

Bible Verses for Encouragement – especially during trials

Treasure Hunt – Find the three that you like the most and look them up to read the context. That is where they are found, the story that they fit into.

Another exercise that will help you understand these promises and to remember them better is to look them up in other versions and add the words that are similar to help you remember better and to mean more to you. See the Deuteronomy & Proverbs 3 examples here for the combined versions.

**Also – share with a friend that you know needs to be encouraged
Or who needs to know that you have been encouraged**

The ones in that are italicized are one that people in the group or class said right out that they were ones that were their “go to’s” and that had helped them when they encountered hard times.

1. **Isaiah 41:10** -"Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand."
2. **Proverbs 3:5& 6** -"*Trust in the Lord with all your heart, do not rely on your own understanding - on your own intelligence do not rely.*" *Seek his will in all you do, in all your way acknowledge Him and He will direct your paths (He will show you which path to take).*
3. **Matthew 6:34** -"Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil."
4. **Psalms 46:1-3** - "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."
5. **Nehemiah 8:10** -"Do not grieve, for the joy of the Lord is your strength."
6. **Proverbs 18:10** - "The name of the Lord is a strong tower; the righteous run into it and are safe."
7. **Jeremiah 29:11-14a** -"*For I know well the plans I have in mind for you - of the Lord declares - plans for your welfare and not for woe or evil, so as to give you a future of hope.*" *Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the Lord,*
8. **Exodus 15:2** The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him— my father’s God, and I will exalt him!
9. **Psalms 9:9-10** The Lord is a refuge for the oppressed, a stronghold in times of trouble.
10. **Psalms 34:10b** Those who seek the Lord lack no good thing.
11. **Isaiah 26: 3-4** Those of steadfast mind you keep in peace—because they trust in you. Trust in the Lord forever, for in the Lord God you have an everlasting rock.
12. **1 Chronicles 16:11** Seek the LORD and his strength; seek his presence continually!
13. **Psalms 32:7-8** You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.
14. **Exodus 33:14** My presence will go with you, and I will give you rest.

15. **Deuteronomy 31:8** It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.
16. **Isaiah 51:6** Lift up your eyes to the heavens, look at the earth beneath; the heavens will vanish like smoke, the earth will wear out like a garment and those who live in it in a like manner, its inhabitants die like gnats or flies. But my salvation will last forever, my righteousness will never fail, be dismayed, shatter, be abolished or ever end.
17. **Deuteronomy 33:27** The eternal God is your refuge, and underneath are the everlasting arms.
18. **Psalms 34:17** When the righteous cry for help, the Lord hears, and rescues them from all their troubles.
19. **Isaiah 30:15** In repentance and rest is your salvation, in quietness and trust is your strength.
20. ***Isaiah 43:1-5a** Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior. Because you are precious in My sight, and honored, and I love you, I will give people in exchange for you and nations instead of your life. Do not fear, for I am with you;..*
21. **Luke 12:25-26** Who of you by worrying can add a single hour to your life[a]? 26 Since you cannot do this very little thing, why do you worry about the rest?
22. **Malachi 4:2** But for you who fear My name, the sun of righteousness will rise with healing in its wings, and you will grow up and go out and playfully jump like calves jumping and leaping from the stall.
23. **Philippians 4:6** Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
24. **John 14:27** 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.
25. **Psalms 34:4** I sought the Lord, and he answered me, and delivered me from all my fears.
26. **Psalms 27: 1-3** 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? When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.
27. **Joshua 1:9** Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.
28. **Psalms 145: 18-19** The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.
29. **Psalms 123:1** I lift my eyes to You, the One enthroned in heaven.

