

## A Dose of Inspiration...

When you are feeling low or depressed, Words of Encouragement, can be a wonderful source to uplift and strengthen your sagging spirit. Many people have reported that, an encouraging word spoken by a friend at the right time, has been the catalyst in changing their negative and depressing moods. The Book of Proverbs Chapter 18:4 says "A person's words can be a source of wisdom as deep as the sea and as refreshing as a bubbling brook." There are many uplifting words, found in the Holy Bible and in inspired writings, that will give hope to even the most downcast person, who is suffering amid the most trying of circumstances.

No matter what your situation, or how big your problems may be, God is there for you! He stands beside you to help you through your issues. You are not alone. He will supply the strength you need and can turn the most hopeless situation around.

Be encouraged as you read the following Words...

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"...God has said, never will I leave you, never will I forsake you. So we can say with confidence, The Lord is my helper; I will not be afraid. What can man do to me." Heb 13:5-6

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"...I am with you always, even unto the end of the world." Matt 28:20

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"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. Then you will call upon me and come and pray to me , and I will listen to you. You will seek me and find me when you seek me with all your heart."Â Jer 29:11-14

"Without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him" (Hebrews 11:6).

"There are many in the Christian world who claim that all that is necessary to salvation is to have faith; works are nothing, faith is the only essential. But God's Word tells us that faith without works is dead, being alone. Many refuse to obey God's commandments, yet they make a great deal of faith. But faith must have a foundation. God's promises are all made upon conditions. If we do His will, if we walk in truth, then we may ask what we

will, and it shall be done unto us. While we earnestly endeavor to be obedient, God will hear our petitions; but He will not bless us in disobedience. If we choose to disobey His commandments, we may cry, "Faith, faith, only have faith," and the response will come back from the sure Word of God, 'Faith without works is dead' (James 2:20). Such faith will only be as sounding brass and as a tinkling cymbal."â€"Faith and Works 47

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### Tugging at God's Heart

The prayer our Father loves most, is, the intercessory prayer,

Such strongly tugs at His heart, such He always loves to hear.

It shows concern for others, concern that should always be,

At the forefront of our mind, but more so, when on bended knee.

Christ prayed for others too, and did so, even as He died,

Yes, while hanging on the cross, "Forgive them, Father," He cried.

Even when Christ was dying, He prayed for His enemies,  
An act of intercession, that He knew, His Father would please.

Thus, when we pray for others, we emulate our Saviour,  
We participate in, what's truly, Christ-like behaviour.  
Yes, we show the same concern, that our Lord Himself displayed,  
When He journeyed on this earth, and for others, earnestly prayed.

And that's our mission also "to be praying earnestly,  
Yes, unceasingly, increasingly, and expectantly.  
That is, on behalf of others; which will deeply touch God's heart,  
And ensure, that in His plans, we will play a special part.

Oh, yes, what a privilege, and what a blessing also,  
That we can commune with God, we, sinners from top to toe.  
That we can speak directly, with the Father, who reigns above,  
Whose Son's still interceding, and pleading, because of His love.

Oh, yes, what a privilege, and what a blessing also,  
That we can pray for others, and via such, love also show.  
Yes, that we too, can intercede, that we too, can also plead,  
With the Father up on high, whose response is guaranteed.

Yes, the prayer our Father loves most, is, the intercessory prayer,  
Such prayer He loves to answer, such will always reach His ear.  
Yes, what a privilege to carry, everything to God in prayer,  
But never more so, than when with Him, other's needs we share.

By Lance Landall

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If you have an earnest desire to pray well, you must learn how to obey well. If you have a desire to learn to pray, then you must have an earnest desire to learn how to do God's will. If you desire to pray to God, you must first have a consuming desire to obey him. If you would have free access to God in prayer, then every obstacle in the nature of sin or disobedience must be removed. God delights in the prayers of obedient children. Requests coming from the lips of those who delight to do his will reach his ears with great rapidity, and incline him to answer them with promptitude and abundance." E. M. Bounds

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"The prayer that ascends from a broken and contrite heart, though it should come from the lips of the lowliest saint, is never disregarded. It is as sweet music in the ears of our heavenly Father; for he waits to bestow upon us the fullness of his blessing. It is not in our power to estimate the supplies that are provided by the Lord to meet our demands. What power might attend the church did we but call frequently and in faith for the abundant treasure of the store-house of God. We have only begun to taste of the richness of the divine promises. It is our privilege to drink largely of the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of his children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of God think of poor, helpless, human beings, who are subject

to temptation, when God's heart of infinite love yearns toward them, and he is ready to give them more than they can ask or think, and yet they pray so little, and have so little faith? The angels love to bow before God, they love to be near him. They regard intercourse with God as their highest joy, and yet the children of earth, who need so much help that God only can give, seem satisfied to walk without the light of his Spirit, the companionship of his presence." Signs of the Times, December 23, 1889

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“All hell is vanquished when the believer bows his knees in importunate supplication. Beloved brethren, let us pray. We cannot all argue, but we can all pray; we cannot all be leaders, but we can all be pleaders; we cannot all be mighty in rhetoric, but we can all be prevalent in prayer. I would sooner see you eloquent with God than with men. Prayer links us with the Eternal, the Omnipotent, the Infinite, and hence it is our chief resort. . . Be sure that you are with God, and then you may be sure that God is with you.” Charles Spurgeon

"Prayer pulls the rope below and the great bell rings above in the ears of God. Some scarcely stir the bell, for they pray so languidly. Others give but an occasional pluck at the rope. But he who wins with heaven is the the man who grasps the rope boldly and pulls continuously, with all his might." Charles Spurgeon

"That which God abundantly makes the subject of his promises, God's people should abundantly make the subject of their prayers."

