

Encouraging verses for times of suffering

Hebrews 12:1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,² looking to Jesus, the founder and perfecter of our faith, who **for the joy that was set before him endured the cross**, despising the shame, and is seated at the right hand of the throne of God.

2 Chronicles 16:9

For the eyes of the LORD run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

Job 36:15

He delivers the afflicted **by their affliction**
and opens their ear **by adversity**.

Psalms 34:18-19

The LORD is near to the brokenhearted
and saves the crushed in spirit.

Many are the afflictions of the righteous,
but the LORD delivers him out of them all.

Psalms 41:3

The LORD sustains him on his sickbed;
in his illness you restore him to full health

Psalms 91:15-16

When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.
With long life I will satisfy him
and show him my salvation.

Psalms 81:7-8

In distress you called, and I delivered you;
I answered you in the secret place of thunder;
I tested you at the waters of Meribah.

⁸ Hear, O my people, while I admonish you!
O Israel, if you would but listen to me!

Psalms 118:17

I shall not die, but I shall live,
and recount the deeds of the LORD.

Proverbs 3:5-7

Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.
Be not wise in your own eyes;
fear the LORD, and turn away from evil.

Proverbs 3:11-12

My son do not despise the LORD's discipline
or be weary of his reproof,
for the LORD reproves him whom he loves,
as a father the son in whom he delights.

Isaiah 43:2

When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

Isaiah 48:10

Behold, I have refined you, but not as silver;
I have tried you **in the furnace of affliction**.

Malachi 3:2-3

² But who can endure the day of his coming, and who can stand when he appears? For **he is like a refiner's fire and like fullers' soap**. ³ He will sit as a refiner and purifier of silver, and he will purify the sons of Levi and refine them like gold and silver, and they will bring offerings in righteousness to the LORD.

John 15:20

²⁰ Remember the word that I said to you: 'A servant is not greater than his master.' If they persecuted me, **they will also persecute you**. If they kept my word, they will also keep yours.

John 16:33

³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Romans 5:1-5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. ² Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. ³ Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 12:12

12 Rejoice in hope, be patient in tribulation, be constant in prayer.

2 Corinthians 4:8-10

⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.

2 Corinthians 4:16

¹⁶ So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Hebrews 12:3-13

³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴ In your struggle against sin you have not yet resisted to the point of shedding your blood. ⁵ And have you forgotten the exhortation that addresses you as sons?

"My son, do not regard lightly the discipline of the Lord,
nor be weary when reproved by him.

⁶ For the Lord disciplines the one he loves,
and chastises every son whom he receives."

⁷ It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? ⁸ If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹ Besides this, we have had earthly fathers who disciplined us, and we respected them. Shall we not much more be subject to the

Father of spirits and live? ¹⁰ For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. ¹¹ For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

¹² Therefore lift your drooping hands and strengthen your weak knees, ¹³ and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

1 Peter 1:3-7

³ Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵ who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. ⁶ In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, ⁷ so that the tested genuineness of your faith - more precious than gold that perishes though it is tested by fire - may be found to result in praise and glory and honor at the revelation of Jesus Christ.

1 Peter 3:13-17

¹³ Now who is there to harm you if you are zealous for what is good? ¹⁴ But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, ¹⁵ but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, ¹⁶ having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. ¹⁷ For it is better to suffer for doing good, if that should be God's will, than for doing evil.

1 Peter 4:19

Therefore let those who suffer according to God's will entrust their souls to a faithful Creator while doing good.

1 Peter 5:10

¹⁰ And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

James 1:2-4

² Count it all joy, my brothers, when you meet trials of various kinds, ³ for you know that the testing of your faith produces steadfastness. ⁴ And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

James 1:12

¹² Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

2 Timothy 3:10-13

¹⁰ You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, ¹¹ my persecutions and sufferings that happened to me at Antioch, at Iconium, and at Lystra—which persecutions I endured; yet from them all the Lord rescued me. ¹² Indeed, all who desire to live a godly life in Christ Jesus will be persecuted, ¹³ while evil people and impostors will go on from bad to worse, deceiving and being deceived.

2 Timothy 4:18

¹⁸ The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom. To him be the glory forever and ever. Amen.

Philippians 1:29

²⁹ For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake.