalm 119:105	"When God takes out the trash, don't go digging back through it. Trust Him." — Amaka Imani Nkosazana,	
Faith	"If you embrace this kingdom life and don't doubt God, you'll not only do minor feats... but also triumph over huge obstacles. Matthew 21:21	"Keep the faith. The vision is always for the appointed time. Be patient, prayerful and wait for the fulfillment of your visions." — Lailah Gifty Akita	
Strength	"Be strong and courageous and do the work. Do not be afraid or discouraged, for the LORD God, my God is with you. He will not fail you or forsake you..." 1 Chronicles 28:20	You are stronger than you think, because the power of Almighty God is available to you. Your strength is renewed when you trust in Him. – Kendra Tillman	
Forgiveness	Pray very simply. Like this: Our Father in heaven, Reveal who you are. Set the world right... Keep us forgiven with you and forgiving others... You're in charge! Matthew 6:9–15	Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. Mark Twain	
Relationships	May God our Father himself and our Master Jesus clear the road to you! And may the Master pour on the love so it fills your lives and splashes over on everyone around you...! 1 Thessalonians 3:12	"The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too." — Ernest Hemingway,	