

**In Times of Pain of the Body, Mind, and Soul,  
God in His Love for Us, Has Given Us Words of  
Comfort, Healing, Encouragement, and Strength--  
-- Assuring Us That He Is with Us**



**John 14:27 <sup>27</sup>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.**

**From  
Trinity Presbyterian Church Congregational Care Team**

## **Words of Encouragement and Comfort When Tired, Weary, Discouraged or Depressed**

**Deuteronomy 31:8 NIV** 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.

**Psalm 9:10 NIV** Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

**Psalm 46:1 NIV** 1 God is our refuge and strength, an ever-present help in trouble.

**Psalm 48:14 NIV** 14 For this God is our God for ever and ever; he will be our guide even to the end.

**Psalm 62:8** Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge.

**Psalm 143:1 NIV** Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

**Isaiah 40:28–31** 28 Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. 29 He gives power to the faint, and to him who has no might he increases strength. 30 Even youths shall faint and be weary, and young men shall fall exhausted; 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.

**Isaiah 41:13 NIV** For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you.

**Isaiah 43:1-3a NIV** But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the Lord your God, the Holy One of Israel, your Savior.

**Jeremiah 29:11 NIV<sup>11</sup>** “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**Lamentations 3:20-23 NIV** 20 I well remember them (my afflictions), and my soul is downcast within me. 21 Yet this I call to mind and therefore I have hope: 22 Because of the Lord’s great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness.

**John 11:35 NIV<sup>35</sup>** Jesus wept.

**Romans 8:26-28 NIV** 26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of

God. 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

**2 Corinthians 4:16-18 NIV** 16 Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

**Philippians 4:12-14 NIV** 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength. Yet it was good of you to share in my troubles.

**Colossians 4:2 NIV** 2 Devote yourselves to prayer, being watchful and thankful.

**2 Timothy 1:7 NIV** For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

## **Trust, Guidance, and Hope**

**Psalm 31:3 NIV** Since you are my rock and my fortress, for the sake of your name, lead and guide me.

**Psalm 86:5 NIV** You, Lord, are forgiving and good, abounding in love to all who call to you.

**Psalm 143:8 NIV** Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

**Proverbs 3:5-6 NIV** 5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

**John 16:24 NIV** Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

**Romans 8:25 NIV** But, if we hope for what we do not yet have, we wait for it patiently.

**1 John 4:16 NIV** And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

**1 John 5:14-15 NIV** 14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

## **God Is with You, Fear Not**

**Joshua 1:9 NIV** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

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

**Psalm 55:22 NIV** The Lord is near to all who call on him, to all who call on him in truth.

**Psalm 121 NIV** 1 I lift up my eyes to the mountains— where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth. 3 He will not let your foot slip—he who watches over you will not slumber; 4 indeed, he who watches over Israel will neither slumber nor sleep. 5 The Lord watches over you—the Lord is your shade at your right hand; 6 the sun will not harm you by day, nor the moon by night. 7 The Lord will keep you from all harm— he will watch over your life; 8 the Lord will watch over your coming and going, both now and forevermore.

**Isaiah 41:10 NIV** 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 46:4 NIV** Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

**Philippians 4:19 NIV 19** And my God will meet all your needs according to the riches of his glory in Christ Jesus.

## **When Anxious, Remember God's Love and Protection**

**Psalm 91:4 NIV** He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

**Matthew 6:25-34 NIV 25** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 And why do you worry about clothes? see how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**Philippians 4:4-8 NIV** 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, 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.

**1 Peter 5:6-7 NIV** 6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

### **Praise and Gratitude**

**Psalm 18:35-36 NIV** You make your saving help my shield, and your right hand sustains me; your help has made me great. You provide a broad path for my feet, so that my ankles do not give way.

**Psalm 28:7 NIV** The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

**Psalm 31:19 NIV** How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.



**Psalm 34:4 NIV** I sought the Lord, and he answered me; he delivered me from all my fears.

**Psalm 59:16 NIV** But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.

**Psalm 86:5 NIV** You, Lord, are forgiving and good, abounding in love to all who call to you.

**Psalm 94:18** When I said, “My foot is slipping,” your unfailing love, Lord, supported me.

**2 Corinthians 1:3-4 NIV** 3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

**Galatians 5:22-23 NIV** But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

**Colossians 4:2 NIV** 2 Devote yourselves to prayer, being watchful and thankful.

## **Comfort in Grief:**

**Psalm 10:14 NIV14** But you, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to you; you are the helper of the fatherless.

**Psalm 23 King James Version KJV 23** The Lord is my shepherd; I shall not want. 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. 4 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. 5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. 6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

**Psalm 34:18 NIV18** The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**John 14:1-3 NIV** Do not let your hearts be troubled. You believe in God; believe also in me. 2 My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? 3 And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

**Romans 14:8 NIV** If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.

**Romans 8:11 NIV** And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

**Romans 8:28, 38-39 NIV** 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 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.

**1 Corinthians 2:9 NIV** However, as it is written: What no eye has seen, what no ear has heard, and what no human mind has conceived — the things God has prepared for those who love him.

**Philippians 1:21 NIV** For to me, to live is Christ and to die is gain.

**Revelation 7:16-17** Never again will they hunger; never again will they thirst. The sun will not beat down on them, nor any scorching heat. 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.

**Revelation 21:1-5 NIV** Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea.<sup>2</sup> I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. <sup>4</sup> He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” <sup>5</sup> He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”

## **Support Groups Available:**

**Alzheimer Support Group meets the 4<sup>th</sup> Monday at 10:00 a.m. across from the Prayer Room (Room F). Contact Sharon Oakes: 850-449-0498**

**Cancer Support Group meets the 2<sup>nd</sup> Monday at 5:30 p.m. in Room F. Contact Marge Shimmin: 478-3897 or 572-5733.**

**The Grief Support Group meets every Monday at 5:00 p.m. in the Prayer Room. Contact Sue Coleman: 410-382-9782**

**The Caregivers Support Group is a nurturing place for caregivers dealing with Dementia or other neurological diseases. They meet on the second Tuesday at 3:00 p.m. in the Parlor. Contact Rita Hawthorne: 850-572-1078 or Susan Clark: 850-426-2942.**

**To contact a pastor, call the church office at 850-432-3505; after hours at 850-501-0677. Senior Pastor: Hugh Hamilton; Associate Pastor: Brian Yount.**