





# I AM AN OVERCOMER

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## Introduction

This is a book that I wrote to talk about some things with you that will help you. I had many of you who will read this book in mind when I wrote it. I know that the things I write in here will really help you because I asked God to help me to write things that would help you. I asked Him to help me to write things that you need to hear. Why would I do this? Because I love you bunches. Why do I love you bunches? Because God loves you bunches.

In this book we will talk about lots of things. We will talk about how you aren't alone. About how there are lots of other people who have been through what you are going through, and how they got help to overcome. We'll talk about how you can overcome all this that you are going through, and you'll even learn how it can turn out for good in your life as you overcome it. You will learn more about how God can walk with you and guide you through this, and you will learn that He will do that for you even if right now you feel like the scum of the earth, and you feel like how could He be there for you. You will remember that there is a light outside of this dark feeling you have, and you will find out how you can reach it again. You will learn how you can find hope and it can be yours. You will learn lots of GOOD news that you can grab onto that will keep you from sinking.

We'll also talk about how you don't have to be perfect for everybody, even God, and how that is important to know. We'll talk about forgiveness. We will talk about how to overcome fear. How to center yourself when it seems like everything is tilting. How to change your thinking to be more positive so that you stay on top when you get there. How you can learn to see yourself different so that you can become a winner and stay there. How you can not only get up yourself, but one day you will help others out of this place where you are now, because you know what it is like to be there, and you know the way out.

Start this book out by repeating something with me. This may sound strange at first, but as you read this book, it will become more and more real to you. Repeat this out loud.

***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***





## Chapter 1

### You Are Not Alone

When you are going through something it is good to remember that you are not alone. I mean that in several different ways.

1. You are not the only person who has gone through what you are going through. The Bible says there is no new thing under the sun. There are many others that have felt like you feel and who have been through the things you feel and think. There are also many, many, many others who have been unlocked from what you feel is darkness. In a chapter coming up, you will read about accounts written by some of these who have overcome things similar to what you are going through.

2. One thing that makes what you are going through worse is that you feel like you are so bad and terrible for feeling how you feel and being how you are and you hate being where you are because you let yourself down and it seems like you constantly let others down. What makes it worse is that you don't see any hope that things will change. You feel trapped like you can't get out. That makes you feel even more angry inside, because that is how feeling trapped makes you feel. You start to hate yourself and you hate the people who are trying to reach you, love you, and help you. Then you hate yourself worse. All that is part of what I call the "toilet effect". Yes, I did say toilet. It is a cycle that starts swirling and just pulls you around and down into the sewer system. But there is a way out of this cycle. We'll talk about it coming up.

3. One thing that makes things worse is that you can get so many negative and down feelings that you are too overwhelmed to be able to feel good feelings, like love, peace, hope, and happiness. You sometimes even forget what those feel like. You have been detached, or separated from your feelings so that you don't have to feel all the bad feelings. Because of that you don't feel anything. That is why people try cutting, drugs, and alcohol to stop the bad feelings, but believe me, all of that only makes things worse. We will talk about how to find your way up and out of this.

4. All of this separates you from the people who love you. They reach out to you but you can't see that. Their love only results in you beating yourself down even further. We will talk about how to start feeling love, and that means the love that others has for you, your love for them, and your love for yourself.

5. You may have lots of labels. Labels like depression, anxiety, and different labels that doctors and counselors have given you. Or you may have lots of labels that you have

given yourself. These only make things harder to overcome. We will talk about how to overcome labels.

We talked about some rough things. Facing how you feel is important, but it is most important to know that you don't have to stay in those feelings. There is GOOD NEWS. Yes, I did say there is GOOD NEWS. To hear it you've got to keep on reading. But first say something with me. Repeat this with me. THERE IS GOOD NEWS. Say it again-yell it out this time even if you don't feel like it. THERE IS GOOD NEWS. What kind of news? GOOD NEWS.

Now I titled this chapter *You Are Not Alone*. You may have wondered how what you've read so far has anything to do with that title. When you read what I wrote in the first chapter was describing a lot of how you have felt-maybe not all of how you feel, but could you see what you have been going through described in part of it? Do you know how I know?

I know because when I was a lot younger I felt a lot of those same things. I think that at times in their life many people have felt many of those same things. I overcame them, and so can you. Many others have too. You'll read about many of those coming up. Now when I start to go down a road with my feelings that I shouldn't go down (the toilet roads), I remember that I overcame that thing, and I remember how I overcame it, and I don't have to go down that road again. I know what to do, how to deal with it. It doesn't mean that I shove them back down in, and ignore them. But it means that I know how to turn them into something that works for good in my life. I know how to deal with them in a way that gives me victory, and I win over them instead of letting them win over me. You can too. What did I say? You can too. What did I say? You can too. No, I am not just repeating myself. Say it with me. I can overcome these things that are getting me down right now. Say it again. I can overcome these things that are getting me down right now. Say it again. I can overcome these things that are getting me down right now. Repeat this with me. "I can become a winner over these things that right now are winning over me in my life." Write it down on something where you can see it and read it often.

I started out talking about all this to explain how I could describe how you feel because I understand. I understand because I have felt some of these same things. Another reason that I can write about how you feel is because for over 40 years I have talked with young people, been there to hear them out, been there to help them, to listen to them. I have hurt when they hurt. I can also tell you that bunches and bunches of times I felt what they felt when they got up out of all that they felt they were trapped in and they took wings and flew, leaving the most of it behind. So can you.

There is GOOD NEWS for you. THERE IS GOOD NEWS FOR YOU. ***Say it with me. THERE IS GOOD NEWS FOR ME. THERE IS GOOD NEWS FOR ME. THERE IS GOOD NEWS FOR ME. THERE IS GOOD NEWS FOR ME.***

Just to make sure that you know that there is good news for you, in the next chapter I am going to include some things that other students have overcome through the years. When you read these I know that you will see yourself in some of them. When you read them remember that you are not alone in how you feel. There are others going through these same things. Also, remember that you can overcome just like they overcome.

I keep using this word overcome. Let's talk for a minute about what that means. This is the official dictionary meaning. One who gets the better of a struggle. One who conquers a defeat. One who prevails over opposition or a weakness. It means to gain victory, win, conquer.

Right now you may not feel like an overcomer. But every overcomer started by looking at a mountain knowing that they had to climb it. Every overcomer starts with a problem they had to face and solve. Every winner started with a race that they had to run, and they had to start at the starting line. You are an overcomer facing a mountain. You are a racer at the starting line. You are in the beginning steps of being a winner, of being an overcomer.

I am going to ask you to do something that may sound silly (again). I want you to make some little signs that say I AM AN OVERCOMER. Put them around your room. Don't be afraid of what anybody says about you doing it, but do it anyway. Most people around you that see you do this will be glad to see you starting to feel this way, even if they kid you about it. Remember that the first step is getting to the starting line. Even if you don't feel like an overcomer at this moment, you will. Put the sign up anyway. Say it with me. You should know it by heart now. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 2

### Testimonies of Deliverance and Healing

One testimony that I especially want to share with you is my own testimony. God delivered me (set me free) from a bondage of drug abuse and alcoholism. I can't say that when I was saved I was instantly set free from those things. It took a little time for me to be set free. I have heard of others who were instantly delivered when they were saved. My deliverance came in a series of steps. One of the biggest step was when I received the Baptism of the Holy Ghost. It is a gift from God. You are filled up with His Spirit totally. For more information about this gift, please read my book, *The Story of Acts and the Baptism of the Holy Ghost*. It was the beginning of my deliverance. I can truly and honestly say that if I hadn't received this gift when I did I would not be alive. I would not have overcome and I would have died because I was to the point that without a change that would have happened.

It took me some time to be totally delivered. One thing that had to happen was that I had to be healed. Now healing is Biblical. We are promised healing in God's Word. When you think of healing, you automatically think of physical healing. But there is another kind of healing. For me to be able to receive God's love to the place where He could set me free, He had to heal me. I had gone through so much during what I call my "sin time". Some was self inflicted because of my alcoholism and addiction, but some was abuse I suffered at the hands of others because of my alcoholism and addictions. Because of all this, I couldn't let down my guard even to allow God to totally and fully come into my heart. I couldn't trust Him or trust anybody. This is what happens when you have gone through abuse. God continued to love me. He kept knocking at the door of my heart, and loved me, and knocked, and loved me more until I came to the place where I could fully and completely open my heart and allow Him in.