Jonathan Edwards

"What then, is the nature of petitionary prayer? It is, in essence, rebellion -rebellion against the world in all its fallenness, the absolute and undying refusal to accept as normal what is pervasively abnormal."

David Wells

"God will be to us everything we will let Him be. Our languid, half-hearted prayers will not bring us returns from heaven. Oh, we need to press our petitions! Ask in faith, wait in faith, receive in faith, rejoice in hope, for everyone that seeketh findeth. Be in earnest in the matter. Seek God with all the heart. People put soul and earnestness into everything they undertake in temporal things, until their efforts are crowned with success. With intense earnestness learn the trade of seeking the rich blessings that God has promised, and with persevering, determined effort you shall have His light and His truth and His rich grace. In sincerity, in soul hunger, cry after God. Wrestle with the heavenly agencies until you have the victory. Put your whole being into the Lord's hands, soul, body, and spirit, and resolve to be His loving, consecrated agency, moved by His will, controlled by His mind, infused by His Spirit."

Prayer, p. 114

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“Our plans are not always God's plans. . . . In His loving care and interest for us, often He who understands us better than we understand ourselves refuses to permit us selfishly to seek the gratification of our own ambition. . . . Many things He ask us to yield to Him, but in doing this we are but giving up that which hinders us in the heavenward way. . . .” In the future life the mysteries that here have annoyed and disappointed us will be made plain. We shall see that our seemingly unanswered prayers and disappointed hopes have been among our greatest blessings. Conflict in Courage, p. 228

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“God will be to us everything we will let Him be. Our languid, half-hearted prayers will not bring us returns from heaven. Oh, we need to press our petitions! Ask in faith, wait in faith, receive in faith, rejoice in hope, for everyone that seeketh findeth. Be in earnest in the matter. Seek God with all the heart. People put soul and earnestness into everything they undertake in temporal things, until their efforts are drowned with success. With intense earnestness learn the trade of seeking the rich blessings that God has promised, and with persevering, determined effort you shall have His light and His truth and His rich grace.

In sincerity, in soul hunger, cry after God. Wrestle with the heavenly agencies until you have the victory. Put your whole being into the Lord’s hands, soul, body, and spirit, and resolve to be His loving, consecrated agency, moved by His will, controlled by His mind, infused by His Spirit.

Tell Jesus your wants in the sincerity of your soul. You are not required to hold a long controversy with, or preach a sermon to, God, but with

a heart of sorrow for your sins, say, "Save me, Lord, or I perish."

There is hope for such souls. They will seek, they will ask, they will knock, and they will find. When Jesus has taken away the burden of sin that is crushing the soul, you will experience the blessedness of the peace of Christ. • Our High Calling, p. 131

"The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them! He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things they have faith in His promises." p. 390,391

There are two kinds of prayer, "the prayer of form and the prayer of faith. The repetition of set, customary phrases when the heart feels no need of God, is formal prayer. "When ye pray," says Christ, "use not vain repetition, as the heathen do; for they think that they shall be heard for their much speaking." We should be extremely careful in all our prayers to speak the wants of the heart, and to say only what we mean. All the flowery words at our command are not equivalent to one holy desire. The most eloquent prayers are but vain repetitions, if they do not express the true sentiments of the heart. But the prayer that comes from an earnest heart, when the simple wants of the soul are expressed just as we would ask an earthly friend for a favor, expecting that it would be granted "this is the prayer of faith. The publican who went up to the temple to pray is a good example of a sincere, devoted worshiper. He felt that he was a sinner, and his great need led to an outburst



of passionate desire, "God be merciful to me a sinner."

Signs of the Times, August 14, 1884

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"Oh, my children, love your Heavenly Father, tell Him in faith and prayer all your needs, and He will supply your wants so far as it shall be for your good and His glory." Mueller, Theodore, John G. Paton, p. 18.

"It is not your prayer which moves God to save you. On the contrary, your prayer is a result of the fact that Jesus has knocked at your heart's door and told you that He desires to gain access to your needs. You think that everything is closed to you because you cannot pray. My friend, your helplessness is the very essence of prayer.... Helplessness ... is the decisive factor not only in our prayer life, but in our whole relationship to God. As long as we are conscious of our helplessness we will not be overtaken by any difficulty, disturbed by any distress or frightened by any hindrance. We will expect nothing of ourselves and therefore bring all our difficulties and hindrances to God in prayer. And this means to open the door unto Him and to give God the opportunity to help us in our helplessness by means of the miraculous powers which at His disposal." O. Hallesby, Prayer, p. 17, 20, 26

“Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.” Matthew 5:23,24

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“It is vain for us to pray while conscious that we have injured another. Let us first make amends to the injured one before we dare approach God at either the private or the public altar. I am confident that revival would break out in most churches if this were done.”

Jonathan Goforth, By My Spirit, 16

The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not send His Son on such an expensive errand to redeem them. He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises.

But to pray in Christ's name means much. It means that we are to accept His character, manifest His spirit, and work His works. The Saviour's promise is given on condition. "If ye love Me," He says, "keep My commandments." He saves men, not in sin, but from sin; and those who love Him will show their love by obedience.

