

Verses to Say
and



Verses to Pray

Compiled by Alison B James 2023

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To the reader,

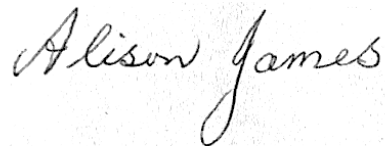
I have been a Christian for many years but I had never prayed the Word of God. So when I heard the concept I tried it and found it was such a blessing and I felt there was a new depth to my prayer life. You may have been in the same position that I was - if so, you might like to use this book to expand your borders.

All quotes in this collection of verses from Scripture are taken from the World English Bible (WEB) translation. The World English Bible has been released into the Public Domain and can be freely quoted without copyright restrictions. All verses are quoted without alteration to the WEB text. The entire World English Bible is available to read online at <https://ebible.org/engwebpb/>

I would like to express here my heartfelt thanks to my proof readers and editors. I appreciate your help and encouragement very much.

It has been a blessing to me to compile this booklet and I pray that you may find it a blessing to you and to those you pray for.

May our gracious Lord richly bless you.

A handwritten signature in cursive script that reads "Alison James". The signature is written in black ink on a light-colored background.

Alison James

www.versestopray.com

Verses to SAY

Praise

Isaiah 61:3 - To provide for those who mourn in Zion, to give to them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that he may be glorified.

Psalm 5:11-12 - ¹¹But let all those who take refuge in you rejoice. Let them always shout for joy, because you defend them. Let them also who love your name be joyful in you. ¹²For you will bless the righteous. LORD, you will surround him with favour as with a shield.

Psalm 89:15 - Blessed are the people who learn to acclaim you. They walk in the light of your presence, LORD.

Psalm 95:1-3 - ¹Oh come, let's sing to the LORD. Let's shout aloud to the rock of our salvation! ²Let's come before his presence with thanksgiving. Let's extol him with songs! ³For the LORD is a great God, a great King above all gods.

Psalm 100:4-5 - ⁴Enter into his gates with thanksgiving, and into his courts with praise. Give thanks to him, and bless his name. ⁵For the LORD is good. His loving kindness endures forever, his faithfulness to all generations.

Psalm 66:1-2 - ¹Make a joyful shout to God, all the earth! ²Sing to the glory of his name! Offer glory and praise!

Psalm 47:1-2 - ¹Oh clap your hands, all you nations. Shout to God with the voice of triumph! ²For the LORD Most High is awesome. He is a great King over all the earth.

Psalm 105:1-2 - ¹Give thanks to the LORD! Call on his name! Make his doings known amongst the peoples. ²Sing to him, sing praises to him! Tell of all his marvellous works.

Verses to PRAY

Praise

Hebrews 13:15 - Through him, then, let's offer up a sacrifice of praise to God - continually, that is, the fruit of lips which proclaim allegiance to his name.

Psalm 119:171-172 - ¹⁷¹Let my lips utter praise, for you teach me your statutes. ¹⁷²Let my tongue sing of your word, for all your commandments are righteousness.

Psalm 9:1-2 - ¹I will give thanks to the LORD with my whole heart. I will tell of all your marvellous works. ²I will be glad and rejoice in you. I will sing praise to your name, O Most High.

Psalm 34:1 - I will bless the LORD at all times. His praise will always be in my mouth.

Psalm 145:1 - I will exalt you, my God, the King. I will praise your name forever and ever.

Psalm 8:1-2 - ¹LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens! ²From the lips of babes and infants you have established strength, because of your adversaries, that you might silence the enemy and the avenger.

Psalm 16:11 - You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.

Psalm 108:1-5 - ¹My heart is steadfast, God. I will sing and I will make music with my soul. ²Wake up, harp and lyre! I will wake up the dawn. ³I will give thanks to you, LORD, amongst the nations. I will sing praises to you amongst the peoples. ⁴For your loving kindness is great above the heavens. Your faithfulness reaches to the skies. ⁵Be exalted, God, above the heavens! Let your glory be over all the earth.

Verses to SAY

Thanksgiving

1 Chronicles 16:8-10 - ⁸Oh give thanks to the LORD. Call on his name. Make what he has done known amongst the peoples. ⁹Sing to him. Sing praises to him. Tell of all his marvellous works. ¹⁰Glory in his holy name. Let the heart of those who seek the LORD rejoice.

Colossians 2:6-7 - ⁶As therefore you received Christ Jesus the Lord, walk in him, ⁷rooted and built up in him and established in the faith, even as you were taught, abounding in it in thanksgiving.

Psalm 136:1 - Give thanks to the LORD, for he is good, for his loving kindness endures forever.

Philippians 4:6-7 - ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Psalm 28:7 - The LORD is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Colossians 4:2 - Continue steadfastly in prayer, watching in it with thanksgiving.

1 Thessalonians 5:18 - In everything give thanks, for this is the will of God in Christ Jesus towards you.

Hebrews 13:15 - Through him, then, let's offer up a sacrifice of praise to God - continually, that is, the fruit of lips which proclaim allegiance to his name.

Verses to PRAY

Thanksgiving

Psalm 95:2 - Let's come before his presence with thanksgiving. Let's extol him with songs!

Psalm 100:4-5 - ⁴Enter into his gates with thanksgiving, and into his courts with praise. Give thanks to him, and bless his name. ⁵For the LORD is good. His loving kindness endures forever, his faithfulness to all generations.

Psalm 9:1 - I will give thanks to the LORD with my whole heart. I will tell of all your marvellous works.

Psalm 92:1-3 - ¹It is a good thing to give thanks to the LORD, to sing praises to your name, Most High, ²to proclaim your loving kindness in the morning, and your faithfulness every night, ³with the ten-stringed lute, with the harp, and with the melody of the lyre.

Psalm 105:1-3 - ¹Give thanks to the LORD! Call on his name! Make his doings known amongst the peoples. ²Sing to him, sing praises to him! Tell of all his marvellous works. ³Glory in his holy name. Let the heart of those who seek the LORD rejoice.

Psalm 116:17 - I will offer to you the sacrifice of thanksgiving, and will call on the LORD's name.

Psalm 50:23 - "Whoever offers the sacrifice of thanksgiving glorifies me, and prepares his way so that I will show God's salvation to him."

Psalm 107:1 - Give thanks to the LORD, for he is good, for his loving kindness endures forever.

Hebrews 12:28 - Therefore, receiving a kingdom that can't be shaken, let's have grace, through which we serve God acceptably, with reverence and awe.

