

# ENCOURAGEMENT + HEALING

## FROM THE BIBLE

---

It is natural to have seasons of discouragement as you deal with life's challenges – especially in the midst of COVID. You are not alone and God has given you His Word to encourage and equip you to deal with what you are facing.

The Bible is full of encouragement to keep your eyes fixed on Jesus so that you can find hope, peace, and joy. Choose one of these nine Bible verses to meditate on or commit to memory.

Our prayer is that you are able to lean into God's Word to find encouragement and healing. If we can be praying for you specifically, let us know.

---

## NINE BIBLE VERSES THAT CAN ENCOURAGE YOUR HEART

“Come to me, all you who are weary and burdened, and I will give you rest.”

| [Matthew 11:28](#)

“I can do all things through him who gives me strength.”

| [Philippians 4:13](#)

“He gives strength to the weary and increases the power of the weak.”

| [Isaiah 40:29](#)

“My flesh and my heart may fail but God is the strength of my heart and my portion forever.”

| [Psalm 73:26](#)

“God is our refuge and strength, ever-present help in trouble.”

| [Psalm 46:1](#)

“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](#)

“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](#)

“Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”

| [Mark 10:27](#)

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

| [Psalm 62:5-8](#)