All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses. The will, refined and sanctified, will find its highest delight in doing His service. When we know God as it is our privilege to know Him, our life will be a life of continual obedience. Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us." Desire of Ages, 668

We must have a promise in our hand. This is the true method of dealing with God. Search the Bible for some holy word which exactly fits your case. It will not be hard to find one, since it abounds with personal incidents, culled from every conceivable variety of life. Then, when it has been discovered, and perhaps borne in on you by the divine Spirit, take it with you into the presence of God, or place your finger upon it as you pass into the presence-chamber with hushed and reverent step. The promises are our inventory of possession, and our need should make us look up for and claim the blessing intended to meet it. F B Meyer, Secret of Guidance, "Fact, Faith, Feeling"

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“True prayer is indeed bold. It draws near to God, and wrestles with Him, and gives Him no rest, until an approving smile testifies that the appeal is granted. God neither can, nor will, release Himself from the intensity of prayerful efforts. He cannot, because the truth is set up in heaven,

"Fret not thyself, it tendeth only to evil doing." Psalm 37:8 (R.V.)

Fretting means getting out at elbows mentally or spiritually. It is one thing to say "Fret not," but a very different thing to have such a disposition that you find yourself able not to fret. It sounds so easy to talk about "resting in the Lord" and "waiting patiently for Him" until the nest is upset - until we live, as so many are doing, in tumult and anguish, is it possible then to rest in the Lord? If this "don't" does not work there, it will work nowhere. This "don't" must work in days of perplexity as well as in days of peace, or it never will work. And if it will not work in your particular case, it will not work in anyone else's case. Resting in the Lord does not depend on external circumstances at all, but on your relationship to God Himself.

Fussing always ends in sin. We imagine that a little anxiety and worry are an indication of how really wise we are; it is much more an indication of how really wicked we are. Fretting springs from a determination to get our own way. Our Lord never worried and He was never anxious, because He was not "out" to realize His own ideas; He was "out" to realize God's ideas. Fretting is wicked if you are a child of God.

Have you been bolstering up that stupid soul of yours with the idea that your circumstances are too much for God? Put all "supposing" on one side and dwell in the shadow of the Almighty. Deliberately tell God that you will not fret about that thing. All our fret and worry is caused by calculating without God. Oswald Chambers - My Utmost for His Highest July 4

that prayer shall prosper.Â He will not, because prayer is the moving of His Spirit in the heart, and the speaking of His Spirit on the lips.Â To deny prayer would be to deny Himself.Â To be silent to it would be to be silent unto Himself.â€•Â (Isa 64:7; 27:5; 62:7) Henry Law

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"Remember God never loses sight of you. Look at the sparrows and see how little they are valued, and yet not one of them dies without God noticing it. In fact, God even knows the number of hairs you have on your head. So donâ€™t be afraid; you are worth more than a whole sky full of sparrows." Matt 10:29

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"My God shall supply all your need, according to His riches in glory, by Christ Jesus." Phil 4:19

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"Delight yourself in the Lord and He will give you the desires of your heart." Ps 37:4

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"Thou shalt be secure, because there is hope." Job 11:18

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"Our help is in the name of the Lord, who made heaven and earth." Ps 124:8

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"The steps of a good man are ordered by the Lord; and He delighteth in his way." Ps 37:23

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"Jesus interrupted them, saying, This may seem impossible to you, but not with God, because with Him nothing is impossible." Mark 10:27

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"I can do all things through Christ who strengthens me." Phil 4:13

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"Call upon Me in the day of trouble; I will deliver thee, and thou shalt glorify Me." Ps 50:15

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"Ask, and it shall be given you; seek and you will find; knock and it will be opened unto you; for everyone who that asks, receives; and he that seeks, finds, and to him who knocks, it will be opened. If you who are evil know how to give good gifts to your children, how much more will you Father who is in heaven give good things to them that ask Him?" Matt 7:7-8, 11

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"In the darkest days, when appearances seem most forbidding, have faith in God. He is working out His will, doing all things well in behalf of His people. The strength of those who love and serve Him will be renewed day by day. He is able and willing to bestow upon His servants all the help they need. He will give them the wisdom which their varied necessities demand." Ministry of Healing p. 482Â

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"Trust in the Lord and take courage, wait for the Lord, He will strengthen your heart, Wait, I say on the Lord." Ps 27:14

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"Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet."--The Ministry of Healing, p. 481

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"Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart. . . . God is

bending from His throne to hear the cry of the oppressed. To every sincere prayer He answers, "Here am I." He uplifts the distressed and downtrodden. In all our afflictions He is afflicted. In every temptation and every trial the Angel of His presence is near to deliver."--The Desire of Ages, p. 356.

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"Because he loves Me, says the Lord, I will rescue him; I will protect him, for he acknowledges My name. He will call upon Me, and I will answer; I will be with him in trouble, I will deliver him and honor him." Ps 91:14-15

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"But as for me, I will watch for the Lord. I will wait in confidence for my God. He is the One who will save me. My God will hear my prayers and answer them." Michah 7:7

"We need to have far less confidence in what man can do, and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. Put your talents into the work, ask God for wisdom, and it will be given you."--Christ's Object Lessons, p. 146.