Verses to SAY

Prayer

2 Chronicles 7:14 - ... if my people who are called by my name will humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.

Ephesians 6:18 - ... with all prayer and requests, praying at all times in the Spirit, and being watchful to this end in all perseverance and requests for all the saints.

Mark 11:24-25 - ²⁴Therefore I tell you, all things whatever you pray and ask for, believe that you have received them, and you shall have them. ²⁵Whenever you stand praying, forgive, if you have anything against anyone; so that your Father, who is in heaven, may also forgive you your transgressions.

1 John 5:14-15 - ¹⁴This is the boldness which we have towards him, that if we ask anything according to his will, he listens to us. ¹⁵And if we know that he listens to us, whatever we ask, we know that we have the petitions which we have asked of him.

Ephesians 1:15-17 - ¹⁵For this cause I ... ¹⁶don't cease to give thanks for you, making mention of you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and revelation in the knowledge of him ...

Luke 18:1 - He also spoke a parable to them that they must always pray and not give up ...

Luke 11:2-4 - ²"When you pray, say, 'Our Father in heaven, may your name be kept holy. May your Kingdom come. May your will be done on earth, as it is in heaven. ³Give us day by day our daily bread. ⁴Forgive us our sins, for we ourselves also forgive everyone who is indebted to us. Bring us not into temptation, but deliver us from the evil one."

Philippians 4:19 - My God will supply every need of yours according to his riches in glory in Christ Jesus.

Verses to PRAY

Prayer

1 Thessalonians 5:16-18 - ¹⁶Always rejoice. ¹⁷Pray without ceasing. ¹⁸In everything give thanks, for this is the will of God in Christ Jesus towards you.

Psalms 5:2-3 - ²Listen to the voice of my cry, my King and my God, for I pray to you. ³LORD, in the morning you will hear my voice. In the morning I will lay my requests before you, and will watch expectantly.

Ephesians 3:14-16 - ¹⁴For this cause, I bow my knees to the Father of our Lord Jesus Christ, ¹⁵from whom every family in heaven and on earth is named, ¹⁶that he would grant you, according to the riches of his glory, that you may be strengthened with power through his Spirit in the inner person ...

Jeremiah 29:12 - You shall call on me, and you shall go and pray to me, and I will listen to you.

Hebrews 4:16 - Let's therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need.

Colossians 4:2 - Continue steadfastly in prayer, watching in it with thanksgiving ...

Romans 12:10-12 - ¹⁰In love of the brothers be tenderly affectionate to one another; ... fervent in spirit, serving the Lord, ¹²rejoicing in hope, enduring in troubles, continuing steadfastly in prayer ...

Philippians 4:6-7 - ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Verses to SAY and PRAY

Contentment

1 Timothy 6:6-8 - ⁶But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we certainly can't carry anything out. ⁸But having food and clothing, we will be content with that.

Philippians 4:11-13 - ¹¹Not that I speak because of lack, for I have learnt in whatever state I am, to be content in it. ¹²I know how to be humbled, and I also know how to abound. In any and all circumstances I have learnt the secret both to be filled and to be hungry, both to abound and to be in need. ¹³I can do all things through Christ who strengthens me.

Hebrews 13:5 - Be free from the love of money, content with such things as you have, for he has said, "I will in no way leave you, neither will I in any way forsake you."

Proverbs 19:23 - The fear of the LORD leads to life, then contentment; he rests and will not be touched by trouble.

Proverbs 14:30 - The life of the body is a heart at peace, but envy rots the bones.

2 Corinthians 12:9-10 - ⁹He has said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me. ¹⁰Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, and in distresses, for Christ's sake. For when I am weak, then am I strong.

Psalms 131:1-2 - ¹LORD, my heart isn't arrogant, nor my eyes lofty; nor do I concern myself with great matters, or things too wonderful for me. ²Surely I have stilled and quieted my soul, like a weaned child with his mother, like a weaned child is my soul within me.

**The Holy Spirit produces this kind of fruit in
our lives –**

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF CONTROL

Galatians 5.22

Verses to SAY

Love

Mark 12:30-31 - ³⁰“You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment. ³¹The second is like this: ‘You shall love your neighbour as yourself.’ There is no other commandment greater than these.”

1 Corinthians 13:4-7 - ⁴Love is patient and is kind. Love doesn’t envy. Love doesn’t brag, is not proud, ⁵doesn’t behave itself inappropriately, doesn’t seek its own way, is not provoked, takes no account of evil; ⁶doesn’t rejoice in unrighteousness, but rejoices with the truth; ⁷bears all things, believes all things, hopes all things, and endures all things.

1 Corinthians 13:13 - But now faith, hope, and love remain—these three. The greatest of these is love.

Ephesians 5:1-2 - ¹Be therefore imitators of God, as beloved children. ²Walk in love, even as Christ also loved us and gave himself up for us, an offering and a sacrifice to God for a sweet-smelling fragrance.

Ephesians 1:3-5 - ³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, ⁴even as he chose us in him before the foundation of the world, that we would be holy and without defect before him in love, ⁵having predestined us for adoption as children through Jesus Christ to himself, according to the good pleasure of his desire ...

1 John 4:16-18 - ... ¹⁶God is love, and he who remains in love remains in God, and God remains in him. ¹⁷In this, love has been made perfect amongst us, that we may have boldness in the day of judgement, because as he is, even so we are in this world. ¹⁸There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

Colossians 3:14 - Above all these things, walk in love, which is the bond of perfection.

Verses to Pray

Love

Psalm 143:8 - Cause me to hear your loving kindness in the morning, for I trust in you. Cause me to know the way in which I should walk, for I lift up my soul to you.

Isaiah 63:7 - I will tell of the loving kindnesses of the LORD and the praises of the LORD, according to all that the LORD has given to us, and the great goodness towards the house of Israel, which he has given to them according to his mercies, and according to the multitude of his loving kindnesses.

Ephesians 3:17-19 - ... ¹⁷that Christ may dwell in your hearts through faith, to the end that you, being rooted and grounded in love, ¹⁸may be strengthened to comprehend with all the saints what is the width and length and height and depth, ¹⁹and to know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God.

Romans 8:38-39 - ³⁸For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing will be able to separate us from God's love which is in Christ Jesus our Lord.

Psalm 138:8 - The LORD will fulfil that which concerns me. Your loving kindness, LORD, endures forever. Don't forsake the works of your own hands.

