

Spend some time pondering these truths and letting God change your perspective.

These are the texts that Melody Anderson shared with us:

- God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. - Psalm 46:1-3
- The name of the Lord is a strong tower; the righteous run into it and are safe. - Proverbs 18:10
- Do not grieve, for the joy of the Lord is your strength. - Nehemiah 8:10
- ...so do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10
- The Lord is a refuge for the oppressed, a stronghold in times of trouble. - Psalm 9:9-10
- Seek the LORD and his strength; seek his presence continually! - 1 Chronicles 16:11
- You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. - Psalm 32:7-8
- My presence will go with you, and I will give you rest. - Exodus 33:14
- 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. - Deuteronomy 31:8
- When the righteous cry for help, the Lord hears, and rescues them from all their troubles - Psalm 34:17

**Read and pray through these promises and affirmations:**

- Fear not, for **I am with you**; be not dismayed, for **I am your God**; **I will** strengthen you, **I will** help you, **I will** uphold you with my righteous right hand. - Isaiah 41:10
- For the Lord your God is he who goes with you to fight for you... to give you the victory. - Deuteronomy 20:4
- He said to me, "My grace is enough for you, because power is made perfect in weakness." So I'll gladly spend my time bragging about my weaknesses so that Christ's power can rest on me. Therefore, I'm all right with weaknesses, insults, disasters, harassments, and stressful situations for the sake of Christ, because when I'm weak, then I'm strong. - 2 Corinthians 12:9-10
- God didn't give us a spirit that is timid but one that is powerful, loving, and self-controlled. - 2 Timothy 1:7

- Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation. - Isaiah 12:2
- Jesus said, "Come to me, all who labor and are heavy laden, and **I will give you rest.**" - Matthew 11:28
- God gives power to the tired, and revives the exhausted. - Isaiah 40:29
- 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? - Psalm 27:1
- My flesh and my heart may fail, but God is the strength of my heart and my portion forever. - Psalm 73:26
- God said to me, "My grace is sufficient for you, for My power is made perfect in your weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. - 2 Corinthians 12:9
- "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
- For nothing will be impossible with God. - Luke 1:37
- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6
- So faith comes from hearing, and hearing through the word of Christ. - Romans 10:17
- For we walk by faith, not by sight. - 2 Corinthians 5:7
- May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, - Colossians 1:11
- Look to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. - Hebrews 12:2
- You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, - Psalm 30:11
- Splendor and majesty are before him; strength and joy are in his place. - 1 Chronicles 16:27
- May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. - Romans 15:13