

# Scripture for the Soul

*Shining God's Love and Light into Your Dark Times*

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*The precepts of the Lord are right, giving joy to the heart.  
(Psalm 19:8)*

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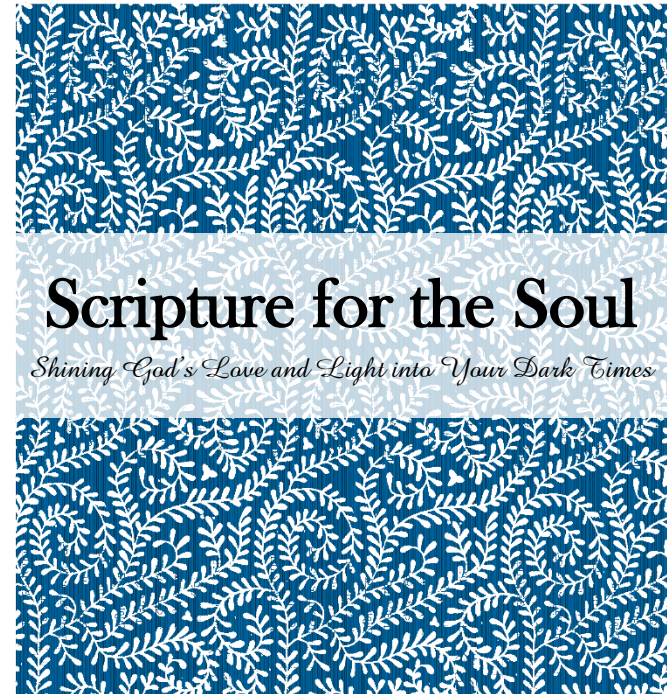
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## How to utilize this resource:

- Print each sheet on cardstock. Cut apart, hole punch in the corner, and assemble into a daily flip book to meditate on truths in God's Word. *(The image below could serve as a cover.)*
- OR
- Print the calendar on the last page, look up the verse(s), read, write, and meditate!



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## God will never leave you!

The LORD himself goes before you and will be with you. He will never leave you nor forsake you. Do not be afraid. Do not be discouraged.

*Deuteronomy 31:8*

## God will strengthen and uphold 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 41:10*

## God hears your cry.

I waited patiently for the LORD. He turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire. He set my feet on a rock and gave me a firm place to stand.

*Psalms 40:1-3*

The righteous cry out, and the LORD hears them. He delivers them from all their troubles.

*Psalms 34:17*

## Jesus will give you rest.

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.

*Matthew 11:28-29*

## Nothing can separate you from Christ!

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

*Romans 8:38-39*

## Put your hope in God!

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

*Psalms 42:11*

### **The Lord is your shield.**

But you are a shield around me, O LORD.  
You bestow glory on me and lift up my  
head. *Psalm 3:3*

But let all who take refuge in you be glad.  
Let them ever sing for joy. Spread your  
protection over them, that those who  
love your name may rejoice in you.  
Surely, LORD, you bless the righteous.  
You surround them with your favor as  
with a shield. *Psalm 5:11-12*

### **God is close to the brokenhearted.**

The LORD is close to the  
brokenhearted and saves those  
who are crushed in spirit.

*Psalm 34:18*

### **The Lord will renew your strength.**

But those who hope in the LORD  
will renew their strength. They  
will soar on wings like eagles.  
They will run and not grow weary.  
They will walk and not be faint.

*Isaiah 40:31*

### **Peace is found in God.**

You will keep in perfect peace  
him whose mind is steadfast,  
because he trusts in you.

*Isaiah 26:3*

### **He will restore your joy.**

You turned my wailing into  
dancing. You removed my  
sackcloth and clothed me with  
joy, that my heart may sing to you  
and not be silent. O LORD my  
God, I will give you thanks  
forever.

*Psalm 30:11-12*

### **Jesus came to bring you life.**

The thief comes only to steal and  
kill and destroy. I have come that  
they may have life, and have it to  
the full.

*John 10:10*

**He will give you strength to do what you need to do each day.**

I can do everything through him who gives me strength.

*Philippians 4:13*

And my God will meet all your needs according to his glorious riches in Christ Jesus.

*Philippians 4:19*

**Trust in the Lord.  
Look to Him!**

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.

*Proverbs 3:5-6*

Let us fix our eyes on Jesus, the author and perfecter of our faith ...

*Hebrews 12:2a*

**Cast your anxiety on Him.**

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

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

*1 Peter 5:6-7*

**Focus on what is true.**

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things.

*Philippians 4:8*

**The Lord will protect you.**

But I call to God, and the LORD saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He ransoms me unharmed from the battle waged against me...

*Psalms 55:16-18*

But the Lord is faithful and He will strengthen and protect you from the evil one.

*2 Thessalonians 3:3*

**The Lord  
will sustain you!**

Cast your cares on the LORD and he will sustain you. He will never let the righteous fall.

*Psalms 55:23*



## Resist the devil's lies.

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

*1 Peter 5:8-10*

## Let Christ's peace guard you.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4:6-7*

## Feelings can be misleading. Take every thought captive.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. *2 Corinthians 10:5*

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. *Romans 12:2*

## God will help you.

Because you are my help,  
I sing in the shadow of your wings.  
My soul clings to you.  
Your right hand upholds me.