Psalm 108:1-4 - ¹My heart is steadfast, God. I will sing and I will make music with my soul. ²Wake up, harp and lyre! I will wake up the dawn. ³I will give thanks to you, LORD, amongst the nations. I will sing praises to you amongst the peoples. ⁴For your loving kindness is great above the heavens. Your faithfulness reaches to the skies.

Psalm 90:14 - Satisfy us in the morning with your loving kindness, that we may rejoice and be glad all our days.

Verses to SAY

Joy

John 15:11 - I have spoken these things to you, that my joy may remain in you, and that your joy may be made full.

John 17:13 - But now I come to you, and I say these things in the world, that they may have my joy made full in themselves.

Philippians 1:3-6 - ³I thank my God whenever I remember you, ⁴always in every request of mine on behalf of you all, making my requests with joy, ⁵for your partnership in furtherance of the Good News from the first day until now; ⁶being confident of this very thing, that he who began a good work in you will complete it until the day of Jesus Christ.

Nehemiah 8:10 - “ ... Don't be grieved, for the joy of the LORD is your strength.”

Psalms 40:8 - I delight to do your will, my God. Yes, your law is within my heart.

Psalms 32:1-2 - ¹Blessed is he whose disobedience is forgiven, whose sin is covered. ²Blessed is the man to whom the LORD doesn't impute iniquity, in whose spirit there is no deceit.

Psalms 28:7 - The LORD is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Psalms 5:11-12 - ¹¹But let all those who take refuge in you rejoice. Let them always shout for joy, because you defend them. Let them also who love your name be joyful in you. ¹²For you will bless the righteous. LORD, you will surround him with favour as with a shield.

Isaiah 61:10 - I will greatly rejoice in the LORD! My soul will be joyful in my God, for he has clothed me with the garments of salvation. He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland and as a bride adorns herself with her jewels.

Romans 14:17 - ... for God's Kingdom is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit.

Verses to PRAY

Joy

Psalm 90:14 - Satisfy us in the morning with your loving kindness, that we may rejoice and be glad all our days.

Psalm 30:5 - ... Weeping may stay for the night, but joy comes in the morning.

Psalm 34:1-3 - ¹I will bless the LORD at all times. His praise will always be in my mouth. ²My soul shall boast in the LORD. The humble shall hear of it and be glad. ³Oh magnify the LORD with me. Let's exalt his name together.

Psalm 34:8 - Oh taste and see that the LORD is good. Blessed is the man who takes refuge in him.

Psalm 84:1-2 - ¹How lovely are your dwellings, LORD of Armies! ²My soul longs, and even faints for the courts of the LORD. My heart and my flesh cry out for the living God. How lovely is Your dwelling place O Lord of Hosts. I long, yes I faint with longing to enter the courts of the Lord. With my whole being, body and soul I will shout joyfully to the Living God.

Psalm 100:1-2 - ¹Shout for joy to the LORD, all you lands! ²Serve the LORD with gladness. Come before his presence with singing.

Psalm 95 1-3 - ¹Oh come, let's sing to the LORD. Let's shout aloud to the rock of our salvation! ²Let's come before his presence with thanksgiving. Let's extol him with songs! ³For the LORD is a great God, a great King above all gods.

Psalm 97:11-12 - ¹¹Light is sown for the righteous, and gladness for the upright in heart. ¹²Be glad in the LORD, you righteous people! Give thanks to his holy Name.

Psalm 16:11 - You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.

Verses to SAY

Peace

Colossians 3:15 - And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful.

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

Psalms 34:14 - Depart from evil, and do good. Seek peace, and pursue it.

Isaiah 26:3 - You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.

John 16:33 - I have told you these things, that in me you may have peace. In the world you have trouble; but cheer up! I have overcome the world.

Hebrews 12:14 - Follow after peace with all men, and the sanctification without which no man will see the Lord ...

1 Peter 3:11 - Let him turn away from evil and do good. Let him seek peace and pursue it.

Proverbs 1:33 - But whoever listens to me will dwell securely, and will be at ease, without fear of harm.

Romans 5:1-2 - ¹Being therefore justified by faith, we have peace with God through our Lord Jesus Christ ; ²through whom we also have our access by faith into this grace in which we stand. We rejoice in hope of the glory of God.

Psalms 29:11 - The LORD will give strength to his people. The LORD will bless his people with peace.

Jude 1:2 - May mercy, peace, and love be multiplied to you.

Verses to PRAY

Peace

Philippians 4:6-7 - ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

John 14:27 - Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.

Numbers 6:24-26 ²⁴'The LORD bless you, and keep you.
²⁵The LORD make his face to shine on you, and be gracious to you.
²⁶The LORD lift up his face towards you, and give you peace.'

2 Thessalonians 3:16 - Now may the Lord of peace himself give you peace at all times in all ways. The Lord be with you all.

Philippians 4:7 - And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Job 22:21 - Acquaint yourself with him now, and be at peace. By it, good will come to you.

James 3:17-18 - ¹⁷But the wisdom that is from above is first pure, then peaceful, gentle, reasonable, full of mercy and good fruits, without partiality, and without hypocrisy. ¹⁸Now the fruit of righteousness is sown in peace by those who make peace.

Psalms 4:8 - In peace I will both lay myself down and sleep, for you alone, LORD, make me live in safety.

Matthew 5:9 - Blessed are the peacemakers, for they shall be called children of God.

Verses to SAY

Kindness

Matthew 7:12. - Therefore, whatever you desire for men to do to you, you shall also do to them ...

Luke 6:35 - But love your enemies, and do good, and lend, expecting nothing back; and your reward will be great, and you will be children of the Most High; for he is kind towards the unthankful and evil.

1 Corinthians 13:4-7 - ⁴Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud, ⁵doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil; ⁶doesn't rejoice in unrighteousness, but rejoices with the truth; ⁷bears all things, believes all things, hopes all things, and endures all things.

Ephesians 4:32 - And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.

2 Corinthians 10:1 - Now I Paul, myself, entreat you by the humility and gentleness of Christ, I who in your presence am lowly amongst you, but being absent am bold towards you.

2 Timothy 2:24-26 - ²⁴The Lord's servant must not quarrel, but be gentle towards all, able to teach, patient, ²⁵in gentleness correcting those who oppose him. Perhaps God may give them repentance leading to a full knowledge of the truth, ²⁶and they may recover themselves out of the devil's snare, having been taken captive by him to do his will.

