

# PASSAGES OF COMFORT

## Anger

- Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared. - Proverbs 22:24-25
- My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry – James 1:19
- “In your anger do not sin”[a]: Do not let the sun go down while you are still angry – Ephesians 4:26

## Anxiety

- Cast all your anxiety on him because he cares for you. – Peter 5:7
- 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
- So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. – Matthew 6:31-33

## Attitude

- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. – Philippians 4:8-9
- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. – Ephesians 4:32
- For if you forgive other people when they sin against you, your heavenly Father will also forgive you. – Matthew 6:14

## Bereavement

- The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. – Deuteronomy 31:8
- My comfort in my suffering is this: Your promise preserves my life. – Psalm 119:50
- If your law had not been my delight, I would have perished in my affliction. – Psalm 119:92

## Comfort

You have searched me, LORD, and you know me.

You know when I sit and when I rise; you perceive my thoughts from afar.

You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue you, LORD, know it completely.

You hem me in behind and before, and you lay your hand upon me.

Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit? Where can I flee from your presence?

If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

If I rise on the wings of the dawn, if I settle on the far side of the sea,

even there your hand will guide me, your right hand will hold me fast.

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; your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

How precious to me are your thoughts,[a] God! How vast is the sum of them!

Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you

If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!

They speak of you with evil intent; your adversaries misuse your name.

Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you?

I have nothing but hatred for them; I count them my enemies.

Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting. – Psalm 139:1-24

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## Courage

- Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. – Deuteronomy 31:6
- I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.
- “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” – Joshua 1:3-9

## Doubt

- He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you. – Matthew 17:20
- Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. – Psalm 42:5

## Fear

- Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. – Psalm 23:4
- For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. – Timothy 1:7
- 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. – John 14:27

## Hope

So I say, “My splendor is gone and all that I had hoped from the LORD.”  
I remember my affliction and my wandering, the bitterness and the gall.  
I well remember them, and my soul is downcast within me.  
Yet this I call to mind and therefore I have hope:  
Because of the LORD’s great love we are not consumed, for his compassions never fail.  
They are new every morning; great is your faithfulness.  
I say to myself, “The LORD is my portion; therefore I will wait for him.” – Lamentations 3:18-24

## Joy

- You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. – Psalm 16:11
- Then young women will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow. – Jeremiah 31:13

## Patience

- Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.
- I waited patiently for the LORD; he turned to me and heard my cry. – Psalm 40:1

## Peace

- 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. 30 For my yoke is easy and my burden is light. – Matthew 11:28-30
- I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. – John 16:33

## Stress

- Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. – Psalm 55:22
- Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. – Proverbs 3:5-6

# PASSAGES OF COMFORT

## Tension

- 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. – John 14:27
- You will keep in perfect peace those whose minds are steadfast, because they trust in you. – Isaiah 26:3
- For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit – Romans 14:17

## Thankfulness

- Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. – Ephesians 5:20
- Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. – Colossians 3:15
- Give thanks in all circumstances; for this is God's will for you in Christ Jesus. – Thessalonians 5:18

## Trust

- Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense; he has become my salvation. – Isaiah 12:2
- In you, LORD my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemies triumph over me.
- No one who hopes in you will ever be put to shame, But shame will come on those who are treacherous without cause. – Psalm 25:1-3