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"I will never fail you or forsake you. Be strong and full of courage because I am right here beside you. Now is the time to lead the children of Israel into the land that I promised to give them. Be strong and courageous. Listen to Me and keep My commandments and laws that Moses gave you. Don't turn to the left or right, so that I can bless you with success in whatever you do... If you keep your eyes on Me and desire me with all your heart, I will be right here beside you. Then I will bless you with success. What have I told you to do? I have told you to be strong and full of courage. Don't be afraid. Don't become discouraged or give up, because you don't have to do this all alone. The Lord your God will be with you every step of the way." Joshua 1:6-9

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"The Elder Brother of our race is by the eternal throne. He looks upon every soul who is turning his face toward Him as the Saviour. He knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations; for He was in all points tempted like as we are, yet without sin. He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen. Are you ignorant? He will enlighten. Are you wounded? He will heal. The Lord "telleteth the number of the stars;" and yet "He healeth the broken in heart, and bindeth up their wounds." Ps. 147:4, 3. "Come unto Me," is His invitation. Whatever your anxieties and trials,



spread out your case before the Lord. Your spirit will be braced for endurance. The way will be opened for you to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer. The rest that Christ offers depends upon conditions, but these conditions are plainly specified. They are those with which all can comply. He tells us just how His rest is to be found." Desire of Ages P329

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"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Ps 34:18

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"How often the disciples' experience is ours! When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear. Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best." Desire of Ages P336

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"I love the Lord because He hears and answers my prayers. Because He bends down and listens, I will pray as long as I have breath." Ps 116:1-2

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"As yet the disciples were unacquainted with the Saviors unlimited resources and power. He said to them, hitherto have ye asked nothing in My name. He explained that the secret of their success would be in asking for strength and grace in His name. He would be present before the Father to make requests for them. The prayer of the humble suppliant He presents as His own desire in that souls behalf. Every sincere prayer is heard in heaven. It may not be fluently expressed; but if the heart is in it, it will ascend to the sanctuary where Jesus ministers, and He will present it to the Father without one awkward stammering word, beautiful and fragrant with the incense of His own perfection." Desire of Ages P667

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"I will never stop loving him, nor let my promise to him fail. No, I will not break My covenant; I will not take back a single word I said." Ps 89:33-34

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"The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them. He has a use for them and He is well pleased when they make the very highest demands upon Him, that they may glorify His Name. They may expect large things, if they have faith in His promises." Desire of Ages P. 668

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"If God be for us who can be against us?" Rom 8:31

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"Cast all your cares upon Him for He cares for you." 1 Peter 5:7

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"The Lord says, I have kept quiet for a long time. I have been silent and held back. But now I cry out like a woman in childbirth, ready to deliver. I will act...I will lead the blind along roads that they have not known and guide them along paths that are new to them. I will turn their darkness into light and make the rough spots smooth. This is what I will do for them. I will not forsake them." Isaiah 42:14-16

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"To all who are reaching out to feel the guiding hand of God, the moment of greatest discouragement is the time when divine help is nearest. They will look back with thankfulness upon the darkest part of their way." Desire of Ages P. 528

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"I am the God who helps you get out of trouble and who sticks by you when you have problems..." 1 Sam 10:19

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"This is something very small for the Lord to do, and in addition He will give you victory over the Moabites." 2Kings 3:18

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"The Lord our God is compassionate and will not turn away from you if you return to Him." 2Chron 20:9

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"You are the God of miracles and of all power." Ps 77:14

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"We will not hide from our children the things we have received, but will tell the next generation about the Lord's power, His great deeds and the wonderful things He has done." Ps 78:4

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"I have asked the watchmen on the walls of Jerusalem to pray day and night. They must not be silent but remind the Lord of His promise and not rest in doing so. They are to call upon the Lord and to remind our God of His covenant until He keeps His promise... Isaiah 62:6-7

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"...Our God blesses and protects all who look to Him for help, but that He withdraws His protection from anyone who turns away from Him. So we fasted and prayed and asked our God to help us, and He answered our prayers as we believed He would." Ezra 8:22-23

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"Every word of God is sure. He is a shield to all who come to Him for protection." Prov 30:5

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"I have tested you in the furnace of affliction and refined you as silver through captivity. What I have done, I have done for My name sake, so that no one can say that the God of Israel winks at sin. I will not be misunderstood anymore, nor will I let My name be dishonored any longer...The Lord will discipline you, but He will also set you free." Isaiah 48:10-11,20

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"Donâ€™t just think of what I have done in the past and focus on what happened then. Watch for the new thing I am going to do. Itâ€™s already beginning to happen. Canâ€™t you see it? I will make a road through the wilderness and give you streams in the desert." Isaiah 43: 18,19

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"The time will come when people will say; Letâ€™s return to the Lord! He has injured us, but Heâ€™s also the One who will save us. He has wounded us, but He will bandage our wounds and heal our broken hearts." Hosea 6:1

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"The Lord says; It is not too late. Return to me with all your hearts. Come to me with fasting and weeping over your sins.

Tear your hearts not your clothes. Return to the Lord your God, for He is gracious and full of compassion, patient and abounding in love. He keeps His promise and is waiting to forgive, not to punish." Joel 2:12-13

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"Start singing and praising God and youâ€™ll not only encourage yourself, but others as well. Develop an attitude of gratitude and always give thanks to God our Father for everything in the name of the Lord Jesus Christ." Eph 5:19-20

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"There are things that you should have, but you donâ€™t have them because you donâ€™t ask God to give them to you. Even if you do ask God for them, He doesnâ€™t give them to you because you ask for the wrong reason. You want these things for your own selfish pleasure...God jealously longs for His people to be what He wants them to be. He offers His grace to help us change... you need to submit your will to God. Resist the devil and he will flee from you. Stay close to God and Heâ€™ll stay close to you. Wash your hands of those bad things you have been doing; purify your thoughts and stop trying to love God and this world at the same time. Repent and be sorry for your sins. Donâ€™t be afraid to shed some tears over your misbehavior. Itâ€™ll do you good. Just being sorry for what you did is not enough. You need to change your ways. Humble yourselves before the Lord and ask Him to help you change, and He will. James 4:2-3, 5-10

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"Rejoice in the hope you have, hold to your faith when you are going through troubles, and never stop praying." Rom 12:12