Titus 3:4-5 - ⁴But when the kindness of God our Saviour and his love towards mankind appeared, ⁵not by works of righteousness which we did ourselves, but according to his mercy, he saved us through the washing of regeneration and renewing by the Holy Spirit ...

1 Peter 2:1-3 - ¹Putting away therefore all wickedness, all deceit, hypocrisies, envies, and all evil speaking, ²as newborn babies, long for the pure spiritual milk, that with it you may grow, ³if indeed you have tasted that the Lord is gracious.

Verses to PRAY

Kindness

Psalms 103:8 - The LORD is merciful and gracious, slow to anger, and abundant in loving kindness.

Proverbs 16:24 - Pleasant words are a honeycomb, sweet to the soul, and health to the bones.

Proverbs 31:26 - She opens her mouth with wisdom. Kind instruction is on her tongue.

Psalm 92:1-2 - ¹It is a good thing to give thanks to the LORD, to sing praises to your name, Most High, ²to proclaim your loving kindness in the morning, and your faithfulness every night ...

Psalm 138:1-3 - ¹I will give you thanks with my whole heart. Before the gods, I will sing praises to you. ²I will bow down towards your holy temple, and give thanks to your Name for your loving kindness and for your truth; for you have exalted your Name and your Word above all. ³In the day that I called, you answered me. You encouraged me with strength in my soul.

Luke 6:36 - Therefore be merciful, even as your Father is also merciful.

Colossians 3:12-15 - ¹²Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; ¹³bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do. ¹⁴Above all these things, walk in love, which is the bond of perfection. ¹⁵And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful.

Psalm 63:3 - Because your loving kindness is better than life, my lips shall praise you.

Psalm 23:6 - Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in the LORD's house forever.

Verses to SAY and PRAY

Patience

Psalm 103:8 - The LORD is merciful and gracious, slow to anger, and abundant in loving kindness.

Colossians 3:12 - Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance ...

James 5:7-8 - ⁷Be patient therefore, brothers, until the coming of the Lord. Behold, the farmer waits for the precious fruit of the earth, being patient over it, until it receives the early and late rain. ⁸You also be patient. Establish your hearts, for the coming of the Lord is at hand.

Ephesians 4:1-2 - ¹I therefore, the prisoner in the Lord, beg you to walk worthily of the calling with which you were called, ²with all lowliness and humility, with patience, bearing with one another in love ...

1 Corinthians 13:4 - Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud ...

Colossians 1:11-12 - ... ¹¹strengthened with all power, according to the might of his glory, for all endurance and perseverance with joy, ¹²giving thanks to the Father ...

Proverbs 16:32 - One who is slow to anger is better than the mighty; one who rules his spirit, than he who takes a city.

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

Romans 12:10-12 - ¹⁰In love of the brothers be tenderly affectionate to one another; ... ¹²rejoicing in hope, enduring in troubles, continuing steadfastly in prayer ...

Romans 8:25 - But if we hope for that which we don't see, we wait for it with patience.

Verses to SAY and PRAY

Goodness

2 Peter 1:5-7 - ⁵Yes, and for this very cause adding on your part all diligence, in your faith supply moral excellence; and in moral excellence, knowledge; ⁶and in knowledge, self-control; and in self-control, perseverance; and in perseverance, godliness; ⁷and in godliness, brotherly affection; and in brotherly affection, love.

Psalm 27:13 - I am still confident of this: I will see the goodness of the LORD in the land of the living.

Jeremiah 6:16 - The LORD says, “Stand in the ways and see, and ask for the old paths, ‘Where is the good way?’ and walk in it, and you will find rest for your souls. But they said, ‘We will not walk in it.’”

Romans 2:4 - Or do you despise the riches of his goodness, forbearance, and patience, not knowing that the goodness of God leads you to repentance?

Exodus 33:19 - He said, “I will make all my goodness pass before you, and will proclaim the LORD’s name before you. I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.”

Exodus 34:6 - The LORD passed by before him, and proclaimed, “The LORD! The LORD, a merciful and gracious God, slow to anger, and abundant in loving kindness and truth ...”

Romans 11:22 - See then the goodness and severity of God. Towards those who fell, severity; but towards you, goodness, if you continue in his goodness; otherwise you also will be cut off.

Psalm 16:1-2 - ¹Preserve me, God, for I take refuge in you. ²My soul, you have said to the LORD, “You are my Lord. Apart from you I have no good thing.”

Psalm 23:6 - Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in the LORD’s house forever.

Verses to SAY and PRAY

Gentleness

2 Corinthians 10:1 - Now I Paul, myself, entreat you by the humility and gentleness of Christ, I who in your presence am lowly amongst you, but being absent am bold towards you.

Colossians 3:12-13 - ¹²Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; ¹³bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do.

James 3:17 - But the wisdom that is from above is first pure, then peaceful, gentle, reasonable, full of mercy and good fruits, without partiality, and without hypocrisy.

2 Timothy 2:24-26 - ²⁴The Lord's servant must not quarrel, but be gentle towards all, able to teach, patient, ²⁵in gentleness correcting those who oppose him. Perhaps God may give them repentance leading to a full knowledge of the truth, ²⁶and they may recover themselves out of the devil's snare, having been taken captive by him to do his will.

Proverbs 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.

Isaiah 40:10-11 - ¹⁰Behold, the Lord GOD will come as a mighty one, and his arm will rule for him. Behold, his reward is with him, and his recompense before him. ¹¹He will feed his flock like a shepherd. He will gather the lambs in his arm, and carry them in his bosom. He will gently lead those who have their young.

Philippians 4:5 - Let your gentleness be known to all men. The Lord is at hand.

Titus 3:1-2 - ¹Remind them ... to be obedient, to be ready for every good work, ²to speak evil of no one, not to be contentious, to be gentle, showing all humility towards all men.

Verses to SAY and PRAY

Self-Control

Proverbs 4:20-27 - ²⁰My son, attend to my words. Turn your ear to my sayings. ²¹Let them not depart from your eyes. Keep them in the centre of your heart. ²²For they are life to those who find them, and health to their whole body. ²³Keep your heart with all diligence, for out of it is the wellspring of life. ²⁴Put away from yourself a perverse mouth. Put corrupt lips far from you. ²⁵Let your eyes look straight ahead. Fix your gaze directly before you. ²⁶Make the path of your feet level. Let all of your ways be established. ²⁷Don't turn to the right hand nor to the left. Remove your foot from evil.

