

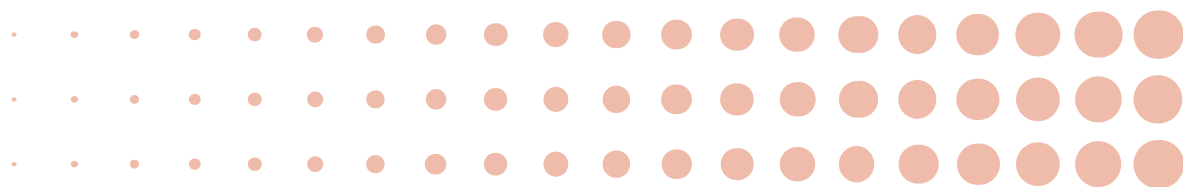


Scriptures

TO CONFESS WHEN YOU'RE FACING CHALLENGES

Do not be anxious about anything, but in every situation, 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



Let's Confess...



- Philippians 4:13 | I can do all things through him who strengthens me.
- Isaiah 41:10 | Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
- James 1:2-4 | Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.
- James 1:12 | Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.
- Romans 8:18 | For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.
- Romans 8:28 | 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 12:9-10 | 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 of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.
- 1 Peter 5:7 | Casting all your anxieties on him, because he cares for you.
- Hebrews 12:1-2 | Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

- 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.
- Proverbs 3:5-6 | Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."
- 1 John 16:33 | "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.
- Psalm 27:1 | The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?
- Ecclesiastes 7:9 | Do not be quickly provoked in your spirit, for anger resides in the lap of fools.
- 2 Timothy 2:23-24 | Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful.
- James 1:19-21 | My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.
- Proverbs 17:27 | The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.
- 2 Corinthians 4:8 | We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."
- 1 Peter 5:10 | "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."
- Romans 12:21 | "Do not be overcome by evil, but overcome evil with good."



Let's Pray!



Heavenly Father, you are the Most Holy God. There is none other beside you, none that can oppose you, nothing as good as you, none as worthy of our devotion and love as you. Thank you for your unceasing love and grace. Thank you for your mercy and help in times of trouble.

Father, I come before you in need of your help and hope. I am feeling overwhelmed by the difficulties I am facing right now but I thank you that I do not have to rely on myself for strength, wisdom, or resilience. You are the provider of all of these and you withhold no good things from those who walk uprightly. Thank you for making me the righteousness of God in Christ Jesus through the cross of Christ.

Father, forgive me for the times when I am anxious and give in to the temptation to take control and try to fix things, or relieve pain. Help me to look to you, only, for the answers I need, to trust in you with all my heart and not lean on my own understanding but in all my ways submit to you. Make my paths straight and guide me down the right path. I know in this life there will be times of suffering and hardship but help me take heart because you have overcome the world.

Father, I am grateful you are with me. I will not fret nor be dismayed. I reject the spirit of timidity because that is not something you have given me. Thank you for the courage to face the challenges that come knowing that I am not alone. Thank you that I have your power at work in me and your perfect love in my heart. Your love casts out all fear. I thank you, that according to your word I can do all things through Christ who strengthens me. Because you are with me, I can persevere and not give up. Father, help me to look to you when trials come. Instead of blaming you or looking elsewhere for the answers, I want to look to you and trust completely in you. This is hard to do but I ask you to help me surrender everything to you...my emotions, my thoughts, my actions, control.

Father, bless me with your wisdom and discernment to navigate through this challenge. Keep me in the way everlasting so that I am not provoked to anger. Holy Spirit, let the fruit of self-control operate in abundance in my life. Lord, I surrender my tongue, my thoughts, and my emotions to you. Thank you for keeping me from actions, foolish words, and vain imaginings. I am your servant and I refuse to be quarrelsome, but instead choose to be kind. Let the law of kindness be in my mouth, even when I need to be direct and hold boundaries.

Thank you, Father, for helping me to listen before I respond, and respond with understanding and wisdom from above which is above all, peaceful. Thank you for making me a peacemaker. Teach me to use my words with restraint. Set a watch before my mouth. I refuse to indulge in filthy, evil, demeaning talk. I refuse to retaliate. According to your word, I overcome evil with good.



I pray this all in the matchless name of my Lord and Savior, Jesus Christ, Amen.

Write It Out... Use this space to write out your prayer or to add any specific scriptures to encourage you.