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"But God didnâ€™t forget us . Thatâ€™s the way our God is, always finding some way to comfort and encourage those who are downhearted. He encouraged us just now by the unexpected arrival of Titus." 2 Cor 7:6

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"When I called to You for help, You answered me. You renewed my strength and gave me courage to carry on." Ps 138:3

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"When I am in trouble, He is there to help me...With His own right arm He delivers me." Ps 138:7

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"Donâ€™t you know that the Lord our God is the everlasting one? He never gets tired. He never gets weary. His understanding and comprehension has no limits. He gives strength to those who are weak and energy to those who are weary. Even young men become weak and stumble and fall. But those who wait on the Lord and go to Him for help will have their strength renewed. They will soar like eagles. They will run and not be weary. They will walk and not faint." Isaiah 40:28-31

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"You are My people. I have chosen you. I have not rejected you. So donâ€™t be afraid. I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will hold you up with the right hand of My righteousness. I am the Lord your God, I will strengthen you and hold your hand, so do not be afraid. Donâ€™t fear My children. I will help you. I myself the Holy One of Israel, your Redeemer and Savior, will come and help you. Day by day I will take you by the hand and guide you. Donâ€™t be afraid. I have redeemed you. I have named you. You are mine. Because you are precious in my sight and I love you, I will defeat entire armies to protect you. I am willing to trade whole nations in exchange for your lives. So donâ€™t be afraid. I am with you. You are my people. I created you. I called you out for my glory. You are my servant, the one I have chosen. I want you to believe in Me and trust Me. I am the only God and there is no other - either before Me or after Me. You are My people. I have chosen you to be Mine. I am the Lord who created you, who formed you in the womb. I will help you. Donâ€™t be afraid. You are My servant, My chosen people whom I love. My people, donâ€™t be afraid, from ancient times I have told you what would happen and it has come to pass You are My witnesses. Is there any god beside Me who can do this? I cared for you when you were still in the womb. I have carried you since you were born. I am your God and will take care of you until you are old and your hair is gray. I am the One who made you and will continue to carry you. I will help you and rescue you. Remember what I just said and take it to heart. Fix it in your minds so that so wonâ€™t forget it. I am still God and there is no other. I will do what I please and My plans will not fail. What I said would happen, I made happen. How can I forget you? I have engraved your name on the palms of My hands. You are always in My thoughts. How can I forget you? Isaiah 41:9 - 50:16 selections

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"...Those who put their hope in Me and wait for My help will not be disappointed." Isaiah 49 :23

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" Now where are those among you who will reverence the Lord and listen to His servant? If there are such, let them put their faith in the Lord. The way may be dark and there may be no light, but place your confidence in the God of Jacob." Isaiah 50:10

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"The Lord says, "I am the One who strengthens and comforts you. Why should you be afraid? The sons of men who are against you are nothing but grass." Isaiah 51:12

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"The Lord is not so far away that He cannot save you, nor are His ears so deaf that He cannot hear you. But your own iniquities have been the barrier between you and your God. Your wickedness has caused Him to hold back, to cover His face and not hear you. Your hands are stained with blood, your fingers with immoralities and your tongue with deceit." Isaiah 59:1-3

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"Share your food with the hungry and open your houses to the poor traveler who has nowhere to stay. Give clothes to those who have nothing and don't forget the needy members of your own family. If you do this, My light will shine on you like the morning sun and your healing will be quickly evident. I will go before you and My glory will be your rearguard. When you call upon me, I will answer. When you cry for help, I will say, "Here I am." If you stop oppressing people, stop pointing an accusing finger and speaking evil of others, and if you spend yourself on behalf of the hungry and satisfy the needs of those who are afflicted, then the darkness that surrounds you will become as light as day." Isaiah 58:7-10

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"You have a choice between life and death, between blessings and curses. It's up to you now. If you will love the Lord your God with all your heart and keep His commandments, He will bless you and you will live and prosper in the land that he has given you... Give yourselves to the Lord your God and to Him alone. Listen to Him. Hold on to Him and don't let go, because the Lord is your life and He's the only One who can bless you and make you truly happy." Deut 30:15,16,20

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"Be strong and of good courage and exercise your faith in the Lord. Donâ€™t be afraid of these people. The Lord is with you. He wonâ€™t forsake you... The Lord will go with you. He will not forsake you. Donâ€™t be afraid or become discouraged" Deut 31:6,8

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"And I will give you rest." Matthew 11:28

Whenever anything begins to disintegrate your life with Jesus Christ, turn to Him at once and ask Him to establish rest. Never allow anything to remain which is making the dis-peace. Take every element of disintegration as something to wrestle against, and not to suffer. Say - Lord, prove Thy consciousness in me, and self-consciousness will go and He will be all in all. Beware of allowing self-consciousness to continue because by slow degrees it will awaken self-pity, and self-pity is Satanic. Well, I am not understood; this is a thing they ought to apologize for; that is a point I really must have cleared up. Leave others alone and ask the Lord to give you Christ-consciousness, and He will poise you until the completeness is absolute.

The complete life is the life of a child. When I am consciously conscious, there is something wrong. It is the sick man who knows what health is. The child of God is not conscious of the will of God because he is the will of God. When there has been the slightest deviation from the will of God, we begin to ask - What is Thy will? A child of God never prays to be conscious that God answers prayer, he is so restfully certain that God always does answer prayer.



