

When I'M Feeling . . .

Let the word of God guide and support you as you face life's joys and challenges.

Orange bolded verses indicate a Scripture Highlight on the corresponding page within the Bible.

Totally Excited

- ✿ **"Give thanks to the LORD, who is good, / whose love endures forever; . . . Blessed be the LORD, the God of Israel, / from everlasting to everlasting! Let all the people say, Amen! Hallelujah."** (1 Chronicles 16:34–36)
- ✿ "God indeed is my salvation; / I am confident and unafraid. / For the LORD is my strength and my might, / and he has been my salvation." (Isaiah 12:2)
- ✿ "To the one who is able to keep you from stumbling and to present you unblemished and exultant, in the presence of his glory, to the only God, our savior, through Jesus Christ our Lord be glory, majesty, power, and authority from ages past, now, and for ages to come. Amen." (Jude, verses 24–25)

For More

- ✿ Exodus 15:2
- ✿ 2 Samuel 22:50
- ✿ Psalm 118:24
- ✿ Romans 14:11

Overwhelmed or Faced with Challenges

- ✿ "Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and **hope does not disappoint**, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us." (Romans 5:3–5)
- ✿ "For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:38–39)
- ✿ "Thus we may say with confidence: / 'The Lord is my helper, / [and] I will not be afraid. / What can anyone do to me?'" (Hebrews 13:6)

For More

- ✿ Psalm 26:2–3,8
- ✿ Philippians 4:13
- ✿ James 1:2–3
- ✿ 1 Peter 1:6–7

Lost or Uncertain

- ✿ **"For I know well the plans I have in mind for you. . . .** When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me." (Jeremiah 29:11–13)
- ✿ **"For the Son of Man has come to seek and to save what was lost."** (Luke 19:10)
- ✿ **"But if any of you lacks wisdom, he should ask God who gives to all generously and ungrudgingly, and he will be given it."** (James 1:5)

For More

- ✿ Psalm 25:4–5
- ✿ Psalm 32:8
- ✿ Psalm 119:105
- ✿ Luke 15:22–24

The Call to Serve My Neighbor

- ✿ **"The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted."** (Matthew 23:11–12)
- ✿ **"This is my commandment: love **one another as I love you.** No one has greater love than this, to lay down one's life for one's friends."** (John 15:12–13)
- ✿ **"For the whole law is fulfilled in one statement, namely, 'You shall love your neighbor as yourself.'" (Galatians 5:14)**

For More

- ✿ Luke 6:29–30
- ✿ Romans 12:9–13
- ✿ Colossians 3:12–14
- ✿ Hebrews 6:10

Tempted

- ✿ **"No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it."** (1 Corinthians 10:13)
- ✿ **"Pursue righteousness, devotion, faith, love, patience, and gentleness. Compete well for the faith."** (1 Timothy 6:11–12)
- ✿ **"Because he himself was tested through what he suffered, **he is able to help those who are being tested.**"** (Hebrews 2:18)

For More

- ✿ Matthew 6:13
- ✿ Luke 22:40
- ✿ Hebrews 4:15–16
- ✿ James 1:12

Pressure from Peers

- ✿ **"You shall not follow the crowd in doing wrong."** (Exodus 23:2)
- ✿ **"Walk with the wise and you become wise, / but the companion of fools fares badly."** (Proverbs 13:20)
- ✿ **"But to you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."** (Luke 6:27–28)
- ✿ **"Therefore, encourage one another and build one another up, as indeed you do."** (1 Thessalonians 5:11)

For More

- ✿ Proverbs 18:24
- ✿ Proverbs 22:24–25
- ✿ Matthew 5:37

When I'M Feeling... (continued)