One of the things that He used was His Word. I kept reading scriptures about Gods love. I looked at Jesus in the scriptures and found what He was like and I knew that I could trust Him. I came to the place where I accepted His love for me, and that it was a while before I could do that. I had shielded my heart so long from being hurt that I shielded myself from love. When I opened my heart to His love, and I opened my heart to His Spirit, He was able to set me free. He was able to deliver me through His Word, and through His Spirit.

God made me new. He didn't do a "do-over", but He made me totally new. We read in 2 Corinthians 5:17, "Therefore if any man be in Christ He is a new creature (one translation says creation): old things are passed away; behold, all things are become new." That is what His Spirit and His Word can do. That is what a relationship with

Jesus can do. He raised up from the dead. Not even death can hold Him. He can raise you up and make you new.

I am convinced that if I had settled for the label of being an alcoholic (the label implies that you are forever an alcoholic) I would still be an alcoholic. Instead I accepted the label of being a child of God who was set free from my addictions. I accepted the label that told me that I was made new in Christ. The label that said old things are passed away. I accepted what God's Word said about me. I became what I believed. A new creation in Christ.

I want to share other testimonies from some of the students who have come to New Life. I won't share names just circumstances they went through and how God set them free.

One testimony is from a boy who had a lot of social anxiety. It would pair up with a serious stomach disorder and he wasn't able to function because of the two. He was almost home bound because of it all. He tried doctors and medical help, but was no better. They couldn't understand what was wrong. He tried counselors and that didn't help. Then He went to the Lord for help. He came to the place where he said, "I can't take this any more. I can't put up with this any longer." Sometimes we have to come to that place before we get help. Then he had to look to the only one who could deliver Him, who could set Him free. God completely and totally set Him free. Now when he thinks of the battle that he had, it is a memory of the past.

We have had several students who went through abuse . This is one particular testimony that I remember well. This boy had gone through much abuse from his dad when he was young. He got out of the situation, but the situation still trapped him. He was caught in PTSD. He wasn't able to trust anyone's love especially God's. He was at school here for several years before he was able to look to God for deliverance.

One of the things that he had to do to be set free from all of this was to forgive his dad. As long as he hated him, he couldn't be set free from him. That was a struggle but he learned how God can help you to forgive when you can't do it on your own. He was able to truly let it go when he forgave his Dad.

I remember when I told him that God could turn out for good everything he had been through. He looked mad as fire when I told him that. He couldn't even hear me say it. God healed him and delivered him, setting him free from everything to the point that he was able to agree. When God can take everything you've been through (even the worst things) and turn them around and use them for your good, then how can you lose.

We have had several students who were bullied. Bullying does something to you that binds you up inside from being able to see that there is good in you. Bullying robs you of your self esteem. I have watched God deliver many students setting them free from the bondage that bullying put against them. God loved all the hurt away and through His love they found a true self worth that comes from the knowledge that they are a child of God. When you look in the mirror and remember that Jesus is in you then that changes how you feel about yourself.

I pray that through these testimonies you can find hope and you can find true deliverance and healing that can only come from God. Coming up you will read more about some of the keys that unlocked these people. You can learn how to use them.

Say it with me. As you say it think about all the people down through time that God has helped to overcome things similar to your battle. Say it again. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

### Chapter 3 God's Love

We talked in chapter 1 about how you are not alone because there are bunches of people who have felt like you feel and think like you think. Also, we talked about how many of them have gone on to be overcomers, and so can you. There is another reason though that you can say you are not alone, the most important reason is because of God's love for you. Let's talk some about God's love.

The best place to find out about God's love is in the Bible. Don't you agree? Let's look at some verses that talk about God's love. One of my favorite books in the Bible that talk about God's love are what I call the "little Johns". There is the main book of John which is found in the beginning of the New Testament. It was written by John who was one of Jesus' disciples. He also wrote three little books of the Bible that are found near the back of the New Testament. That is why I call them the "little Johns". John knew Jesus almost better than a lot of the disciples. In all of the books he wrote, He talked a lot about God's love. But He did this especially in the "little Johns" books.

In First John 1:4 he told why he wrote these books. It says, "And these things write we unto you, that your joy may be full." When we understand God's love for us, it can make us have joy. And peace. And hope. First John 1 talks about how God is light. We can trust Him. There is no darkness in Him. We can have confidence that He will do what is right, because He is right. We can trust His love for us because of that. In first John Chapter 3 verses 1 we read, "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God...." First John 4:18 and 19 goes on to say this. "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him, because he first loved us."

In the Gospel of John near the beginning of the New Testament we read this that John wrote about God's love. John 3:16, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 15:13 tells us, "Greater love hath no man than this, that a man lay down his life for his friends." That is how we know how much God loves us. He sent His Son to die for us so that we could walk with Him. You see, we all sin. Jesus died so that we can be forgiven. There are some conditions to being God's children. First, to be one of God's children, we have to be saved. These are the steps to take to be saved. When we feel God drawing us to Him, we say yes. We open our hearts and our minds. We welcome Him to come into us, and to be the Lord of who we are and what we do. We commit ourselves to following Him.

When I lead people to the Lord in helping them pray to be saved, I often lead them to pray like this. “Jesus I know that you are God’s Son. I know that you died so that I could be saved. Lord, I ask you to forgive me of my sin. I ask you to come into my heart. I give my life to you. I want to do things your way not my way because that hasn’t worked out so very good. I make a commitment to follow you. I give my life to you.” We ask Him to do this, and He does. That is the first step in salvation. Then with all of our heart we begin to live for Him. That doesn’t mean that we will be perfect. But it means that with all of our heart we try. That is the beginning of really being able to feel God’s love. We can really feel it because He is in our hearts.

Here are some more verses about God’s love.

Jeremiah 31:3 “The LORD hath appeared of old unto me, saying. Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.”

Galatians 2:20 “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”

Ephesians 3:17-19 “That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God.”

How big is His love? What can separate you from it? Romans 8:35 and 37-39 tells us “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Nay, in all these things we are more than conquerors through Him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” This is a wonderful scripture.

I have walked with God for most of life. There was a time when I left His love and got carried away in to all kinds of foolishness that ruined my life. But when I went back to Him, I found His love to still be there for me. I have learned a lot about God’s love through the years both from my experience and from watching His love for others. There is no other love like it. It is the kind of love that will catch you up from destruction when you are running toward it. It is the kind of love that will stand you up on your feet when you are laying flat on the ground with no hope. It is the kind of love that will keep you through whatever battles you face and you know without a doubt that



you will be OK because God is with you. It is the kind of love that picks you up when you've fallen to pieces, and it will piece you together again. It is a love that you can rely on. You can trust it even when sometimes you don't understand what is going on. I can say just like Paul said in Romans, I am persuaded that nothing "shall be able to separate us from the love of God, which is in Christ Jesus our Lord." That is as long as we walk in it, and don't separate ourselves away. God is love. And it is a mighty, mighty, mighty awesome kind of love that is guaranteed to change you.

When you begin to seek this love, God promises that you will find it. Matthew 7:7-8 says, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Grab onto it and don't let go. God won't let go of you.

Say it with me one more time. Think of God's love for you as you say it. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 4

### What Are My First Steps

Any time you start toward something new, the important thing to find out first is how to start. This thing is like a journey. You won't arrive overnight. It will take a while to get things sorted out. The point is that you have to start. There is a saying that little hinges open up big doors. Some of the biggest doors swing open on little hinges. It is like that in life, and in God. When we start by doing what we can do, then that will open big doors. Life is a journey. When we start heading in a certain direction, that makes all the difference in the world. We can't get there, if we don't start. So in this chapter we are going to talk about how to start.

