

## SCRIPTURES FROM PSALMS

Psalm 5:3

In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

Psalm 10:4

In his pride the wicked does not seek him; in all his thoughts there is no room for God.

Psalm 10:14

you are the helper of the fatherless.

Psalm 19:7

The law of the LORD is perfect, reviving the soul.

Psalm 19:14

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer

Psalm 23:1-3

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

Psalm 24:3-4

Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

Psalm 25:9

He guides the humble in what is right and teaches them his way.

Psalm 25:18

The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away all my sins.

Psalm 27:10

Though my father and mother forsake me, the LORD will receive me.

Psalm 27:14

Wait for the LORD; be strong and take heart and wait for the LORD.

Psalm 29:11

the LORD blesses his people with peace.

Psalm 30:5

weeping may remain for a night, but rejoicing comes in the morning

Psalm 31:9

Be merciful to me, O LORD, for I am in distress

Psalm 31:21

Praise be to the LORD, for he showed his wonderful love to me when I was in a besieged city.

Psalm 32:1-5

Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. “Selah” Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD”—and you forgave the guilt of my sin

Psalm 34:18

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

Psalm 42:1-2

As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?

Psalm 42:5

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

Psalm 46:10

Be still, and know that I am God

Psalm 51:10-13

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you.

Psalm 51:17

The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalm 52:9

in your name I will hope, for your name is good.

Psalm 55:22

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

Psalm 57:2

I cry out to God Most High, to God, who fulfills [his purpose] for me.

Psalm 68:6

God sets the lonely in families,...

Psalm 94:18-19

When I said, “My foot is slipping,” your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul

Psalm 95:7-8

Today, if you hear his voice, do not harden your hearts

Psalm 100:4

Enter his gates with thanksgiving  
and his courts with praise; give  
thanks to him and praise his name

Psalm 103:11-12

For as high as the heavens are  
above the earth, so great is his  
love for those who fear him; as  
far as the east is from the west,  
so far has he removed our trans-  
gressions from us.

Psalm 107:9

he satisfies the thirsty and fills  
the hungry with good things.

Psalm 112:7-8

a righteous man will be remem-  
bered forever. He will have no  
fear of bad news; his heart is  
steadfast, trusting in the LORD.  
His heart is secure, he will have  
no fear

Psalm 116:8-9

For you, O LORD, have delivered  
my soul from death, my eyes  
from tears, my feet from stum-  
bling, that I may walk before the  
LORD in the land of the living.

Psalm 119:9-11

How can a young man keep his  
way pure? By living according to  
your word. I seek you with all my  
heart; do not let me stray from  
your commands. I have hidden  
your word in my heart that I  
might not sin against you.

Psalm 119:32

I run in the path of your commands,  
for you have set my heart free.

Psalm 119:45

I will walk about in freedom, for  
I have sought out your precepts.

Psalm 119:130

The unfolding of your words  
gives light

Psalm 119:147

I rise before dawn and cry for help;  
I have put my hope in your word.

Psalm 119:165

Great peace have they who love  
your law, and nothing can make  
them stumble.

Psalm 121:1-2

I lift up my eyes to the hills—  
where does my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth

Psalm 138:6

Though the LORD is on high,  
he looks upon the lowly, but the  
proud he knows from afar.

Psalm 139:11-14

*Suggestion to read the entire chapter 139*

If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made

Psalm 142:2-3

I pour out my complaint before him; before him I tell my trouble. When my spirit grows faint within me, it is you who know my way

Psalm 142:7

Set me free from my prison, that I may praise your name

Psalm 143:9

I hide myself in you.

Psalm 145:13

The LORD is faithful to all his promise

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Psalm 150:6

Let everything that has breath praise the LORD. Praise the LORD.

## SCRIPTURES ON HOPE

Psalm 25:5

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Psalm 25:21

May integrity and uprightness protect me, because my hope is in you.

Psalm 31:24

Be strong and take heart, all you who hope in the LORD.

Psalm 33:18

But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love,

Psalm 33:20

We wait in hope for the LORD; he is our help and our shield.

Psalm 33:22

May your unfailing love rest upon us, O LORD, even as we put our hope in you.

Psalm 62:5 NIV

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

Proverbs 13:12

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Isaiah 40:31

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

Jeremiah 29:11

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.

Romans 5:5

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 12:12

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 15:13

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

Colossians 1:5

The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel

Hebrews 6:19

We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain,

Hebrews 11:1

Now faith is being sure of what we hope for and certain of what we do not see.

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## SCRIPTURES ON OBEDIENCE

Hebrews 5:8

Although he was a son, he learned obedience from what he suffered

2 John 1:6

And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love.

## SCRIPTURES ON FORGIVENESS

Mat 5:7

Blessed are the merciful, for they will be shown mercy.

Mat 5:43-46

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that?

Mat 6:14-15

Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. ‘For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Mat 18:29-35

“His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay you back.’ “But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other ser-

vants saw what had happened, they were greatly distressed and went and told their master everything that had happened. “Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. “This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.”

Ephesians 7:1

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace

Luke 23:33-34

When they came to the place called the Skull, there they crucified him, along with the criminals--one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.”

Nehemiah 9:17

But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love.

## ADDITIONAL SCRIPTURES

Isaiah 61:1-4

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion-- to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

Mat 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.