If we try to overcome self-consciousness by any common-sense method, we will develop it tremendously. Jesus says, "Come unto Me and I will give you rest," i.e., Christ-consciousness will take the place of self-consciousness. Wherever Jesus comes He establishes rest, the rest of the perfection of activity that is never conscious of itself. Oswald Chambers - My Utmost for His Highest Aug 20

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"The Lord is the judge who defends His people. He will have compassion on those who love and serve Him. He knows the limits of their strength. He sees how helpless they are. He will rescue them wherever they are, whether they are free or in captivity." Deut 32:36

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"With Your help I can scale a wall; with You beside me, I can attack a whole army. The ways of the Lord are perfect; the words of the Lord are true; He is a mighty shield to all who seek His protection. Who is God but the Lord? Who is the rock but our God? He alone is my refuge and strength; He clears the way before me; He makes my path safe. He helps me run like a deer and protects me high in the mountains. He helps me train for battle; He gives me strength to bend the strongest bow." 2 Sam 22:30-35

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"O Lord God of Israel, there is no other God like You in heaven or in earth. You keep Your promises and hold on to the covenant that You have made with Your people. You shower them with Your love and bless them that keep Your righteous law. " 1Kings 8:23

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"Thatâ€™s how God is. You can depend on His â€˜Yesâ€™ and â€˜Noâ€™,... This is the kind of certainty on which Godâ€™s based, a solid unequivocal â€˜Yesâ€™, followed by a confirming â€˜Amenâ€™." 2 Cor 1:18, 20

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"... I want you to trust in the Lord. He will help you and protect you. House of Aaron, trust in the Lord. The Lord is your help and shield. Everyone who worships the Lord should trust Him. He is the One who helps you and protects you. The Lord has not forgotten us. He will bless us. He will bless the whole house of Israel and especially the house of Aaron. He will bless everyone who honors Him, whether they are rich or poor. The Lord will bless you more and more, both you and your children. You will be blessed by the living God, by the God who created heaven and earth." Ps 115:10-15

"God is well known for His wonderful deeds. The Lord is gracious and full of compassion. He satisfies the hunger of His people and never forgets what He has promised. He shows His power in behalf of His people by giving them the heritage He has promised. In all He does, He is faithful and just. His commands are dependable and sure. His promises and commands are forever because they were given in all truth and honesty. He set His people free and made a covenant with them." Ps 111:4-9

"God would not have us remain pressed down by dumb sorrow, with sore and breaking hearts. He would have us look up and behold His dear face of love. The blessed Savior stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp own hands, to have us look to Him in simple faith, permitting Him to guide us. His heart is open to our griefs, our sorrows, and our trials... He will lift the soul above the daily sorrow and perplexity, into a realm of peace." Thoughts from the Mount of Blessing p 12.

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"Let the peace of Christ come into your soul. Be true in your trust because He is true to His promise. Lay your poor, nervous hand in His firm hand and let Him hold you and strengthen you, cheer and comfort you." Selected Messages, book 2, p.254

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Â "I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares'" (Jeremiah 30:17).

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"God Your thoughts about me are priceless... If I could count them, they would be more than the grains of sand. If I were to fall asleep counting and then wake up, You would still be there with me. " Ps 139:17-18

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"When you go through deep water and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown...For I am the Lord, your God." Is 43:2-3

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"God will search for the lost ones who strayed away, and will bring them safely home again. He will bind up the injured and strengthen the weak." Ez 34:16Â

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"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Rom 8:38

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"I will be your God throughout your lifetime...until your hair is white with age. I made you and I will care for you. I will carry you along and save you." Is 46:4

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"Call upon Me and I will answer you. Ask Me and I will tell you things you could not possibly know." Jer 33:3

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"But I will turn trials into blessings, and bring health and healing to My people. They will enjoy an abundance of peace and security." Jer 33:6

"Cast your burden upon the Lord, and He shall sustain you." Psalm 55:22

It is by an act of simple, prayerful faith we transfer our cares and anxieties, our sorrows and needs, to the Lord. Jesus invites you come and lean upon Him, and to lean with all your might upon that arm that balances the universe, and upon that bosom that bled for you upon the soldier's spear! But you doubtfully ask, "Is the Lord able to do this thing for me?" And thus, while you are debating a matter about which there is not the shadow of a shade of doubt, the burden is crushing your gentle spirit to the dust. And all the while Jesus stands at your side and lovingly says, "Cast your burden upon Me and I will sustain you. I am God Almighty. I bore the load of your sin and condemnation up the steep of Calvary, and the same power of omnipotence, and the same strength of love that bore it all for you then, is prepared to bear your need and sorrow now. Roll it all upon Me! Child of My love! Lean hard! Let Me feel the pressure of your care. I know your burden, child! I shaped it – I poised it in My own hand and made no proportion of its weight to your unaided strength. For even as I laid it on, I said I shall be near, and while she leans on Me, this burden shall be Mine, not hers. So shall I keep My child within the encircling arms of My own love. Here lay it down! Do not fear to impose it on a shoulder which upholds the government of worlds! Yet closer come! You are not near enough! I would embrace your burden, so I might feel My child reposing on My breast. You love Me! I know it. Doubt not, then. But, loving me, lean hard!" Ocatavius Winslow

How vast are the possibilities of prayer! How wide is its reach! What great things are accomplished by this divinely appointed means of grace! It lays its hand on Almighty God and moves Him to do what He would not otherwise do if prayer was not offered. It brings things to pass which would never otherwise occur. The story of prayer is the story of great achievements. Prayer is a wonderful power placed by Almighty God in the hands of His saints, which may be used to accomplish great purposes and to achieve unusual results! The only limits to prayer are the promises of God and His ability to fulfill those promises. "EM Bounds, Possibilities of Prayer