Here are some first steps to take:

1. You have to start by admitting that there is a problem. Sometimes if we just hide our head down in the sand, we won't admit to ourselves that there is anything going on with us. We have to admit that there is a problem to be able to head toward fixing the problem. But there is a right and a wrong way to do that. We have to admit it, but we can't drown in it when we admit it.
2. Then when we admit the problem, we need to realize that there is a way to overcome. We need to know that with God we can overcome this.
3. We have to know that we want to change the way that we are and we have to know that we want to change our circumstances. Some people get comfortable in how they are no matter how miserable they are. Deep down, they don't want to change. Maybe they like the attention they get by being how they are. Maybe they are too scared to want to change because deep down in their heart they think that there is no hope for them. Maybe they are just too tired to change. We can't get stuck in those sorts of things. We have to know that we know that we know that we know that we want to change. We have to know that we are tired of the way things are.
4. Be willing to accept help. There are people around you who love you and who are trying to reach out to you. Most of all you have to admit that you need God's help. The people around you can only help you so much. If you really want out of the place where you are, it will take God's help.
5. I hear people say all the time that they pray to God to help them a lot, but nothing changes. But when they talk, it doesn't take long to see the problem. They want it their way.

They want God's help, but only if they can continue doing things that are wrong and only if they can continue to have their own way. They want God's help only if they can continue to be the master of their world. If you really want help, then you need to let God lead you out of the place where you are. It will take being willing to do it His way instead of your way. This verse talks some about this. Proverbs 3:5-6 says "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." God knows how to lead you out. Trust in Him and do it His way. He can help you do that when you can't do it by yourself. Step by step, one day at a time, He will lead you out. Just be willing to take each step as He leads you.

6. Go to the right counselor. So many people get confused and all mixed up because they go to the wrong people for advise. Don't get advise from someone whose life is a mess. Get advise from people who know God and who have let Him lead them up and out of the place where you are. Go to God's Word for advise. The Bible is the best source of help we can find. Jesus is a great counselor. How do I know? Because I read in the New Testament in Matthew, Mark, Luke, and John about how He counseled the people. I read the things He said, and how people's lives were changed. I read about His love for us as our Good Shepherd. The totally cool thing about that is that He is still there, just a prayer away, to be your counselor. Isaiah 9:6 says, "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace." Jesus is the main counselor who can bring you peace.

The Spirit of God is also a counselor. In 2 Corinthians 1:3-4 we read "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God." God's Spirit can not only comfort us but it can also set us free.

7. The most important step is to stop running away from the things that can help you, and instead trust them enough to start heading in that direction, even if you don't know how to. Just start in that direction. Just take a few steps. Remember that little hinges swing big doors.

8. We talked about one big key in all the chapters before this. Say this with me one more time. As you say it, by faith see yourself overcoming. One of the things that really helped me when I was overcoming my past was that God gave me little glimpses

of what I would one day be and what I would one day do for Him. That encouraged my faith.

Ask Him to give you glimpses of what you will one day be and do. Refuse to accept anything else except for what He has shown you. How can you do that? You can do that because that is the truth. You can take God at His Word. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 5

### Make Up Your Mind

The Bible tells us that a double minded man is unstable in all His ways. The only way to really get started on any journey is to make up your mind that you know that you know that you know that you want to go. Don't be so afraid that you can't do what will be required of you that you don't start. I have a lot of kids that have math anxiety. You mention math and the word makes them so scared they can't think straight. They are so scared of it that they can't do it. What does that have to do with you starting on this journey? You can't be so scared of going that you fail before you start. That is easy to do. If it seems like all you have seen are so many failures, you might get scared at the mention of being able to take this journey.

How can you stop from feeling that way? Just remember that you aren't taking this trip on your own. Talk to God about it. Hear what He has to say. If you are willing to commit yourself to Him, and listen to Him and obey Him, then He will walk with you. This changes the outcome of things entirely. You aren't starting out this journey trusting in yourself, or even by trusting in the people around you, but you are starting this journey by walking with God, by trusting in Him, not by trusting in yourself. If you let Him write the next chapter of your life, you will be amazed at how your story will end.

Knowing all this will help you to be able to make up your mind. So will reading the Bible. The Bible is filled with all kinds of accounts of how God has helped people. You will see yourself in many of them. Trust God's Word. It won't lead you wrong especially when His Spirit writes it in your heart, helping you to understand it. Also, read the stories in the earlier chapter about how God helped those people. Remember, what He did for them, He will do for you. Get determined to stand with Him until you see those same changes in your life. And when you gain a higher ground in Him, hold on and don't let anyone or anything take it from you. Stand your ground. Galatians 5:1 says, "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."

It may feel strange at first thinking good things, and believing in hope that you can change. Hold to every drop of hope that you receive. Keep on pushing onward and up. You are an overcomer. Yes, you. You are. Say it again with me. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## **Chapter 6. God's Word**

We have talked a lot about the Bible and how it can help us. Let's spend a whole chapter about this. The Bible is God's Word. Psalms 119:89 says, "For ever, O LORD, thy word is settled in heaven." When people wrote the Bible, He told them what to write. When you study the Bible, you really see this. It isn't just a great religious book. It is God's Word to us to help us, guide us, build our faith, strengthen us to live for Him, and to give us hope. Nothing can help you more. Billions and billions of people down through time have found comfort, hope, joy, and love in those pages. So can you. But you can't if you don't read it.

The Bible is filled with promises that can help you through times when you are afraid, times when you feel all alone, times when you feel there is no hope, times when you need comfort, times when you face death, times when you are depressed, times when you can't see anything good. In other words, there is something in the Bible to help you to be able to face whatever it is that you are facing.

I can remember when I was working at a Teen Challenge which was a home for people to go to who had pretty much exhausted every help that they could find. They were out of options, and many times out of hope. That home had a rule that every bit of counseling that we did had to come straight from the Bible. When I heard that I thought to myself, how can that be? How can these young people who have gone through all kinds of stuff that could only be called modern things, how could they find help in the Bible? When I really started getting into that, I quickly saw that there was an answer in the Bible for everything that people go through, and there are no new modern things. There really isn't any new thing at all. The same problems that the people had in the Old Testament and the same problems that people had in the New Testament, and the same problems that people today have. There is just a little difference. The same Word, God's Word, has helped them all, and will help us until we go to be with Him.

I have attached to the end of this book another book that I put together called *God's Promise Book*. It is a list of problems that we face, and verses from the Bible to help us through those things. For example verses when we are afraid. Verses for when we are depressed. Verses for when we need comfort. Verses for when we need healing. Verses for when we need guidance, when we need strength, when we need peace, when we need hope, when we need joy, when we are doubting God, when we need encouragement, and bunches and bunches and bunches of more things.

You can read God's Word and remember that you are an overcomer. Say it with me, "I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but I am taking steps to make this my past. I am an overcomer." If you don't believe me, believe God. He says it best in 1 John 4:4, "Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."

So next time when you start with the toilet thinking (remember we talked about that before. It is the kind of thinking where you just start swirling around with negative junk thinking until you just sort of flush yourself down the toilet) stop and think about these promises in 'God's Word. Stop and think about how God says that you are an overcomer. Stop and think about how God tells in His Word that you are loved, that you are precious to Him. Stop and remember that you are an overcomer, not a loser. And remember who says all this. God does. Say it one more time again with me. Think about all the promises that you can find in God's Word. Believe in God's Word as you say this. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 7

### Center Yourself in Something Besides Yourself

One of the things that really makes it hard when we are going through something is that when we are going through things we tend to out of self preservation get centered and focused on us and on our problems. Often we hyper-focus on these. That only makes things worse. It is sort of like we get out a huge magnifying glass and go over and over and over and over all the details of what is going on with us, what we are facing, and all details of every failure. All this only makes the problem much bigger. We need to stop focusing on ourselves and start focusing on other things.

We have already talked about how focusing on God's Word will help us to step out of this time and into victory. I have asked a lot of kids to write down the things that are bothering them. I tell them to take these things out one at a time and write them down. Then I tell them to go through the *Promise Book* that I mentioned earlier (the one at the back of this book). They have to write down a scripture for each of the things that is bothering them. This really helps. It is like they change their focus from their problem to the victory for that problem.