Proverbs 5:21- 23 - ²¹For the ways of man are before the LORD's eyes. He examines all his paths. ²²The evil deeds of the wicked ensnare him. The cords of his sin hold him firmly. ²³He will die for lack of instruction. In the greatness of his folly, he will go astray.

2 Peter 1:5-8 - ⁵Yes, and for this very cause adding on your part all diligence, in your faith supply moral excellence; and in moral excellence, knowledge; ⁶and in knowledge, self-control; and in self-control, perseverance; and in perseverance, godliness; ⁷and in godliness, brotherly affection; and in brotherly affection, love. ⁸For if these things are yours and abound, they make you to not be idle or unfruitful in the knowledge of our Lord Jesus Christ.

Proverbs 12:16 - A fool shows his annoyance the same day, but one who overlooks an insult is prudent.

Titus 2 11-14 - ¹¹For the grace of God has appeared, bringing salvation to all men, ¹²instructing us to the intent that, denying ungodliness and worldly lusts, we would live soberly, righteously, and godly in this present age; ¹³looking for the blessed hope and appearing of the glory of our great God and Saviour, Jesus Christ, ¹⁴who gave himself for us, that he might redeem us from all iniquity and purify for himself a people for his own possession, zealous for good works.

Romans 12:2 - Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.

Verses to SAY

Faithfulness

2 Thessalonians 3:3 - But the Lord is faithful, who will establish you and guard you from the evil one.

Psalm 25:10 - All the paths of the LORD are loving kindness and truth to such as keep his covenant and his testimonies.

1 Corinthians 10:13 - No temptation has taken you except what is common to man. God is faithful, who will not allow you to be tempted above what you are able, but will with the temptation also make the way of escape, that you may be able to endure it.

Psalm 33:4 - For the LORD's word is right. All his work is done in faithfulness.

Hebrews 10:22-23 - ... ²²let's draw near with a true heart in fullness of faith, having our hearts sprinkled from an evil conscience and having our body washed with pure water, ²³let's hold fast the confession of our hope without wavering; for he who promised is faithful.

Ephesians 6:23 - Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ.

Psalm 57:10 - For your great loving kindness reaches to the heavens, and your truth to the skies.

Psalm 100:4-5 - ⁴Enter into his gates with thanksgiving,
and into his courts with praise.
Give thanks to him, and bless his name.
⁵For the LORD is good.
His loving kindness endures forever,
his faithfulness to all generations.

Luke 16:10 - He who is faithful in a very little is faithful also in much. He who is dishonest in a very little is also dishonest in much.

Verses to PRAY

Faithfulness

Psalm 89:1-2 - ¹I will sing of the loving kindness of the LORD forever. With my mouth, I will make known your faithfulness to all generations. ²I indeed declare, "Love stands firm forever. You established the heavens. Your faithfulness is in them."

Psalm 115:1 - Not to us, LORD, not to us, but to your name give glory, for your loving kindness, and for your truth's sake.

1 Corinthians 1:9 - God is faithful, through whom you were called into the fellowship of his Son, Jesus Christ our Lord.

Deuteronomy 7:9 - Know therefore that the LORD your God himself is God, the faithful God, who keeps covenant and loving kindness to a thousand generations with those who love him and keep his commandments ...

Psalm 26:1-3 - ¹Judge me, LORD, for I have walked in my integrity. I have trusted also in the LORD without wavering. ²Examine me, LORD, and prove me. Try my heart and my mind. ³For your loving kindness is before my eyes. I have walked in your truth.

1 John 1:9 - If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness.

Lamentations 3:22-23 - ²²It is because of The LORD's loving kindnesses that we are not consumed, because his mercies don't fail. ²³They are new every morning. Great is your faithfulness.

Isaiah 25:1 - The LORD, you are my God. I will exalt you! I will praise your name, for you have done wonderful things, things planned long ago, in complete faithfulness and truth.

Psalm 37:5-6 - ⁵Commit your way to the LORD. Trust also in him, and he will do this: ⁶he will make your righteousness shine out like light, and your justice as the noon day sun.

Verses to SAY

The Mind

Romans 8:5-7 - ⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶For the mind of the flesh is death, but the mind of the Spirit is life and peace; ⁷because the mind of the flesh is hostile towards God, for it is not subject to God's law, neither indeed can it be.

2 Timothy 1:7 - For God didn't give us a spirit of fear, but of power, love, and self-control.

Romans 12:16 - Be of the same mind one towards another. Don't set your mind on high things, but associate with the humble. Don't be wise in your own conceits.

1 Corinthians 2:16 - "For who has known the mind of the Lord that he should instruct him?" But we have Christ's mind.

Romans 12:2 - Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.

Philippians 4:6-9 - ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus. ⁸Finally, brothers, whatever things are true, whatever things are honourable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report: if there is any virtue and if there is anything worthy of praise, think about these things. ⁹Do the things which you learnt, received, heard, and saw in me, and the God of peace will be with you.

Isaiah 26:3 - You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.

Proverbs 4:23 - Keep your heart with all diligence, for out of it is the wellspring of life.

Verses to PRAY

The Mind

Proverbs 3:5 - Trust in the LORD with all your heart, and don't lean on your own understanding.

Matthew 22:37 - Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind."

Matthew 11:28-30 - ²⁸"Come to me, all you who labour and are heavily burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light."

Lamentations 3:22-24 - ²²It is because of The LORD's loving kindnesses that we are not consumed, because his mercies don't fail. ²³They are new every morning. Great is your faithfulness. ²⁴"The LORD is my portion," says my soul. "Therefore I will hope in him."

2 Corinthians 10:5 - ... throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ, ...

Ephesians 4:22-24 - ... ²²that you put away, as concerning your former way of life, the old man that grows corrupt after the lusts of deceit, ²³and that you be renewed in the spirit of your mind, ²⁴and put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.

Colossians 3:2 - Set your mind on the things that are above, not on the things that are on the earth.

Psalms 119:15 - I will meditate on your precepts, and consider your ways.

1 Peter 1:13-14 - ¹³Therefore prepare your minds for action. Be sober, and set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ — ¹⁴as children of obedience, not conforming yourselves according to your former lusts as in your ignorance ...

Verses to SAY

Strength

Isaiah 41:10 - Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

Isaiah 40:28-29 - ²⁸Haven't you known? Haven't you heard? The everlasting God, the LORD, the Creator of the ends of the earth, doesn't faint. He isn't weary. His understanding is unsearchable. ²⁹He gives power to the weak. He increases the strength of him who has no might.

