

- 1. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. Psalm 43:5 (ESV)
- 2. God is our refuge and strength, a very present help in trouble. Psalm 46:1 (ESV)
- 3. Wait for the LORD; be strong, and let your heart take courage; wait for the LORD! Psalm 27:14 (ESV)
- 4. Commit your way to the LORD; trust in him, and he will act. Psalm 37:5 (ESV)

- 5. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock *that* is higher than I. Psalm 61:2 (KJV)
- 6. The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. Psalm 18:2 (ESV)
- 7. For he will command his angels concerning you to guard you in all your ways. Psalm 91:11 (ESV)
- 8. As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him. Psalm 18:30 (NKJV)
- 9. I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth. Psalm 121:1-2(ESV)
- 10. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Psalm 73:26(ESV)

If this has been an encouragement to you, pass it on!

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