Another thing that we can do to change our focus is to pray. Prayer is a very, very, very powerful thing to do. I have people tell me, "All I can do is pray." That is definitely not a little thing, but is a great thing to do. Prayer takes the focus off of our problems and causes us to focus on God, the answer to all our problems. The more we pray, the more our faith will grow. When you begin to see God answering our prayers, then your faith will grow

Another thing that will change your focus is to praise God. We praise God when we tell Him how we love Him, and we honor Him. When I praise the Lord, sometimes all I can say is Hallelujah. That is a wonderful word. There is only one word that is a universal word in all languages. It is Hallelujah. It means God be Praised. An expression of rejoicing. In every language in the world it means the same thing. That is so cool to me. What a God we serve, that there is one Word to praise Him with that is the same in all languages. Focus on how wonderful God is. Then remember that He is in you. That will help you with how you see yourself. Let your focus be on Him.

Another thing that you can focus on beside yourself is others who may be going through what you are going through. Helping them out of the place where they are can help you get out as well. Just be careful not to pull them further down. And be careful that they don't pull you down.



You can be a light to others. Especially if you have God in you, and you have His Word. You can help them in ways you may not even realize you are doing, because He is reaching out to them through you.

Say it again with me. Praise God as you say it. Thank Him for how He is helping you to become new. Praise Him for His love and His Word that is working in you to set you free. Say it again. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 8

### Untying the Knots

Sometimes we start to feel so overwhelmed that we can't deal with everything. We react to this in many different ways. Sometimes we just shut down in depression. Sometimes we get so hyper focused on everything which causes everything to look even bigger than it is. Or sometimes we have panic attacks because it is all so big. Or we hide away in addiction, or we hide away in other ways like in gaming. We do whatever we can not to have to deal with things. We get so overwhelmed with it all that we just don't want to deal with it. You may have found yourself doing one or more of these things.

When we feel that way, there is Good News. We can untangle ourselves from this with God's help. When I say untangle I mean just that. We can untie the knots. When we get this way, we can't see what is bothering us. It is just a big knot of things that are all jumbled up together. It is like a huge ball of things all knotted up together and because of that it looks really big. Here is some advice that will help you. When this happens, you can untangle it all by doing one simple thing. Start untangling it. If you untangle things one at a time, before long you will find that it really isn't that big at all, and you can deal with it then.

One way to start untying the knots and loosening up the ball of stuff that is choking the life out of you is to start looking at each thing one at a time. Deal with each thing one at a time. I had a student do this not long ago. She was feeling so overwhelmed. I had her to sit down and write about the things that were bothering her. She was to take them one at a time. Each day deal with just one. She was to write about the one thing for that day. How it made her feel, and how it bothered her. For example, she started facing her fears. She had some pretty serious fears, and I remember that one of the main ones was fearing the end of the world. Each day when she dealt with that fear, she looked in the *Promise Book* that I mentioned earlier (the book that listed verses for things that we go through that I have put it at the end of this book). She wrote down the promises that God makes, especially verses that talked about overcoming fear. When she felt that fear start, instead of just giving in to it, she recited the verses. Verses like this one in 2 Timothy 1:7, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." This was a first step in getting free from lots of things. Each day she took a different thing that was binding her up and getting her down and she untangled it from the knot. Before long, there was nothing left. And remember that before she started doing this it was a huge ball that was taking her out and down.

I know one young person who had a terrible time with social anxiety. She wrote the abbreviation for the reference for a verse that really helped her on her knuckles. The scripture was in Philippians 4:6-7, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” She wrote P467 on her knuckles to remind her of this promise. Then when she felt anxious, she would look at this, and think of this promise, and it stopped her from being anxious. God’s Word has power to work in our life. She still has a little bit of a problem with this, but she has overcome it so much that she has been to huge conferences that her church organization has held for young people. She not only went, but she also received a lot from God at those conferences. God can set you free.

So try this. Start thinking about the things that bother you. Don’t let your mind get in a huge rush where it just won’t shut up thinking about all the things that are getting you down. Just take them one at a time, one day at a time. Write the one thing down. Find a verse that helps you with that one thing. Write it down. Pray about this one thing that you are dealing with that day. Ask God if there is something that you need to do. A lot of times we will have problems with something because we aren’t doing what we need to do. Maybe we have a problem with someone who has something against us. God may deal with our heart telling us that we need to go to that person and ask them for forgiveness. If they don’t, we can still get our release because we obeyed God and asked. It may be something that we need to do to take care of a situation. Pray and ask God what to do about that thing. Do it and then put it in God’s hands, release it to Him. If there is nothing that God leads you to do about that thing, then all you can do is pray and give it to God. Release it to Him. Give it to Him. Then later when the devil tries to point out that you have such a problem with this thing (and you may as well know he will do that) then you can tell Him, “This is no longer my battle. I gave it to God.”

Sometimes it is hard to give something to God, to release it to Him. One thing that I do is to picture God’s huge hands coming down and taking this thing that is bothering me so much. I picture Him taking it from me, and I let go of it. I let go of the worries and fear about this thing. I know that it will be taken care of. Sometimes to represent all of this so that my stubborn brain will get the idea, I will write the thing that is bothering me on a piece of paper. I will pray and ask God to take this thing. Then I will picture Him reaching down and getting it. Then I will tear up that paper into little pieces to represent that it is done, gone, God has it. I have a saying, “God’s got this”. When I start to worry or be afraid about that thing again, I will just say, “God’s got this”.

Then on the next day, look at something else that is bothering you. Take that knot of things one thing at a time and un-knot them. You will find that they aren’t as big or as

bad as you thought they were when you deal with them one at a time. Then one day you will find that the load is gone and the knots are untied because God has done that work in you. You have untied the knots. You may start getting more, but when you do, you know now how to deal with them to keep them from knotting up.

This is a big step in being an overcomer. To overcome, you can't just hide away, run away, or ignore the big knot that is in you. With God's help, you can face each one thing, one at a time, and overcome it. Say it again with me. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.*** Say it one more time and believe it because it is true. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## **Chapter 9**

### **Listening to the Right Music**

When you start to overcome, it is so important that you listen to the right music, that you tune in to the right radio station. I am talking about more than just the music you listen to (but that is important too). I am talking about hearing the right messages, hearing the right things that will lift you up, and not get you down. Have you ever noticed that there are some people that you can get around who lift you up, who encourage you, who encourage your faith in God, who encourage you to be an overcomer just by how they are and how they talk. Maybe it is because they are overcomers themselves. Then there are some people that only play gloomy music out of their mouth. They are the ones that tell you that you will never amount to anything. They tell you that you can't change. They are the ones that tell you that all of that God junk is just nonsense. They are the ones that tell you that there is no real God, no one true religion. They are the ones that will tell you it is OK to do whatever you want to no matter what the consequences are of that thing. They are the ones who don't know God. Be careful not to tune into their station.

Then there are the people that play this broadcast out of their mouth. See if you know anyone like this. All they can talk about is negative things. They talk about how bad things are and they talk about how they will never get any better. They are so negative. They can have only one small thing wrong, but that is what they dwell on. Don't let the people who broadcast on this channel get you down. And whatever you do, don't let this be the channel you broadcast on.

We all broadcast a radio station, and we each play our own music to others. Be sure that you don't tune into someone's station who is broadcasting things that will only destroy you or get you down. Don't even tune into those kind of stations that mess with your faith. When you do, then spend time talking with God, or someone who knows Him, or spend time in His Word and praying. That will undo all the negative caused by getting around those people.

The other side of this is that you broadcast the right kind of music from your channel. Broadcast God's message of faith to those around you who may be struggling just to make it. Broadcast hope and peace and joy that comes from knowing God. You may not have it all together, but you are traveling in the right direction. Because of this you have no idea of what an impact you can have on those around you. Especially since God is in your heart and mind, and He can use you to say just the right thing at the right time to lift someone up. You can say just the right prayer at the right moment to make someone's battle a little easier. You can point someone in the direction of victory.

We never know the impact that we can have on others. We may never know ourselves, but that isn't the part that matters.