30. **Psalm 121 (CJB)** *A song of ascents: If I raise my eyes to the hills, from where will my help come? My help comes from You O Lord, Adonai, the maker of heaven and earth. He will not let your foot slip, your guardian is not asleep.⁴ No, the guardian of Isra'el never slumbers or sleeps. Adonai is your guardian; at your right hand. Adonai provides you with shade the sun can't strike you during the day, or even the moon at night. Adonai will guard you against all harm; he will guard your life. Adonai will guard your coming and going from now on and forever.*
31. **Psalm 73:23** *ES.V. Nevertheless, I am continually with You; You hold my right hand*
32. **1 Peter 5:7** Cast all your anxiety on him because he cares for you.
33. **Isaiah 12:2** Surely God is my salvation; I will trust *and not be afraid*. The Lord, the Lord, is *my strength* and my song; he has become my salvation.
34. **2 Timothy 1:7** For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.
35. **Psalm 138:3** When I called, you answered me; you made me bold and stouthearted.
36. **Psalm 16:8** I have set the Lord always before me. Because he is at my right hand, I will not be shaken.
37. **Psalm 62:1-2** My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.
38. **Psalm 112: 1, 7-8** Praise the Lord! Happy are those who fear the Lord. They are not afraid of evil tidings; their hearts are firm, secure in the Lord. Their hearts are steady, they will not be afraid.
39. **Psalm 91:1-2** You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God in whom I trust."
40. **2 Corinthians 4: 17-18** *For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, So we fix our eyes, we focus, we look not at or on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*
41. **2 Corinthians 12:9** My grace is sufficient for you, for my power is made perfect in weakness.
42. **Philippians 4: 12-13** *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 . . . I can do everything through him who gives me strength.*
43. **2 Thessalonians 3:3** But the Lord is faithful, and he will strengthen and protect you from the evil one.
44. **Isaiah 40:29** He gives power to the weak and strength to the powerless.
45. **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.
46. **Hebrews 4:16** For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

47. **Hebrews 11; 1-3a** – the whole chapter is people who went through trials but who trusted God and came out with faith and are examples to us. Here are the first two verses of that chapter.
Faith and Trusting is being confident, the reality, the assurance, the substance of what we hope for, convinced about, it is the evidence of things we do not see. It was for this that Scripture attested the merit of the people of old. Our ancestors won God's approval by it. By trusting, by faith we understand
....
48. **Deuteronomy 31:6, 7,& 8** *Be strong and bold; have no fear, panic, terror or dread of them, because it is the Lord your God who personally goes before or ahead of you. He will be with you; he will not fail you or leave you or forsake you or abandon you. Then Moses called for Joshua, and as all Israel watched, he said to him, "Be strong and courageous! For you will lead these people into the land that the LORD swore to their ancestors he would give them. You are the one who will divide it among them as their grants of land, **an inheritance**. The LORD himself personally goes before you, ahead of you and He will be with you; he will never leave you nor forsake you, fail or abandon you. Do not be afraid; or dismayed, or discouraged."*
49. **2 Thessalonians 3:16** Now may the Lord of peace himself give you peace at all times and in every way.
50. **Job 19:25-27 New Living Translation (NLT)** *"But as for me, I know that my Redeemer lives, and he will stand upon the earth at last. And after my body has decayed, yet in my body I will see God! I will see him for myself. Yes, I will see him with my own eyes. I am overwhelmed at the thought!*
51. **Habakkuk 3:17-19** *Though the fig tree does not bud, and there are no grapes or fruit on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice, I will triumph in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread, to walk on the (mountain) heights. For the director of music. On my stringed instruments.*
52. **Romans 8:18 (NIV)** *I consider that our present sufferings are not worth comparing with the glory that will be revealed in us*
53. **Romans 8:28 (NLT)** *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*
54. **John 3:16** *For God loved the world so much that He gave us His one and only begotten son, that whoever believes in Him will not perish, will never die, but will have eternal life.*
55. **Hebrews 4:10 NIV** *for anyone who enters God's rest also rests from their works, just as God did from His*

I would love to hear how this was helpful to you! mec@usfamily.net