Isaiah 26:4 - Trust in the LORD forever; for in the LORD, the LORD, is an everlasting Rock.

Zechariah 4:6 - ... 'Not by might, nor by power, but by my Spirit,' says the LORD of Armies.

Psalms 18:39 - For you have armed me with strength to the battle. You have subdued under me those who rose up against me.

Isaiah 58:11 - ... and the LORD will guide you continually, satisfy your soul in dry places, and make your bones strong. You will be like a watered garden, and like a spring of water whose waters don't fail.

Philippians 4:13 - I can do all things through Christ who strengthens me.

Psalms 84:5-7 - ⁵Blessed are those whose strength is in you, who have set their hearts on a pilgrimage. ⁶Passing through the valley of Weeping, they make it a place of springs. Yes, the autumn rain covers it with blessings. ⁷They go from strength to strength. Every one of them appears before God in Zion.

Psalms 31:24 - Be strong, and let your heart take courage, all you who hope in the LORD.

Deuteronomy 33:25 - ... As your days, so your strength will be.

Verses to PRAY

Strength

Nehemiah 8:10 - ... Don't be grieved, for the joy of the LORD is your strength.

Psalm 68:35 - ... The God of Israel gives strength and power to his people. Praise be to God!

1 Chronicles 28:20 - ... "Be strong and courageous, and do it. Don't be afraid, nor be dismayed, for the LORD God, even my God, is with you. He will not fail you nor forsake you, until all the work for the service of the LORD's house is finished.

Psalm 59:17 - To you, my strength, I will sing praises. For God is my high tower, the God of my mercy.

Psalm 27:14 - Wait for the LORD. Be strong, and let your heart take courage. Yes, wait for the LORD.

Isaiah 40:30-31 - ³⁰Even the youths faint and get weary, and the young men utterly fall; ³¹but those who wait for the LORD will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.

Psalm 46:1 - God is our refuge and strength, a very present help in trouble.

Psalm 73:26 - My flesh and my heart fails, but God is the strength of my heart and my portion forever.

Psalm 28:7 - The LORD is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Psalm 105:4 - Seek the LORD and his strength. Seek his face forever more.

Verses to SAY

Our Words

Proverbs 10:11 - The mouth of the righteous is a spring of life, but violence covers the mouth of the wicked.

Proverbs 10:13 - Wisdom is found on the lips of him who has discernment, but a rod is for the back of him who is void of understanding.

Proverbs 10:21 - The lips of the righteous feed many, but the foolish die for lack of understanding.

Proverbs 10:32 - The lips of the righteous know what is acceptable, but the mouth of the wicked is perverse.

Proverbs 12:14 - A man shall be satisfied with good by the fruit of his mouth.

Proverbs 15:1-2 - ¹A gentle answer turns away wrath, but a harsh word stirs up anger. ²The tongue of the wise commends knowledge, but the mouths of fools gush out folly.

Proverbs 15:4 - A gentle tongue is a tree of life, but deceit in it crushes the spirit.

Proverbs 16:24 - Pleasant words are a honeycomb, sweet to the soul, and health to the bones.

Proverbs 17:22 - A cheerful heart makes good medicine, but a crushed spirit dries up the bones.

Proverbs 4:20-23 - ²⁰My son, attend to my words. Turn your ear to my sayings. ²¹Let them not depart from your eyes. Keep them in the centre of your heart. ²²For they are life to those who find them, and health to their whole body. ²³Keep your heart with all diligence, for out of it is the wellspring of life.

Proverbs 25:11 - A word fitly spoken is like apples of gold in settings of silver.

Verses to PRAY

Our Words

Psalm 141:3 - Set a watch, LORD, before my mouth. Keep the door of my lips.

Psalm 19:14 - Let the words of my mouth and the meditation of my heart be acceptable in your sight, LORD, my rock, and my redeemer.

Proverbs 12:18 - There is one who speaks rashly like the piercing of a sword, but the tongue of the wise heals.

James 1:26 - If anyone amongst you thinks himself to be religious while he doesn't bridle his tongue, but deceives his heart, this man's religion is worthless.

Matthew 24:35 - Heaven and earth will pass away, but my words will not pass away.

John 6:68 - Simon Peter answered him, "Lord, to whom would we go? You have the words of eternal life.

Proverbs 10:19 - In the multitude of words there is no lack of disobedience, but he who restrains his lips does wisely.

James 3:2 - For we all stumble in many things. Anyone who doesn't stumble in word is a perfect person, able to bridle the whole body also.

James 3:5-6 - ⁵So the tongue is also a little member, and boasts great things. See how a small fire can spread to a large forest! ⁶And the tongue is a fire. The world of iniquity amongst our members is the tongue, which defiles the whole body, and sets on fire the course of nature, and is set on fire by Gehenna.

Proverbs 23:16 - Yes, my heart will rejoice when your lips speak what is right.

1 Peter 3:10 - For, "He who would love life and see good days, let him keep his tongue from evil and his lips from speaking deceit...."

Verses to SAY

God, My Rock

Psalm 18:46 - The LORD lives! Blessed be my rock. Exalted be the God of my salvation ...

2 Samuel 22:2-3 - ... ²“The LORD is my rock, my fortress, and my deliverer, even mine; ³God is my rock in whom I take refuge; my shield, and the horn of my salvation, my high tower, and my refuge. My saviour, you save me from violence.

2 Samuel 22:32: - For who is God, besides the LORD? Who is a rock, besides our God?

Psalm 31:2-3 - ²Bow down your ear to me. Deliver me speedily. Be to me a strong rock, a house of defence to save me. ³For you are my rock and my fortress, therefore for your name’s sake lead me and guide me.

1 Peter 2:4-9 - ⁴Come to him, a living stone, rejected indeed by men, but chosen by God, precious. ⁵You also as living stones are built up as a spiritual house, to be a holy priesthood, to offer up spiritual sacrifices, acceptable to God through Jesus Christ. ⁶Because it is contained in Scripture, “Behold, I lay in Zion a chief cornerstone, chosen and precious. He who believes in him will not be disappointed.” ⁷For you who believe therefore is the honour, but for those who are disobedient, “The stone which the builders rejected has become the chief cornerstone,” ⁸and, “a stumbling stone and a rock of offence.” For they stumble at the word, being disobedient, to which also they were appointed. ⁹But you are a chosen race, a royal priesthood, a holy nation, a people for God’s own possession, that you may proclaim the excellence of him who called you out of darkness into his marvellous light.

