



FREE RESOURCE · HOPE IN TIMES OF CRISIS

Verses of hope for hard days

Some days are heavier than words can say. If this is one of them, you do not have to carry it alone. God is near you, even now. Read these verses slowly and tell someone how you are really doing.

IMMEDIATE SAFETY

If you may be in immediate danger, contact your local emergency services, or a trusted person who can be with you now.

WHEN YOUR HEART IS BROKEN

The LORD is nigh unto them that are of a broken heart;
and saveth such as be of a contrite spirit.

Psalms 34:18

WHEN TROUBLE SURROUNDS YOU

God is our refuge and strength, a very present help in trouble.

Psalms 46:1

WHEN YOU FEEL ALONE

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

WHEN YOU ARE WORN OUT

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28

WHEN TODAY WAS TOO MUCH

It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Lamentations 3:22-23

WHEN HOPE FEELS FAR AWAY

And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Romans 5:5

A PRAYER

Lord, I am tired, and this is hard. I do not have the right words, so I come to You as I am. You are near to the brokenhearted; please be near to me now. Hold me up when I cannot stand on my own. Let my mind rest, and pour Your love into my heart. Be the anchor of my soul today, and show me Your mercy again in the morning. Give me the courage to tell someone how I really am, and to accept their help. I trust You with what I cannot carry. In Jesus' name, amen.

GO DEEPER

Explore the Hope in Times of Crisis collection:
shop.kingjesus.org/collections/hope-in-time-of-crisis

TALK TO SOMEONE

Call the ministry at +1 305-382-3171, or send a message at
shop.kingjesus.org/pages/contact-us