*Psalm 63:7-8*

My help comes from the LORD,  
the Maker of heaven and earth.  
He will not let your foot slip—  
he who watches over you  
will not slumber.

*Psalm 121:2-3*

## The Lord is the source of your hope.

Find rest, O my soul, in God alone.  
My hope comes from him.

*Psalm 62:3*

May the God of hope fill you with all joy  
and peace as you trust in Him, so that  
you may overflow with hope by the  
power of the Holy Spirit.

*Romans 15:13*

## God is your refuge.

Yes, my soul, find rest in God. My  
hope comes from him. Truly he is my  
rock and my salvation. He is my  
fortress, I will not be shaken. My  
salvation and my honor depend on  
God. He is my mighty rock, my  
refuge. Trust in him at all times, you  
people. Pour out your hearts to him,  
for God is our refuge.

*Psalm 62:5-8*

**Greater is the One living inside  
of you than he who is living in  
the world.**

You, dear children, are from God  
and have overcome them,  
because the one who is in you is greater  
than the one who is in the world.

*1 John 4:4*

**His grace is sufficient.**

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. That  
is why, for Christ's sake, I delight in  
weaknesses, in insults, in hardships, in  
persecutions, in difficulties. For when I  
am weak, then I am strong.

*2 Corinthians 12:9-10*

**God will use our struggles for  
our good and His glory.**

Not only so, but we also rejoice in our  
sufferings, because we know that  
suffering produces perseverance;  
perseverance, character; and  
character, hope. And hope does not  
disappoint us, because God has  
poured out his love into our hearts by  
the Holy Spirit, whom he has given us.

*Romans 5:3-5*

**Don't lose heart!  
Keep your eyes on Jesus.**

Therefore we do not lose heart. Though  
outwardly we are wasting away, yet  
inwardly we are being renewed day by  
day. For our light and momentary  
troubles are achieving for us an eternal  
glory that far outweighs them all. So we  
fix our eyes not on what is seen, but on  
what is unseen. For what is seen is  
temporary, but what is unseen is  
eternal. *2 Corinthians 4:16-18*

**God is always with you!**

Have I not commanded you?  
Be strong and courageous.  
Do not be terrified.  
Do not be discouraged.  
For the LORD your God  
will be with you wherever you go.

*Joshua 1:9*

**God is your refuge.**

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.

*Psalms 9:9-10*



# Scripture for the Soul

*Shining God's Love and Light into Your Dark Times*

<p><b>God will never leave you!</b></p> <p><i>Deuteronomy 31:8</i> <i>Joshua 1:9</i></p>	<p><b>God will strengthen and uphold you.</b></p> <p><i>Isaiah 41:10</i></p>	<p><b>God hears your cry.</b></p> <p><i>Psalm 40:1-3</i> <i>Psalm 34:17</i></p>	<p><b>The Lord is your shield.</b></p> <p><i>Psalm 3:3</i> <i>Psalm 5:11-12</i></p>	<p><b>God is close to the brokenhearted.</b></p> <p><i>Psalm 34:18</i></p>	<p><b>The Lord will renew your strength.</b></p> <p><i>Isaiah 40:31</i></p>
<p><b>Jesus will give you rest.</b></p> <p><i>Matthew 11:28-29</i></p>	<p><b>Nothing can separate you from Christ!</b></p> <p><i>Romans 8:38-39</i></p>	<p><b>Put your hope in God!</b></p> <p><i>Psalm 42:11</i></p>	<p><b>Peace is found in God.</b></p> <p><i>Isaiah 26:3</i></p>	<p><b>He will restore your joy.</b></p> <p><i>Psalm 30:11-12</i></p>	<p><b>Jesus came to bring you life.</b></p> <p><i>John 10:10</i></p>
<p><b>He will give you strength to do what you need to do each day.</b></p> <p><i>Philippians 4:13</i> <i>Philippians 4:19</i></p>	<p><b>Trust in the Lord. Look to Him!</b></p> <p><i>Proverbs 3:5-6</i> <i>Hebrews 12:2a</i> <i>2 Corinthians 4:16-18</i></p>	<p><b>Cast your anxiety on Him.</b></p> <p><i>1 Peter 5:6-7</i></p>	<p><b>Resist the devil's lies.</b></p> <p><i>1 Peter 5:8-10</i></p>	<p><b>Let Christ's peace guard you.</b></p> <p><i>Philippians 4:6-7</i></p>	<p><b>Feelings can be misleading. Take every thought captive.</b></p> <p><i>2 Corinthians 10:5</i> <i>Romans 12:2</i></p>
<p><b>Focus on what is true.</b></p> <p><i>Philippians 4:8</i></p>	<p><b>The Lord will protect you.</b></p> <p><i>Psalm 55:16-18</i> <i>2 Thessalonians 3:3</i></p>	<p><b>The Lord will sustain you!</b></p> <p><i>Psalm 55:23</i></p>	<p><b>God will help you.</b></p> <p><i>Psalm 63:7-8</i> <i>Psalm 121:2-3</i></p>	<p><b>The Lord is the source of your hope.</b></p> <p><i>Psalm 62:3</i> <i>Romans 15:13</i></p>	<p><b>God is your refuge.</b></p> <p><i>Psalm 62:5-8</i> <i>Psalm 9:9-10</i></p>