1 Corinthians 10:1-4 - ¹Now I would not have you ignorant, brothers, that our fathers were all under the cloud, and all passed through the sea; ²and were all baptised into Moses in the cloud and in the sea; ³and all ate the same spiritual food; ⁴and all drank the same spiritual drink. For they drank of a spiritual rock that followed them, and the rock was Christ.

Verses to PRAY

God, My Rock

Psalm 18:1-2 - ¹I love you, LORD, my strength. ²The LORD is my rock, my fortress, and my deliverer; my God, my rock, in whom I take refuge; my shield, and the horn of my salvation, my high tower.

Psalm 19:14 - Let the words of my mouth and the meditation of my heart be acceptable in your sight, LORD, my rock, and my redeemer.

Psalm 62:5-6 - ⁵My soul, wait in silence for God alone, for my expectation is from him. ⁶He alone is my rock and my salvation, my fortress. I will not be shaken.

Psalm 28:7 - The LORD is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Deuteronomy 32:3-4 - ³For I will proclaim the LORD's name. Ascribe greatness to our God! ⁴The Rock: his work is perfect, for all his ways are just. A God of faithfulness who does no wrong, just and right is he.

Psalm 92:14-15 - ¹⁴They will still produce fruit in old age. They will be full of sap and green, ¹⁵to show that the LORD is upright. He is my rock, and there is no unrighteousness in him.

Isaiah 30:29 - You will have a song, as in the night when a holy feast is kept, and gladness of heart, as when one goes with a flute to come to the LORD's mountain, to Israel's Rock.

Psalm 95:1-3 - ¹Oh come, let's sing to the LORD. Let's shout aloud to the rock of our salvation! ²Let's come before his presence with thanksgiving. Let's extol him with songs! ³For the LORD is a great God, a great King above all gods.

Verses to SAY

Hope

Jeremiah 17:7-8 - ⁷“Blessed is the man who trusts in the LORD, and whose confidence is in the LORD. ⁸For he will be as a tree planted by the waters, who spreads out its roots by the river, and will not fear when heat comes, but its leaf will be green, and will not be concerned in the year of drought. It won't cease from yielding fruit.

Romans 5:5 - ... and hope doesn't disappoint us, because God's love has been poured into our hearts through the Holy Spirit who was given to us.

1 Peter 3:15 - But sanctify the Lord God in your hearts. Always be ready to give an answer to everyone who asks you a reason concerning the hope that is in you, with humility and fear ...

1 Peter 1:3-5 - ³Blessed be the God and Father of our Lord Jesus Christ, who according to his great mercy caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴to an incorruptible and undefiled inheritance that doesn't fade away, reserved in Heaven for you, ⁵who by the power of God are guarded through faith for a salvation ready to be revealed in the last time.

1 Peter 1:21 - ... who through him are believers in God, who raised him from the dead and gave him glory, so that your faith and hope might be in God.

Romans 8:24 - For we were saved in hope, but hope that is seen is not hope. For who hopes for that which he sees?

1 Thessalonians 5:8 - But since we belong to the day, let's be sober, putting on the breastplate of faith and love, and for a helmet, the hope of salvation.

1 Thessalonians 1:2-3 - ²We always give thanks to God for all of you, mentioning you in our prayers, ³remembering without ceasing your work of faith and labour of love and perseverance of hope in our Lord Jesus Christ, before our God and Father.

Psalms 119:105 - Your word is a lamp to my feet, and a light for my path.

Verses to PRAY

Hope

Romans 15:13 - Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope in the power of the Holy Spirit.

Jeremiah 29:11 - “ ... For I know the thoughts that I think towards you,” says the LORD, “thoughts of peace, and not of evil, to give you hope and a future....”

Psalms 119:114 - You are my hiding place and my shield. I hope in your word.

Psalms 16:9 - Therefore my heart is glad, and my tongue rejoices. My body shall also dwell in safety.

Colossians 1:23 - ... if it is so that you continue in the faith, grounded and steadfast, and not moved away from the hope of the Good News which you heard ...

Lamentations 3:25-26 - ²⁵The LORD is good to those who wait for him, to the soul who seeks him. ²⁶It is good that a man should hope and quietly wait for the salvation of the LORD.

1 Peter 1:13 - Therefore prepare your minds for action. Be sober, and set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ ...

Psalms 31:24 - Be strong, and let your heart take courage, all you who hope in the LORD.

Psalms 71:14 - But I will always hope, and will add to all of your praise.

Proverbs 3:5-6 - ⁵Trust in the LORD with all your heart, and don't lean on your own understanding. ⁶In all your ways acknowledge him, and he will make your paths straight.

Romans 12:12 - ... rejoicing in hope, enduring in troubles, continuing steadfastly in prayer ...

Verses to SAY

Do Not Fear

Psalm 46:1-3 - ¹God is our refuge and strength, a very present help in trouble. ²Therefore we won't be afraid, though the earth changes, though the mountains are shaken into the heart of the seas; ³though its waters roar and are troubled, though the mountains tremble with their swelling.

Psalm 34:4 - I sought the LORD, and he answered me, and delivered me from all my fears.

Psalm. 27:1 - The LORD is my light and my salvation. Whom shall I fear? The LORD is the strength of my life. Of whom shall I be afraid?

1 John 4:18 - There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

2 Timothy 1:7 - For God didn't give us a spirit of fear, but of power, love, and self-control.

Luke 12:22 - ... Therefore I tell you, don't be anxious for your life, what you will eat, nor yet for your body, what you will wear.

Luke 12:25-26 - ²⁵Which of you by being anxious can add a cubit to his height? ²⁶If then you aren't able to do even the least things, why are you anxious about the rest?

Mark 5:36 - But Jesus, when he heard the message spoken, immediately said to the ruler of the synagogue, "Don't be afraid, only believe."

Proverbs 29:25 - The fear of man proves to be a snare, but whoever puts his trust in the LORD is kept safe.

Psalm 55:22 - Cast your burden on the LORD and he will sustain you. He will never allow the righteous to be moved.

Proverbs 12:25 - Anxiety in a man's heart weighs it down, but a kind word makes it glad.