Grateful

- ✿ "Give thanks to the LORD, who is good, / whose love endures forever; / And say, 'Save us, O God, our savior, / gather us and deliver us from among the nations, / That we may give thanks to your holy name / and glory in praising you.'" (1 Chronicles 16:34–35)
- ✿ "But **thanks be to God** who gives us the victory through our Lord Jesus Christ." (1 Corinthians 15:57)
- ✿ "Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him." (Colossians 3:16–17)

For More

- ✿ 1 Chronicles 23:30
- ✿ Psalm 106:1
- ✿ Psalm 107:1–3
- ✿ 1 Thessalonians 5:16–18

The Call to Serve God

- ✿ "But be very careful to observe the commandment and the law which Moses, the servant of the LORD, commanded you: love the LORD, your God, follow him in all his ways, keep his commandments, hold fast to him, and **serve him with your whole heart and your whole self.**" (Joshua 22:5)
- ✿ "Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me." (John 12:26)
- ✿ "As each one has received a gift, use it to serve one another as good stewards of God's varied grace . . . that in all things God may be glorified through Jesus Christ, to whom belong glory and dominion forever and ever. Amen." (1 Peter 4:10–11)

For More

- ✿ 1 Samuel 12:24
- ✿ Luke 9:23–27
- ✿ Hebrews 6:10
- ✿ 1 John 4:20–21

Worried or Anxious

- ✿ "**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." (Isaiah 41:10)
- ✿ "Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." (Philippians 4:6–7)
- ✿ "So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries upon him because he cares for you." (1 Peter 5:6–7)

For More

- ✿ Psalm 55:23
- ✿ Psalm 91:9–12
- ✿ Proverbs 3:5–6
- ✿ Romans 8:28–31

The Need to Reach Out in Prayer

- ✿ "Call to me, and I will answer you; I will tell you great things beyond the reach of your knowledge." (Jeremiah 33:3)
- ✿ "But when you pray, go to your inner room, close the door, and pray to your Father in secret. . . . Your Father knows what you need before you ask him." (Matthew 6:6,8)
- ✿ "And I tell you, **ask and you will receive**; seek and you will find; knock and the door will be opened to you." (Luke 11:9)

For More

- ✿ Luke 18:1
- ✿ John 15:7
- ✿ Romans 8:26
- ✿ Colossians 4:2–3

The Need for Healing

- ✿ "Thus says the LORD, the God of David your father: / I have heard your prayer; / I have seen your tears. / Now I am healing you." (2 Kings 20:5)
- ✿ "Heal me, LORD, that I may be healed; / save me, that I may be saved, / for you are my praise." (Jeremiah 17:14)
- ✿ "**Come to me**, all you who labor and are burdened, **and I will give you rest**." (Matthew 11:28)

For More

- ✿ Psalm 107:19–20
- ✿ Isaiah 58:9
- ✿ Matthew 9:35
- ✿ James 5:13–15

Unlovable

- ✿ "Do not fear, for I have redeemed you; / I have called you by name: you are mine." (Isaiah 43:1)
- ✿ "Before I formed you in the womb I knew you, / before you were born I dedicated you, / a prophet to the nations I appointed you." (Jeremiah 1:5)
- ✿ "**For God so loved the world that he gave his only Son**, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him." (John 3:16–17)

For More

- ✿ Jeremiah 29:11
- ✿ John 13:34
- ✿ Ephesians 3:17–19
- ✿ 1 John 4:8–10

Alone or Abandoned

- ✿ "It is the LORD who goes before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed." (Deuteronomy 31:8)
- ✿ "Be strong and steadfast! **Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go**." (Joshua 1:9)
- ✿ "The LORD, your God, is in your midst, / a mighty savior, / Who will rejoice over you with gladness, / and renew you in his love, / Who will sing joyfully because of you." (Zephaniah 3:17)

For More

- ✿ Psalm 9:11
- ✿ Matthew 28:20
- ✿ 2 Corinthians 6:18
- ✿ Hebrews 13:5

When I'M Feeling... (continued)

When I'm
Feeling...

