

Scriptures to find hope and strength in difficult times

Lamentations 3:19-26 I remember my affliction and my wandering, the bitterness and the gall. I well remember them and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion, therefore I will wait for him." Then Lord is good to those whose hope is in Him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

Job 4:6 Is not ...the integrity of your ways your hope? (Job asked by Eliphaz)

Psalms 18:2 The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

Psalms 42:5 Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God – soon I'll be praising again. He puts a smile on my face.

Psalms 119:114 You're my place of quiet retreat; I wait(hope) in Your Word to renew me.

Psalms 23:4 Even though I walk through the valley of the shadow of death I will fear no evil for you are with me.

Psalms 25

Psalms 91

Isaiah 40: 28-31. Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom, He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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 walk and not be faint.

Isaiah 43: 1-3 Fear not for I have redeemed you; I have called you by name, you are mine. When you walk through the waters I will be with you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God.

Isaiah 45:15 I have carved you in the palm of my hand

Jeremiah 29:11 - 14 ¹¹ 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. ¹² Then you will call on me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart. ¹⁴ I will be found by you," declares the Lord,

Matthew 6: 34 Do not be worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

John 16:33 These things I have spoken unto you, that in me you might have peace. In the world you will have tribulation, but be of good cheer; I have overcome the world. "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."

Romans 5:1-5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 8:24,25 For in hope we have been saved, but hope that is seen is not hope; for why does one hope for what he sees? But if we hope for what we do not see, with perseverance we wait eagerly for it.

Romans 5:1-5 ...we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand and we exult in the glory of God. And not only this, but we also exult in our tribulation...and hope does not disappoint.

Romans 12:10-12 Be...rejoicing in hope, persevering in tribulation, devoted to prayer.

Romans 12:12 ¹² Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 15:13 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 15:4 For whatever was written in earlier times was written for our instruction, that through perseverance and the encouragement of the Scriptures we might have hope.

1 Corinthians 9:24-27

1 Corinthians 13:13 Trust steadily in God, hope unswervingly, love extravagantly.

Philippians 4:6-7 ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:8-9 ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you.

Philippians 4:11-13 for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Colossians 1:27 Christ in us the hope of glory