What if people just won't listen to what you are broadcasting? I was one of those people who violently opposed anyone who tried to witness to me about God. You see, I really wanted to have the victory that God brings to our lives, but I was scared to death that it wouldn't work for me. So I acted the opposite of what I felt. I acted like I hated everything about God. When people tried to witness to me, I would just shut them down. But God kept reaching out to me, and He kept knocking on my door. Finally I made that commitment. So how does that apply to you? Keep praying, keep talking, keep witnessing to them about the Lord, keep knocking, keep broadcasting. You really can't tell by how someone acts whether they are really listening or not.

There is something that I want to talk about there. That is the other kind of music. The natural kind of music that we listen to. Whether it is rock, rap, country, or whatever kind of music that you listen to. God created music. It opens a window straight into our soul. Think about it for a minute? Why do you listen to music? Because you like how you feel when you listen to it. You can't listen to music, and not open up your heart to what you are listening to. The devil knows this. The devil used to be one of God's chief angels. He tried to take over heaven, and led a group of angels against God. That didn't turn out too well for him. Now he has nothing but an outlook of sure defeat ahead of him. The Bible tells us that his job in heaven before he was thrown out was music. He knows how to use music to get us down. It is one of his most powerful tools to destroy God's children. He hates us and wants to destroy us. Praise God though, we know who is mightier, and we know that we don't have to fear the devil.

So how does the devil use music? There are a lot of people out there making music who purposefully worship and follow him. Here is an example. I knew someone who worked at a civic center. He told us that for some of these groups the civic center would have to open early to let the group in because they would have a seance, a little devil worship service so that the devil would come be a part of their music. Also, there are groups who purposefully thrive on the control that they have over the minds of others, especially over young people's minds. That get off on that thrill. So they purposefully include in their lyrics such things as "cut yourself, cut yourself, cut yourselves, do it again and again" as part of their lyrics. I remember one young person who was listening to all the wrong kind of music. He listened constantly and even slept at night with head phones on. He tried to commit suicide. He went to a treatment center, and the diagnosis they gave him was that the music he was listening to created the problem he was having. We don't need to mess around with the wrong kinds of music.

Sometimes the people singing the songs are just messes themselves. Maybe they are addicted, or just drunks, or hooked on a life style that is such a mess. Then their songs talk about the messes that they are in. When we listen to that kind of stuff over and over all that lodges in our mind and in our spirit. We take all that in.

I can say that music has always been important to me from the time I was small. I guess because God was going to use me in music to reach others. I loved it all. My favorite was acid tripping music because at that time that was what I was doing. Every time we were together partying, we would have our music going. When I first got saved, God told me to stop listening to any kind of music except Gospel music, music that was about Him. I can truly say that it was really hard to do. I didn't know much about any other kind of music. But I can also truly say that if I hadn't given up my old music, I would have never found God's music in my life. I mean this in more ways than just the music you listen to. Until I gave up my music, I wasn't able to give up my old way of life for real. Think about this. Isn't it time you switch over to God's music? It is the music of overcomers not of losers.

So what are you listening to from the people who are broadcasting to you? Are you hearing the sound of overcoming. Tune out the music that people broadcast from their stations that can only get you down. Be sure to broadcast the right kind of song from your station. Broadcast things that lift up those around you. Broadcast the music of overcomers. You know what I am about to say next. Say it again with me. Say it then refuse to accept anything else except for what this says. If anybody says that this isn't true, don't listen to that channel. Why pay attention to lies? Say it again. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***



## Chapter 10

### Listening to Labels

Sometimes people can put labels on us, and if we aren't careful those labels can define who we are. And that is so wrong, and even dangerous. Just for one example, I'll use Bipolar. It is a label that counselors and doctors frequently put on people. I guess you could sort of say it is a catch all. If you have been labeled as bipolar, there are a couple of ways that you can go with that. You can settle for that diagnosis and accept it as a fact. You can even become comfortable wearing that label. It becomes a part of you so that you no longer see yourself as the individual God made you to be, but you see yourself simply as bipolar. Or when you hear it you can say, "In the name of Jesus, I don't accept that label." Then you can go to God to receive healing and deliverance from that. You don't settle in and get comfortable, but you refuse to accept it.

I want to give you an example of what I am talking about. Suzanne, our ministries' Executive Administrator had this happen to her when she was young. She was in a serious bicycle wreck. It knocked her front teeth out and the nerves were hanging out exposed. She was in a lot of pain. They told her Dad that she had also broken her arm. Her dad told them, "I refuse to accept that. She is going through enough without that." The doctor answered him, "I assure that it is broken. We saw it plainly on the X-ray." Her Dad told the doctor, "It doesn't matter what you saw there, I refuse to accept it." He was saying that he didn't receive it. He didn't accept it. He refused to see anything except for healing. He wasn't allowing the doctor to put the label of "broken" on her arm.

He insisted that the doctor do another X-ray. The doctor came back and told him, "I am not sure what happened. We definitely saw a break in her arm. But that break is not there any longer." Her Dad knew what had happened. God had healed it. Why? Because he stepped out in faith and refused to accept the diagnosis with the knowledge that God would heal it.

Here is another example. This is from my testimony that I gave in an earlier chapter. I am putting it again here. I was an alcoholic. I am convinced that if I had settled for the label of being an alcoholic (that is the label that implies that you are forever an alcoholic) I would still be an alcoholic. Instead I accepted the label of being a child of God who was set free from my addictions. I accepted the label that told me that I was made new in Christ. I settled for the label that said that old things are passed away. I accepted what God's Word said about me. I became what I believed.



We can't accept a label and get comfortable with it. We can't allow labels to make us feel broken. Some labels by their nature make you feel hopeless and they imply a permanent condition. Just remember. God can undo a label. God can heal you and set you free from those things. As long as you refuse to let that label become a part of you. You know what I am about to say next. Say it again with me. What is the only label that you need to receive as true? The label of being an overcomer. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## **Chapter 11. About Healing**

I want to share with you more about healing. As I mentioned earlier, there are two types of healing. I have had the Lord to heal my body many, many times doing miraculous healings that only could have come from God. But the most miraculous times that He has healed me is when He healed my heart. He healed me from the inside out. Here are some scriptures about healing.

Isaiah 53:5 tells us, “But He (Jesus) was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.”

Luke 4:18 tells us, “The Spirit of the Lord is upon Me (Jesus), because He hath anointed Me to preach the gospel to the poor; He hath sent me to heal the broken-hearted, to preach deliverance of the captives, and recovering of sight to the blind, to set at liberty them that are bruised.”

Proverbs 4:22 tells us, “For They (God’s Words) are life unto those that find them, and health to all their flesh.”

Jeremiah 30:17 tells us, “For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord...”

Jeremiah 17:14 tells us, “Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise.”

Exodus 15:26 tells us, “...If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandment, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee.”

Psalms 91:16 tells us, “With long life will I satisfy him, and shew him my salvation.

Isaiah 65:22 tells us, “They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands.”

Here below I have written scriptures that talk about some of the healings that Jesus did while He was on earth. Read them. I haven’t written out each scripture.

You'll have to look them up. It will be really really worth it to take time to do that. There is strength in God's Word. It is the only book that you can read that can build your faith in the powerful way that it can.

Matthew 8:14-15, Matthew 8:2-4, Matthew 9:2-8, Matthew 12:9-13, Matthew 12:15, Matthew 12:22, Matthew 8:28-34, Matthew 9:23-26, Matthew 9:27-34, Matthew 9:27-32, Matthew 15:22-28, Matthew 20:29-34.

You know what I am about to say next. When God heals you and delivers you, when He fills you up with His Spirit you will overcome. Say it again with me. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God's help I am taking steps to make this my past. I am an overcomer.***

## Chapter 12 About Deliverance

The definition of deliverance is the act of being released or set free. Throughout this little book you have seen testimonies of what that means and you have examples of what it means to be delivered. We have talked a lot through this book about how God can set you free. In this chapter, I want to share with you some scriptures about deliverance.

Psalms 32:7, 10-11, “Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah. I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Be ye not as the horse or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee. Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about. Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.”