Angry

- ✿ "Fools give vent to all their anger; / but the wise, biding their time, control it." (Proverbs 29:11)
- ✿ "Be angry but do not sin; **do not let the sun set on your anger.** . . . All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ." (Ephesians 4:26,31–32)
- ✿ "Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of a man does not accomplish the righteousness of God." (James 1:19–20)

For More

- ✿ Proverbs 15:18
- ✿ Ecclesiastes 7:9
- ✿ Colossians 3:8
- ✿ James 4:1–2

Like I Can't Balance It All

- ✿ "**There is an appointed time for everything,** / and a time for every affair under the heavens." (Ecclesiastes 3:1)
- ✿ "But seek first the kingdom [of God] and his righteousness, and all these things will be given you besides. Do not worry about tomorrow; tomorrow will take care of itself." (Matthew 6:33–34)
- ✿ "Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect." (Romans 12:2)

For More

- ✿ Isaiah 40:12
- ✿ John 16:33
- ✿ Galatians 5:22
- ✿ 1 Peter 5:7

Like I've Totally Screwed Up

- ✿ "**But to the Lord, our God, belong compassion and forgiveness,** though we rebelled against him and did not hear the voice of the LORD, our God, by walking in his laws given through his servants and prophets." (Daniel 9:9–10)
- ✿ "He delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins." (Colossians 1:13–14)
- ✿ "If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing." (1 John 1:9)

For More

- ✿ Isaiah 43:25–26
- ✿ Matthew 6:14
- ✿ Ephesians 1:7
- ✿ Hebrews 10:17

Like I Don't Know What to Say

- ✿ "When they take you before synagogues and before rulers and authorities, do not worry about how or what your defense will be or about what you are to say. For the holy Spirit will teach you at that moment what you should say." (Luke 12:11–12)
- ✿ "In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings." (Romans 8:26)
- ✿ "Children, **let us love** not in word or speech but **in deed and truth.**" (1 John 3:18)

For More

- ✿ Proverbs 12:25
- ✿ Proverbs 18:21
- ✿ 1 Corinthians 13:1
- ✿ Colossians 4:6

Worried about How I Look

- ✿ "But the LORD said to Samuel: Do not judge from his appearance or from his lofty stature, because I have rejected him. God does not see as a mortal, who sees the appearance. **The LORD looks into the heart.**" (1 Samuel 16:7)
- ✿ "I praise you, because I am wonderfully made; / wonderful are your works! / My very self you know." (Psalm 139:14)
- ✿ "[Jesus said] You judge by appearances, but I do not judge anyone." (John 8:15)

For More

- ✿ Genesis 1:26–27
- ✿ Luke 16:15
- ✿ 2 Corinthians 4:16–18
- ✿ 1 Timothy 4:8

Grateful for My Friends

- ✿ "**A friend is a friend at all times,** / and a brother is born for the time of adversity." (Proverbs 17:17)
- ✿ "There are friends who bring ruin, / but there are true friends more loyal than a brother." (Proverbs 18:24)
- ✿ "No one has greater love than this, to lay down one's life for one's friends." (John 15:13)

For More

- ✿ Proverbs 12:26
- ✿ Proverbs 13:20
- ✿ Proverbs 27:17
- ✿ Ecclesiastes 4:9–10

In Awe of God's Creation

- ✿ "**The heavens declare the glory of God;** / the firmament proclaims the works of his hands." (Psalm 19:2)
- ✿ "Which of all these does not know / that the hand of God has done this? / In his hand is the soul of every living thing, / and the life breath of all mortal flesh." (Job 12:9–10)
- ✿ "Let the heavens be glad and the earth rejoice; / let the sea and what fills it resound; / let the plains be joyful and all that is in them." (Psalm 96:11–12)

For More

- ✿ Genesis 9:1
- ✿ Psalm 8
- ✿ Psalm 104
- ✿ Romans 1:20