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â€œTrue prayer is indeed bold.Â It draws near to God, and wrestles with Him, and gives Him no rest, until an approving smile testifies that the appeal is granted.Â God neither can, nor will, release Himself from the intensity of prayerful efforts.Â He cannot, because the truth is set up in heaven, that prayer shall prosper.Â He will not, because prayer is the moving of His Spirit in the heart, and the speaking of His Spirit on the lips.Â To deny prayer would be to deny Himself.Â To be silent to it would be to be silent unto Himself.â€•Â (Isa 64:7; 27:5; 62:7) Henry Law

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â€œCall unto me, and I will answer you, and show you great and mighty things, which you do not know.â€•Â

Jeremiah 33:3

â€œThe promise of (Jeremiah) ought to prove useful for the comforting of those who are intercessors for others.Â You who are calling upon God, to save your children, to bless your neighbors, to remember your husband or your wife in mercy, take comfort from this, â€˜I will show you great and mighty things, which you know not.â€™Â You cannot guess how greatly God will bless you.Â Only go and stand at His door.Â You cannot tell what is in reserve for you....Â In prayer for others, God may give you such mercies that you shall be astounded by them since you expected so little.â€•Â Charles Spurgeon

â€œBut the salvation of the righteous is from the Lord; He is their strength in the time of trouble, and the Lord shall help them and deliver them...and save them because they trust in Him.â€• Ps. 37:13

â€œHappy is the one who accepts (Godâ€™s) help; and transfers the feeling of dependence from the earthly to the heavenly Friend....Â When one is willing to be taken up by Him, there need be no further anxiety or care; for directly a human spirit yields itself to its Almighty Lover, that moment He takes it, and assumes all responsibility, and makes Himself answerable for all its needs.Â There is but one condition: â€˜Seek ye first the Kingdom of God, and His righteousness; and all these things shall be added unto you.â€™Â Would that all the children of God might know what it is to hand over, moment by moment, as they occur, all worries, anxieties, and cares, to the compassionate Lord, sure that He takes them straight from their hands!Â We need never feel, then, as if all depended on our tired brain or failing strength; because the Lord Himself would supply all our need, according to His riches in glory.â€• F. B. Meyer, Israel p. 38

"We should not present our petitions to God to prove whether He will fulfill His word, but because He will fulfill it; not to prove that He loves us, but because He loves us." Christ Triumphant, p. 218

Psalm 2:8 "Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth for Your possession."

Isaiah 45:11 "Thus says the Lord, the Holy One of Israel, and his Maker: 'Ask Me of things to come concerning My sons, and concerning the work of My hands, you command Me.'"

John 15:7 "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples."

John 16: 23 "In that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you."

“Upon the faithful performance of this most important duty (intercession), by Christians, DEPENDS the fulfillment of many of God’s gracious promises. It is a stunning and almost overwhelming fact, that God conditions the bestowment of blessings on others, even their eternal salvation, to a great extent, on the intercessions of Christians.” Eli Wigle, Prevailing Prayer, p. 321

“To understand the amazing compass of the promises we should search them out, and study them, with all the interest and avidity of a legate searching the will of a rich benefactor; that we may plead them with unfailing confidence, and eager expectation, of their fulfillment.” Eli Wigle, Prevailing Prayer, pp. 322, 323

"Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved." Psalm 55:22

"I desire that all the children of God, who may read these details, may thereby be lead to increased and more simple confidence in God for everything which they may need under any circumstances, and that these many answers to prayer may encourage them to pray, particularly as it regards the conversion of their friends and relatives, their own progress in grace and knowledge, the state of the saints who they may know personally, the state of the church of God at large, and the success of the preaching of the Gospel. Especially I affectionately warn them against being led away by the device of Satan, to think that these things are peculiar to me, and cannot be enjoyed by all the children of God; for though, as has been stated before, every believer is not called upon to establish Orphan-Houses, Charity Schools, etc., and trust in the Lord for means, yet all believers are called upon, in the simple confidence of faith, to cast all their burdens upon Him, to trust in Him for everything, and not only to make every thing a subject of prayer, but to expect answers to their petitions which they have asked according to His will, and in the name of the Lord Jesus. George Muller

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"Why are you cast down, O my soul? and why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God." Ps. 42:11

"You must expect to obtain the things for which you ask. You need not look for an answer to prayer, if you pray without any expectation of obtaining it... If you pray without an expectation of receiving the blessings, you just make God a liar." Charles Finney, Lectures on Revival.

Unbelief sees something in God's hand, and says, "I cannot get it." Faith sees it, and says, "I will have it." Prevaling Prayer, p. 61

God will do great things for those who trust in Him. The reason why His professed people have no greater strength is that they trust so much to their own wisdom, and do not give the Lord an opportunity to reveal His power in their behalf. He will help His believing children in every emergency if they will place their entire confidence in Him and faithfully obey him. Patriachs & Prophets p493

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In the way that leads to the city of God there are no difficulties which those who trust in Him may not overcome. There are no dangers which they may not escape. There is not a sorrow, not a grievance, not a human weakness, for which He has not provided a remedy.'

Ministry of Healing 249

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'Not one that in penitence and faith has claimed His protection will Christ permit to pass under the enemy's power. The Saviour is by the side of His tempted and tried ones.

With Him there can be no such thing as failure, loss, impossibility, or defeat, we can do all things through Him who strengthens us.' Desire of Ages p490

'In every emergency we should feel that the battle is His.'