Psalms 34:17-19, “The righteous cry, and the LORD heareth, and delivereth them out of all their troubles. The LORD is nigh unto them that are of a broken heart; and save them such as be of a contrite spirit. Many are the afflictions of the righteous: but the LORD delivereth him out of them all.”

2 Samuel 2:22, “And he said The LORD is my rock, and my fortress, and my deliverer.”

Psalms 40:17, “But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God.” God will be our help.

James 4:7, “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

Psalms 107:20, “He sent his word, and healed them, and delivered them from their destructions.”

Psalms 40:2-3, “He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God: many shall see *it*, and fear, and shall trust in the Lord.”

2 Timothy 4:17-18, “Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall deliver me from every evil work, and will preserve *me* unto his heavenly kingdom: to whom be glory for ever and ever. Amen.”

You know what I am about to say next. When God heals you and delivers you, when He fills you up with His Spirit you will overcome. Say it again with me. ***I am an overcomer. This thing that I am going through now is turning into something that will cause me to be stronger, to find a greater faith, and one day I will be able to help others because I have been through this. These things that I am going through, this place where I am now is not my future, but with God’s help I am taking steps to make this my past. I am an overcomer.***

## **Closing**

This concludes this section of the book. There is more to come. The next section will give you counseling for specific issues. Continue on.

Counseling  
For  
Specific Issues

## Opening

This section of the book is online. It is written by Harvestime Institute. They have a counseling program for college students. It teaches students how to counsel. However, they also include advise to help people through certain issues. It also includes scripture to help you overcome the issues you are facing.

These classes are found at [harvestime.org](http://harvestime.org). Scroll down the page and click on the Biblical Counseling Database. Scroll down to the bottom of the page. Near the left you'll see [Click here to access the \*Topical Index\* of the database.](#)

When you click to this index, you will see there different emotional issues, situations that you have gone through, plus many other categories.

Here are some categories that we recommend. If you have not faced certain ones, then you don't have to do those issues. When you do each category, then take notes by writing down 7 things from each category that will help you. Some of the topics are shorter so if you can't find 7 things, then do what you can. To help you to keep your place always label the section on your paper. For example label the section about abuse as Abuse. Then in pencil check off this list here in the book but be sure to erase it when you are done.

- \_\_\_\_\_ Abuse
- \_\_\_\_\_ Addiction
- \_\_\_\_\_ Alcoholism
- \_\_\_\_\_ Anxiety and Worry
- \_\_\_\_\_ Assurance- helps you find God's assurance

- \_\_\_\_\_ Bitterness
- \_\_\_\_\_ Compulsiveness -lacking self control
- \_\_\_\_\_ Death
- \_\_\_\_\_ Depression
- \_\_\_\_\_ Doubt
- \_\_\_\_\_ Eating Disorders
- \_\_\_\_\_ Dealing With Failure
- \_\_\_\_\_ Increasing your Faith
- \_\_\_\_\_ Grief
- \_\_\_\_\_ Homosexuality
- \_\_\_\_\_ Hopelessness
- \_\_\_\_\_ Incest
- \_\_\_\_\_ Inferiority (feeling inferior)
- \_\_\_\_\_ Loneliness
- \_\_\_\_\_ Mental illness
- \_\_\_\_\_ Peace (Finding Peace)
- \_\_\_\_\_ Prayer (The Power of Prayer)
- \_\_\_\_\_ Rebellion
- \_\_\_\_\_ Rejection (Dealing With Rejection and Abandonment)
- \_\_\_\_\_ Sexuality
- \_\_\_\_\_ Suicide
- \_\_\_\_\_ Temptations
- \_\_\_\_\_ Trust Issues
- \_\_\_\_\_ Values
- \_\_\_\_\_ Wisdom



***This is another part of this book. It is scriptures that will help you through different situations. In the categories of things that will help you personally, write down the scripture references in those areas.***



## **Promises From God's Word**

**The next section of this book is called Promises From God's Word.**

It will really help you. For example when you have problems with depression look up depression in the book and read the verses that will help you overcome depression. Maybe you are having issues with anxiety. Look up anxiety and read verses that will help you overcome anxiety.

*There are a lot of different areas that you can find scriptures here that will help you. See the Index for the different topics.*

## Promises from God's Word

### *Scriptures to Guide and Encourage You*

*These verses are wonderful. For example if you are having trouble with fear, look up the scriptures that are under fear. If you have trouble with depression, look up verses that deal with depression. God's Word will help you to overcome whatever it is that you are going through.*

*Here is a list of the topics that are covered.*

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**When we are in need of abundance, for our physical or for our spiritual needs. God promises abundance, more than enough for both:**

In John 10:10 Jesus promises that He comes to give us an abundant life full of good things.  
*The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*

In 2 Corinthians 9:8, we are promised that God will give us grace to be able to be sufficient in all things needed to do good works for Him.  
*And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work*

Ephesians 3:20 promises us that God is able to do way more than what we ask or even think according to His power that works in us.  
*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.*

Philippians 4:19 promises that He will supply all our needs according to His riches not just on earth, but His riches in glory. These are given to us through Jesus.  
*But my God shall supply all your need according to his riches in glory by Christ Jesus.*

\*\*\*\*\*

**When you need answers:**

Psalms 91:15 promises that when we call on God, He will answer:  
*He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him. With long life will I satisfy him, and shew him my salvation.*

Isaiah 58:9 promises us that if we will take the yokes off us (take off the things that bind us keeping us away from God), then he will answer when we cry:  
*Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity.*

Isaiah 65:24 promises that before we call He will answer:  
*And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.*

Luke: 11:9-10 promises that when we seek the Lord and His Spirit we will find them:

*And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.*

John 15:7 promises us that when our life is in God, if He is the center of our life and His Word abides in us, He will answer us and what we ask will be done.

*If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.*

\*\*\*\*\*

### **When we need spiritual armor to guard us against the enemy, the devil:**

Romans 13:12 promises that when the devil is making things dark, we can have armor of light that protects us:

*The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.*

Ephesians 6:11-17 promises us that we have the whole armor of God:

*Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, where with ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.*

\*\*\*\*\*

### **When you need comfort:**

Isaiah 66:13 promises that God will comfort you:

*As one whom his mother comforteth, so will I comfort you...*

Luke 7:13 promises that Jesus has compassion (tender care) for those who are in need of comfort:

*And when the Lord saw her, he had compassion on her, and said unto her, Weep not.*

John 14:1 promises God will not leave us without comfort:

*Let not your heart be troubled: ye believe in God, believe also in me*



2 Corinthians 1:3 promises that God is a God of comfort who will comfort us so that we can comfort others:

*Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.*

\*\*\*\*\*

### **When you are feeling confused:**

1 Corinthians 14:33 tells us that God is not the author of confusion. We know by this that satan is trying to defeat us, and we can bind the enemy when we feel His confusion:

*For God is not the author of confusion, but of peace, as in all churches of the saints.*

Proverbs 3:5-6 tells us that if we trust in the Lord with all our heart, and let Him direct our paths, we won't be confused:

*Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.*

Isaiah 30:21 tells us to obey God and we won't be confused:

*And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.*

Philippians 4:6-9 tells us a way to avoid the confusion that comes from being so stressed out that you are in a state of confusion:

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

*Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.*

\*\*\*\*\*

### **When you are feeling condemned:**

Romans 8:1 promises us that if we walk after the Spirit and we are in Jesus, then we will not have condemnation:

*There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

II Corinthians 5:17 promises that old things are passed away:

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*

John 3:17-18 promises us that God sent His son to forgive, not to condemn us:

*For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.*

Isaiah 55:7 promises that if we forsake our wickedness, and our unrighteousness, God will abundantly pardon us:

*Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.*

\*\*\*\*\*

### **When you are convicted, when God is letting you know that you have done wrong:**

Psalm 40:12-13 says how David felt when he was convicted, and what he asked of God:

*For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me. Be pleased, O LORD, to deliver me: O LORD, make haste to help me.*

Psalms 51:1-3 and 7-14 tells what we should do when we are convicted:

*Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee. Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips; and my mouth shall shew forth thy praise. For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.*

\*\*\*\*\*

### **When we need confidence:**

Philippians 4:13 promises us that through Christ we can do everything:

