

***Thirty-one Scriptures of Hope and Encouragement
When Life is Interrupted and Changed***

Use these as a prayer guide and fill in your name or the name of a friend you are praying for.

1. Bless the Lord O my soul and forget not all his benefits. Psalm 103 NIV
2. May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 NIV
3. Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28 NIV
4. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5 NIV
5. 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. Jeremiah 29:11 NIV
6. You are my refuge and my shield; I have put my hope in your word. Psalm 119:114 NIV
7. When I am afraid, I put my trust in you. Psalm 56:3 NIV
8. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19 NIV
9. The Lord is good, a refuge in times of trouble. He cares for those who trust in him. Nahum 1:7 NIV
10. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:7 NIV
11. For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. 2 Timothy 1:7 NIV
12. Cast all your anxiety on him because he cares for you. 1 Peter 5:7 NIV

13. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek. Hebrews 6:19-20 NIV
14. May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 NIV
15. But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 (NIV)
16. Let us hold unwaveringly to the hope we profess, for he who promised is faithful. Hebrews 10:23 NIV
17. Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6 NIV
18. But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love, Psalms. 33:18 NIV
19. May your unfailing love be with us, Lord, even as we put our hope in you. Psalms 33:22 NIV
20. As for me, I will always have hope; I will praise you more and more. Psalm 71:14 NIV
21. I wait for the Lord, my whole being waits, and in his word I put my hope. Psalm 130:5 NIV
22. And we know that in all things God works for the good of those who love him, who[a] have been called according to his purpose. Romans 8:28 NIV
23. Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is

- ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 1 Peter 1:3-6 NIV
24. The Lord delights in those who fear him, who put their hope in his unfailing love. Psalm 147:11 NIV
 25. But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love. Psalm 33:18 NIV
 26. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4: 17-18 NIV
 27. "You are my hiding place and my shield; I hope in Your word." Psalm 119:114 NIV
 28. "For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope." Romans 15:4
 29. Let us hold fast the confession of our hope without wavering, for he who promised is faithful. Hebrews 10:23 ESV
 30. 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 42:11 ESV
 31. Be still, and know that I am God... Psalm 46:10a ESV

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