Verses to Pray

Do Not Fear

Isaiah 41:10 - Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

Psalm 56:3-4 - ³When I am afraid, I will put my trust in you.
⁴In God, I praise his word. In God, I put my trust. I will not be afraid.
What can flesh do to me?

Philippians 4:6-7 - ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

John 14:27 - Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.

Psalm 23:4 - Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

Deuteronomy 31:8 - The LORD himself is who goes before you. He will be with you. He will not fail you nor forsake you. Don't be afraid. Don't be discouraged.

Romans 8:38-39 - ³⁸For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing will be able to separate us from God's love which is in Christ Jesus our Lord.

Verses to SAY and PRAY

Endurance

1 Corinthians 13:4-7 - ⁴Love is patient and is kind. Love doesn't envy. Love doesn't brag, is not proud, ⁵doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil; ⁶doesn't rejoice in unrighteousness, but rejoices with the truth; ⁷bears all things, believes all things, hopes all things, and endures all things.

Hebrews 12:1 - Therefore let's also, seeing we are surrounded by so great a cloud of witnesses, lay aside every weight and the sin which so easily entangles us, and let's run with perseverance the race that is set before us ...

James 1:12 - Blessed is a person who endures temptation, for when he has been approved, he will receive the crown of life which the Lord promised to those who love him.

James 1:2-4 - ²Count it all joy, my brothers, when you fall into various temptations, ³knowing that the testing of your faith produces endurance. ⁴Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.

2 Timothy 2:10-13 - ¹⁰Therefore I endure all things for the chosen ones' sake, that they also may obtain the salvation which is in Christ Jesus with eternal glory. ¹¹This saying is trustworthy: "For if we died with him, we will also live with him. ¹²If we endure, we will also reign with him. If we deny him, he also will deny us. ¹³If we are faithless, he remains faithful; for he can't deny himself."

Hebrews 10:36 - For you need endurance so that, having done the will of God, you may receive the promise.

1 Thessalonians 1:2-3 - ²We always give thanks to God for all of you, mentioning you in our prayers, ³remembering without ceasing your work of faith and labour of love and perseverance of hope in our Lord Jesus Christ, before our God and Father.

Verses to SAY and PRAY

Humility

Micah 6:8 - He has shown you, O man, what is good. What does the LORD require of you, but to act justly, to love mercy, and to walk humbly with your God?

Ephesians 4:1-2 - ¹I therefore, the prisoner in the Lord, beg you to walk worthily of the calling with which you were called, ²with all lowliness and humility, with patience, bearing with one another in love ...

Philippians 2:2-8 - ... ²make my joy full by being like-minded, having the same love, being of one accord, of one mind; ³doing nothing through rivalry or through conceit, but in humility, each counting others better than himself; ⁴each of you not just looking to his own things, but each of you also to the things of others.⁵Have this in your mind, which was also in Christ Jesus, ⁶who, existing in the form of God, didn't consider equality with God a thing to be grasped, ⁷but emptied himself, taking the form of a servant, being made in the likeness of men. ⁸And being found in human form, he humbled himself, becoming obedient to the point of death, yes, the death of the cross.

Colossians 3:12-13 - ¹²Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; ¹³bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do.

Luke 14:11 - For everyone who exalts himself will be humbled, and whoever humbles himself will be exalted.

2 Chronicles 7:14 - ... if my people who are called by my name will humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.

James 4:6 - But he gives more grace. Therefore it says, "God resists the proud, but gives grace to the humble."

James 4:10 - Humble yourselves in the sight of the Lord, and he will exalt you.

Verses to SAY and PRAY

Encouragement

Romans 15:5 - Now the God of perseverance and of encouragement grant you to be of the same mind with one another according to Christ Jesus ...

Proverbs 12:25 - Anxiety in a man's heart weighs it down, but a kind word makes it glad.

Ephesians 4:29 - Let no corrupt speech proceed out of your mouth, but only what is good for building others up as the need may be, that it may give grace to those who hear.

Titus 1:7-9 - ⁷For the overseer must be blameless, as God's steward, not self-pleasing, not easily angered, not given to wine, not violent, not greedy for dishonest gain; ⁸but given to hospitality, a lover of good, sober minded, fair, holy, self-controlled, ⁹holding to the faithful word which is according to the teaching, that he may be able to exhort in the sound doctrine, and to convict those who contradict him.

1 Thessalonians 2:11-12 - ¹¹As you know, we exhorted, comforted, and implored every one of you, as a father does his own children, ¹²to the end that you should walk worthily of God, who calls you into his own Kingdom and glory.

Acts 11:23 - ... He exhorted them all, that with purpose of heart they should remain near to the Lord.

2 Corinthians 1:3-4 - ³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God.

1 Corinthians 15:58 - Therefore, my beloved brothers, be steadfast, immovable, always abounding in the Lord's work, because you know that your labour is not in vain in the Lord.

Verses to SAY and PRAY

Stillness And Rest

Psalm 46:10 - "Be still, and know that I am God. I will be exalted amongst the nations. I will be exalted in the earth."

Psalm 37:7 - Rest in the LORD, and wait patiently for him. Don't fret because of him who prospers in his way, because of the man who makes wicked plots happen.

Psalm 62:5 - My soul, wait in silence for God alone, for my expectation is from him.

Matthew 11:28 - Come unto Me all you who are weary and heavy laden and I will give you rest. Take My yoke upon you and learn of Me, because I am humble and gentle at heart and you will find rest for your souls.

Exodus 33:14 - My presence shall go with you and I will give you rest.

Isaiah 30:15 - For thus said the Lord GOD, the Holy One of Israel, "You will be saved in returning and rest. Your strength will be in quietness and in confidence." ...

Isaiah 32:16-18 - ¹⁶Then justice will dwell in the wilderness; and righteousness will remain in the fruitful field. ¹⁷The work of righteousness will be peace, and the effect of righteousness, quietness and confidence forever. ¹⁸My people will live in a peaceful habitation, in safe dwellings, and in quiet resting places ...

Psalm 23:2-3 - ²He makes me lie down in green pastures. He leads me beside still waters. ³He restores my soul. He guides me in the paths of righteousness for his name's sake.

Psalm 62:1 - My soul rests in God alone. My salvation is from him.

Colossians 3:12-17

¹²Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; ¹³bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do.

¹⁴Above all these things, walk in love, which is the bond of perfection. ¹⁵And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful. ¹⁶Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms, hymns, and spiritual songs, singing with grace in your heart to the Lord.

¹⁷Whatever you do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him.

Notes