*I can do all things through Christ, which strengtheneth me.*

Hebrews 10:35 tells us not to throw away our confidence:  
*Cast not away therefore your confidence, which hath great recompence of reward.*

1 John 5:14 promises we can have confidence in our prayers:  
*And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us.*

2 Corinthians 7:16 promises we can have confidence through Christ:  
*I rejoice therefore that I have confidence in you in all things.*

\*\*\*\*\*

### **When we need counseling:**

Psalm 16:7 promises that God will counsel us:  
*I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons.*

Psalm 73:24 promises that God's counsel will lead us to heaven:  
*Thou shalt guide me with thy counsel, and afterward receive me to glory.*

Isaiah 28:29 promises that God is an excellent counselor:  
*This also cometh forth from the LORD of hosts, which is wonderful in counsel, and excellent in working.*

\*\*\*\*\*

### **When we need courage:**

Deuteronomy 31:6 promises us that God will go with us and give us courage:  
*Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.*

Ezra 10:4 tells us to be of good courage and do whatever it is that God tells us to do:  
*Arise; for this matter belongeth unto thee: we also will be with thee: be of good courage, and do it.*

Psalm 27:14 promises courage:  
*Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.*

Psalm 31:24 promises courage, hope, and strength:

*Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.*

\*\*\*\*\*

### **When you feel like darkness is all around you:**

Matthew 6:23 tells us that darkness can come around us because we are letting so many things into our life that we crowd out God:

*But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!*

John 3:19 tells us that sometimes darkness is around us because we choose to have sin, and the world's darkness instead of God's light:

*And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.*

Psalm 82:5 tells us that sometimes darkness is around us because we are ignorant of God's light and how to walk in it:

*They know not, neither will they understand; they walk on in darkness: all the foundations of the earth are out of course.*

Matthew 5:14 promises that not only can we

have light but we can also be a light to the world:

*Ye are the light of the world. A city that is set on an hill cannot be hid.*

John 12:35 tells us that we can have light when we walk with Jesus:

*Then Jesus said unto them, Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in darkness knoweth not whither he goeth.*

Ephesians 5:14 promises that Christ will give you light:

*Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.*

\*\*\*\*\*

### **When we face death:**

Psalms 23:4 promises us we don't have to be afraid:

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*

Psalms 116:15 promises us that the details of our death are precious to the Lord:  
*Precious in the sight of the LORD is the death of his saints.*

Proverbs 14:32 promises us hope in our death:  
*The wicked is driven away in his wickedness: but the righteous hath hope in his death.*

Romans 14:8 promises us that we need to remember that we are the Lords:  
*For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord's.*

Philippians 1:20-21 says that death is gain:  
*According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death. For to me to live is Christ, and to die is gain.*

Hebrews 11:13-16 promises us that we will receive God's promises when we die:  
*These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth. For they that say such things declare plainly that they seek a country. And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned. But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city.*

\*\*\*\*\*

### **When you need deliverance, need to be set free from things that would destroy you:**

Psalms 91:3 promises deliverance from things that try to destroy you:  
*Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.*

2 Timothy 4:18 promises deliverance when people try to do evil things against you:  
*And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.*

Isaiah 46:4 promises He will deliver:  
*And even to your old age I am he; and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you.*

Hebrews 2:15 *And deliver them who through  
fear of death were all their lifetime subject to bondage.*

2 Corinthians 1:10

*Who delivered us from so great a death, and doth deliver: in whom we trust that he will yet deliver us.*

\*\*\*\*\*

**When you are depressed:**

Psalm 30:5 promises that we don't have to continue in mourning but God promises joy:

*For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.*

Isaiah 61:3 promises that God will give us joy for mourning:

*To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.*

2 Corinthians 1:3-4 promises comfort so that we comfort others:

*Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.*

Philippians 4:7-8 promises that we can have joy if we concentrate on certain things:

*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

Psalms 147:3 promises healing for our hearts:

*He healeth the broken in heart, and bindeth up their wounds.*

Luke 18:1 promises that prayer helps us not to lose heart:

*And he spake a parable unto them to this end, that men ought always to pray, and not to faint.*

Nehemiah 8:10 promises the joy of the Lord will be our strength:

*Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our LORD: neither be ye sorry; for the joy of the LORD is your strength.*

Isaiah 51:11 promises that sorrow will flee away:

*Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy shall be upon their head: they shall obtain gladness and joy; and sorrow and mourning shall flee away.*

\*\*\*\*\*

### **When you feel discouraged:**

Isaiah 41:13 promises that God will encourage us:

*For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.*

Matthew 14:27 tells us to be of good cheer:

*But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.*

Acts 27:22

*And now I exhort you to be of good cheer....*

### **When you are dissatisfied:**

Philippians 4:12-13 promises us that we can be satisfied no matter what state we are in:

*I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.*

Jeremiah 31:14 promises we can be satisfied:

*And I will satiate the soul of the priests with fatness, and my people shall be satisfied with my goodness, saith the LORD.*

Psalms 107:9 promises us that God will fill our hungry souls when we are hungry for goodness:

*For he satisfieth the longing soul, and filleth the hungry soul with goodness.*

\*\*\*\*\*

### **When we are doubting God:**

2 Peter 3:9 promises that God is not slack concerning His promises for us:

*The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.*

Romans 10:17 promises that hearing God's Word will grow our faith:

*So then faith cometh by hearing, and hearing by the word of God.*

I Peter 4:12-13 promises that even our fiery trials will turn out for joy:

*Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.*

Jude 20 tells us to pray in the Holy Ghost (pray in tongues when we have the Baptism of the Holy Ghost), to strengthen our faith:

*But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.*

\*\*\*\*\*

### **When we are feeling empty:**

John 15:11 promises we can be full of joy:

*These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.*

Ephesians 4:18 promises we can be full of the Spirit:

*... but be filled with the Spirit;*

Colossian 1:9 promises we can be full of wisdom, and understanding:

*For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;*

John 1:16 promises we can receive His fullness:

*And of his fulness have all we received, and grace for grace.*

Ephesians 1:22-23 promises we as His body can be full of all the fullness in Him:

*And hath put all things under his feet, and gave him to be the head over all things to the church, Which is his body, the fulness of him that filleth all in all.*

Ephesians 4:13 promises we can have the fullness of Christ:

*Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:*

\*\*\*\*\*

### **When we need encouragement:**

Isaiah 41:13 promises God's help:

*For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.*



Matthew 14:27 promises with Jesus we can be encouraged:

*But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.*

Isaiah 43:1-3 promises encourage us:

*But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the LORD thy God, the Holy One of Israel, thy Saviour...*

\*\*\*\*\*

### **When you need endurance:**

Job 17:9 promises endurance to the righteous:

*The righteous also shall hold on his way, and he that hath clean hands shall be stronger and stronger.*

John 15:9 promises we can continue in His love:

*As the Father hath loved me, so have I loved you: continue ye in my love.*

Galatians 6:9 promises that if we continue on, we will reap:

*And let us not be weary in well doing: for in due season we shall reap, if we faint not.*

Hebrews 12:1-2 promises Jesus will be our author and finisher of our faith:

*Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

I Peter 1:13 promises hope for the end:

*Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;*

Revelations 3:11 promises a crown for those which hold fast:

*Behold, I come quickly: hold that fast which thou hast, that no man take thy crown.*

\*\*\*\*\*

**When we have enemies:**

Psalms 18:48 promises us God will lift us up above our enemies:

*He delivereth me from mine enemies: yea, thou liftest me up above those that rise up against me: thou hast delivered me from the violent man.*

Isaiah 62:8 promises our enemies will not take our blessings:

*The LORD hath sworn by his right hand, and by the arm of his strength, Surely I will no more give thy corn to be meat for thine enemies; and the sons of the stranger shall not drink thy wine, for the which thou hast laboured: But they that have gathered it shall eat it, and praise the LORD; and they that have brought it together shall drink it in the courts of my holiness.*

Luke 1:71 promises that we will be saved from our enemies:

*That we should be saved from our enemies, and from the hand of all that hate us.*