Prophets & Kings p202

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"And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear." Is 65:24

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"Evening, and morning, and at noon, will I pray, and cry out aloud; and He shall hear my voice." Ps 34:17

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"And all things, whatsoever you shall ask in prayer, believing, ye shall receive." Matt 21:22

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"And call upon Me in the day of trouble: I will deliver you, and you shall glorify Me." Ps 50:15

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"If you abide in Me, and My words abide in you, you shall ask what you will, and it shall be done unto you." John 15:7

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"Then you shall call upon Me, and you shall go and pray unto Me, and I will harken unto you." Jer 29:12

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"And whatsoever you shall ask in My Name, that will I do, that the Father may be glorified in the Son. If you ask any thing in My Name, I will do it." John 14:13,14

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"And in that day you shall ask Me nothing. Verily, verily I say unto you, whatsoever ye shall ask the Father in My Name, He will give it to you. Hitherto have you asked nothing in My Name: ask, and ye shall receive, that your joy may be full."  
John 16:23, 24

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"And this is the confidence that we have in Him, that, if we ask any thing according to His will, He hears us: And if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him." 1 John 5:14,15

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#### God's Promises

God's Word is True. We can stand firmly on what He says in it.

As believers who walk in the Spirit and not in the flesh,

God's promises strengthen and encourage us.

Whenever we're going through difficult times

it's great to remind ourselves of God's promises.

Here are just a few of them....

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I will never leave or forsake you. (Heb. 13:5)

I will rescue and honor you, with long life I will satisfy you. You will see my salvation. (Ps. 91:16)

You will abide in the shadow of the Almighty. (Ps. 91:1)

I have loved you with an everlasting love; therefore I have drawn you with lovingkindness.

Again I will build you and you shall be rebuilt. (Jer. 31:3-4)

My lovingkindness will not be removed from you. (Is. 54:10)

No weapon that is formed against you will prosper. (Is. 54:17)

I will supply all your needs according to My riches in glory in Messiah Yeshua. (Phil. 4:19)

I will be a father to you. (2 Cor. 6:18)

I will give you good gifts. (Matt. 7:11)

I will tell you great and mighty things which you do not know. (Jer. 33:3)

I will fill you with My Spirit and in believing you will have hope, joy and peace. (Rom. 15:13)

I will strengthen you with power through My Spirit in your inner man. (Eph. 3:16)

I will do exceedingly abundantly beyond all you ask or think. (Eph. 3:20)

I will give you welfare, a future and a hope. (Jer. 29:11)

I will give you the free gift of eternal life. (Rom. 6:23)

I will give you a life of abundance. (John 10:10)

I will let you know My voice so that you can follow Me. (John 10:27)

You will overwhelmingly conquer through Me, who loved you. (Rom. 8:37)

Nothing shall be able to separate you from My love which is in Messiah Yeshua your Lord. (Rom. 8:39)

I have prepared you for glory. (Rom. 9:23)

Because of your belief in Me you will not be disappointed. (Rom. 10:11)

You will share my holiness. (Heb. 12:10)

You will yield the peaceful fruit of righteousness (Heb. 12:11)

I will reward you. (Heb. 11:6)

I have become your wisdom, righteousness, sanctification and redemption. (1 Cor. 1:30)

I will come and take you home. (1 Thes. 4:14-17)

I am with you always. (Matt. 28:20)

My resurrection power lives in you. (2 Cor. 12:9)

You can do all things through Me because I strengthen you. (Phil. 4:13)

I have forgiven all your transgressions. (Col. 2:13-14)

I have disarmed all the rulers and authorities. (Col. 2:15)

I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy, and nothing shall injure you. (Luke 10:19)

I will bless you because you take refuge in the Son. (Ps. 1:12)

I will be a shield about you, your glory and the One who lifts your head. (Ps. 3:3)

I will answer you. (Ps. 3:4)

I will sustain you. (Ps. 3:5)

I will revive you in your distress. (Ps. 4:1)

I will put gladness in your heart. (Ps. 4:7)

I will destroy those who speak falsehood. (Ps. 5:6)

I will lead you in My righteousness. (Ps. 5:8)

I will bless you. (Ps. 5:12)

I will surround you with favor. (Ps. 5:12)

I will be your stronghold in times of trouble. (Ps. 9:9)

I will be at your right hand and you will not be shaken. (Ps. 16:8)

I will save you from your enemies. (Ps. 18:3)

I will delight in you. (Ps. 18:19)

I will train your hands for battle, so that your arms can bend a bow of bronze. (Ps. 18:34)

I will make you great. (Ps. 18:35)

I will execute vengeance for you. (Ps. 18:47)

I will lift you above those who rise against you. (Ps. 18:48)

I will send you help from the sanctuary. (Ps. 20:2)

I will grant you your heart's desire. (Ps. 20:4)

I will strongly support you. (2 Chron. 16:9)

I am with you. (Hag. 2:4)

I will ordain your steps. (Prov. 20:24)

I will make your path straight. (Prov. 3:6)

I will do something new. (Is. 43:19)

I will make up to you for the years that the locust have eaten. (Joel 2:27)

You will not be put to shame. (Joel 2:27)

I will betroth you to Me forever. (Hos. 2:19)

I will cause your enemies who rise up against you to be defeated before you. (Deut. 28:7)

I will fight for you. (Deut. 3:22)

My power is directed toward you. (2 Cor. 13:4)

I have raised you up with Messiah and seated you with Him in the heavenly places. (Eph. 2:6)

I will give you grace to help in time of need. (Heb. 4:16)

My banner over you is love. (Song 2:4)

I will withhold no good thing from you. (Ps. 84:11)

I will comfort you. (Is. 51:3)

I will rejoice over you with shouts of joy. (Zeph. 3:17)



I will anoint you with the oil of joy. (Ps. 45:7)

I will bless you. (Hag. 2:19)

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Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. "He healeth the broken in heart, and bindeth up their wounds." Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son.Â Steps to Christ p100