

Remind Yourself to Trust

Proverbs 3: 5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Philippians 4: 4-7

Rejoice in the Lord always. I will say it again; Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4: 13

I can do everything through him who gives me strength.

Psalms 28: 6-7

Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

Psalms 62: 1-2

My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.

Psalms 94: 18-19

When I said, "My foot is slipping," your love O Lord, supported me.
When anxiety was great within me,
your consolation brought joy to my soul.

Matthew 11: 28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
For my yoke is easy and my burden is light.