

## **BIBLE SCRIPTURES TO BRING HOPE & HEALING:**

**When you need to know where God is and His role and His level of devotion to you:**

*The eternal God is your refuge, and underneath are the everlasting arms.*  
Deuteronomy 33:27a (NIV)

*The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.*  
Psalm 9:9-10 (NIV)

*Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me. Your shepherd's rod and staff protect me.*  
Psalm 23:4 (Good News Version)

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*  
Psalm 23:4 (KJV)

*I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. 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 41:9-10 (NIV)

*But in their distress they turned to the LORD, the God of Israel, and sought him, and he was found by them.*  
2 Chronicles 15:4 (NIV)

**When all hope is gone and wondering where to turn and looking for something in which to hope that no one and nothing can rob from you:**

*Day and night I cry, and tears are my only food.... My heart breaks when I remember the past.... Why am I so sad? Why am I so troubled? I will put my hope in God, and once again I will praise him, my savior and my God.... My heart is breaking.... He has sent waves of sorrow over my soul.... May the Lord show his constant love during the day, so that I may have a song at night, a prayer to the God of my life.... Why am I so sad? Why am I so troubled? I will put my hope in God, and once again I will praise him, my savior and my God.*  
Psalm 42:3-11 (Good News Version)

**When you need nourished and renewed and need God to be the greatest comforter there is:**

*For the Lamb at the center of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes."*  
Revelations 7:17 (NIV)

## **BIBLE SCRIPTURES TO BRING HOPE & HEALING:**

### **When you feel you just can't withstand another moment of grief:**

*When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the Lord your God, the holy God of Israel, who saves you.... You are precious to me and...I love you and give you honor. Do not be afraid--I am with you!*  
Isaiah 43:2-5a (Good News Version)

*When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee.*  
Isaiah 43:2a (KJV)

### **When you feel you just can't go on:**

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*  
Psalm 73:26 (NIV)

*Let us hold unswervingly to the hope we profess, for he who promised is faithful.*  
Hebrews 10:23 (NIV)

*He gives strength to the weary and increases the power of the weak.*  
Isaiah 40:29 (NIV)

*When my spirit grows faint within me, it is you who know my way.*  
Psalm 142:3a (NIV)

### **When your heart feels torn to shreds and you wonder if anyone cares:**

*He heals the brokenhearted and binds up their wounds.*  
Psalm 147:3 (NIV)

### **When wondering if joy will ever return, take heart in the Lord's words:**

*I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.*  
Jeremiah 31:13b (NIV)

### **When feeling empty with nothing left:**

*For I have satiated the weary soul, and I have replenished every sorrowful soul.*  
Jeremiah 31:25 (KJV)

## **BIBLE SCRIPTURES TO BRING HOPE & HEALING:**

### **When feeling alone:**

*I will not leave you comfortless: I will come to you.*

John 14:18 (KJV)

### **In looking at the past and to the future, may you find comfort in Jesus' words:**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

John 14:27 (NIV)

### **When your burden feels heavy and you need to know someone wants to help and cares:**

*Cast all your anxiety on him because he cares for you.*

1 Peter 5:7 (NIV)

### **When wondering about the purpose of grief and if you will ever have the resources for helping yourself again, let alone others:**

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.*

2 Corinthians 1:3-5 (NIV)

### **May you find comfort and joyous anticipation in this promise of an eternal reunion with your child:**

*Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord's own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words.*

1 Thessalonians 4:13-18 (NIV)

## BIBLE SCRIPTURES TO BRING HOPE & HEALING:

### **When you don't understand God:**

*"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD.  
"As the heavens are higher than the earth, so are my ways higher than your ways and my  
thoughts than your thoughts."*  
Isaiah 55:8-9 (NIV)

### **When you feel anxious:**

*When anxiety was great within me, your consolation brought joy to my soul.*  
Psalm 94:19 (NIV)

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving,  
present your requests to God.*  
Philippians 4:6 (NIV)

### **When you feel powerless:**

*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.*  
2 Corinthians 12:9 (NIV)