\*\*\*\*\*

**When you are fearful, or afraid:**

2 Timothy 1:7 promises that we can have power, love, and a sound mind instead of fear:

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

Romans 8:15 promises us that we can have the love of our heavenly Father that will keep us away from fear:

*For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.*

1 John 4:18 promises us that God's love will keep away fear:

*There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.*

Psalm 91:10-11 promises us His angels will keep us:

*There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways.*

Proverbs 3:25-26 promises us the Lord can be our confidence:

*Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the LORD shall be thy confidence, and shall keep thy foot from being taken.*

Psalm 56:11 promises that when we put our trust in God we don't have to be afraid of men:

*In God have I put my trust: I will not be afraid what man can do unto me.*

Psalm 23:4-5 promises us that when we face death or our enemies, we don't have to be afraid:

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

\*\*\*\*\*

### **When we are in financial trouble:**

3 John 2 promises God wishes us to prosper:

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

Psalm 37:25 promises God won't forsake us:

*I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.*

Psalm 34:10 promises that if we seek the Lord we won't want for any good thing:

*The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.*

Deuteronomy 28:2 promises that if we listen and obey God's voice, we will be blessed:

*And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.*

Luke 6:38 promises that when we give, we will receive abundantly more than what we give:

*Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.*

Malachi 3:10 promises that if we pay tithes, God will bless what we give:

*Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.*

Joshua 1:8 promises that the way to be successful and prosperous is to keep God's Word:

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

\*\*\*\*\*

**When we need forgiveness:**

Psalms 103:3 promises forgiveness:

*Who forgiveth all thine iniquities; who healeth all thy diseases.*

Acts 5:31 promises repentance and forgiveness:

*Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins.*

Ephesians 1:7 promises forgiveness according to riches of God's grace:

*In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.*

I John 1:9

*If we confess our sins, he is faithful and just to*

*forgive us our sins, and to cleanse us from all unrighteousness.*

\*\*\*\*\*

**When we need to forgive:**

Matthew 6:14

*For if ye forgive men their trespasses, your heavenly Father will also forgive you.*

Mark 11:25

*And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.*

Ephesians 4:32

*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

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**When you need friends, what to look for when you choose them and why they are important to have:**

Proverbs 17:17

*A friend loveth at all times, and a brother is born for adversity.*

Proverbs 18:24

*A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.*

Proverbs 27:10

*Thine own friend, and thy father's friend, forsake not; neither go into thy brother's house in the day of thy calamity: for better is a neighbour that is near than a brother far off.*

Ecclesiastes 4:9-10

*Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.*

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### **When we are grieving, when someone has died:**

1 Thessalonians 4:13-14 promises our loved ones who die in Christ will rise again:

*But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.*

Matthew 5:4 promises comfort when we mourn:

*Blessed are they that mourn: for they shall be comforted.*

Isaiah 61:1-3 promises joy for mourning:

*The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.*

1 Corinthians 15:55-57 promises that death has lost its sting:

*O death, where is thy sting? O grave, where is thy victory?*

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### **When we need to grow spiritually:**

2 Peter 3:18 promises we can grow in knowledge:

*But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever.*

1 Peter 2:2 promises we can grow in God's Word:

*As newborn babes, desire the sincere milk of the word, that ye may grow thereby.*

1 Timothy 4:15 promises that if we meditate on God's Word, we will progress:

*Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.*

Ephesians 3:14-19 promises ways that we can grow:

*For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God. Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end.*

Colossians 1:9-11 promises more ways that we can grow:

*For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.*

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### **When we need guidance:**

Psalm 5:8 promises He will make His way straight before us:

*Lead me, O LORD, in thy righteousness because of mine enemies; make thy way straight before my face.*

Psalm 25:9 promises He will guide us in His way:

*The meek will he guide in judgment: and the meek will he teach his way.*

Psalm 73:24 promises He will guide us to glory:

*Thou shalt guide me with thy counsel, and afterward receive me to glory.*

Isaiah 30:21 promises He will speak and guide us:

*And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.*

Isaiah 42:16 promises He will guide us and not forsake us:

*And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.*

Luke 1:79 promises He will guide us into the ways of peace:

*To give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.*

John 16:13 promises He will guide us into truth:

*Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.*

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### **When we need healing:**

Isaiah 53:5 promises healing:

*But He (Jesus) was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.*

Proverbs 4:22 promises God's Word brings healing:

*For They (God's Words) are life unto those that find them, and health to all their flesh.*

Jeremiah 30:17 promises that He will restore our health:

*For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord...*

Jeremiah 17:14 promises God is a healer:

*Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise.*

Exodus 15:26 promises God is a healer:

*...If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandment, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee.*

Psalms 41:4 promises He will heal our soul:

*I said, Lord, be merciful unto me: heal my soul; for I have sinned against thee.*

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### **When we feel hopeless:**

Romans 15:4 promises us the Word of God can bring us hope:

*For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.*

Proverbs 14:32 promises that we can even have hope in our death:

*The wicked is driven away in his wickedness: but the righteous hath hope in his death.*

Psalms 31:24 promises when we hope in the Lord He will strengthen us:

*Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.*

Psalms 33:18 promises we can have hope in His mercy:

*Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy.*

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### **When we need instruction (teaching):**

John 16:13 promises He will guide us into truth:

*Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.*

Psalms 71:17 promises God will teach young people who will also pass it on:

*O God, thou hast taught me from my youth: and hitherto have I declared thy wondrous works. Now also when I am old and greyheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come.*

2 Chronicles 36:16 tells dangers that can come when we mock (disrespect) instruction:

*But they mocked the messengers of God, and despised his words, and misused his prophets, until the wrath of the LORD arose against his people, till there was no remedy.*

Proverbs 1:7 tells us that fools despise instruction, they don't listen and do what is taught:

*The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.*

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### **When we need joy:**

John 15:11 promises us that Jesus wants our joy to be full:



*These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.*

Nehemiah 8:10 promises the joy of the Lord will be our strength:  
*... for this day is holy unto our LORD: neither be ye sorry; for the joy of the LORD is your strength.*

Psalms 16:11 promises that in God's presence there is joy:  
*Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.*

Psalms 30:5 promises weeping will be for a night, but joy will come:  
*... weeping may endure for a night, but joy cometh in the morning.*

Psalms 126:5-6 promises that when we sow in tears, we will reap in joy:  
*They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.*

Isaiah 12:3 promises that salvation will bring us joy:  
*Therefore with joy shall ye draw water out of the wells of salvation.*

Isaiah 35:10 promises us everlasting joy:  
*And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.*

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### **When you feel deserted, when loved ones desert you:**

Psalm 27:10 promises He will be with you when others forsake you:  
*When my father and my mother forsake me, then the LORD will take me up.*  
 Isaiah 62:4 promises you won't stay forsaken if you stay in Him:  
*Thou shalt no more be termed Forsaken....*

Isaiah 41:17 promises He won't forsake us even though others do:  
*When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the LORD will hear them, I the God of Israel will not forsake them. I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water.*

Isaiah 49:15-16 promises God will not forsake you, you can know this because the nail prints in His hands are for you:

*Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands; thy walls are continually before me.*

Samuel 12:22 promises not to forsake you:

*For the LORD will not forsake his people for his great name's sake: because it hath pleased the LORD to make you his people.*

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### **When we have marriage problems:**

Ephesians 4:31-32 says to put away anger, be kind and forgiving:

*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

1 Peter 3:1-7 gives good advise to follow:

*Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives; While they behold your chaste conversation coupled with fear. Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands: Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement. Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*

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### **When we need a miracle:**

Ephesians 3:20 promises us that God is able to way more than what we ask or even think according to His power that works in us.

*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.*

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**When we need peace:**

Psalm 119:165 promises that great peace will come to those who love God's laws:  
*Great peace have they which love thy law: and nothing shall offend them.*

Isaiah 26:3 promises us that God will keep us in His peace when our mind is stayed on Him:  
*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

Romans 8:6 promises that if we are spiritually minded we will have peace:  
*For to be carnally minded is death; but to be spiritually minded is life and peace.*

Romans 14:17 promises that the Holy Ghost will bring us peace:  
*For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.*

Galatians 5:22 promises us that part of the nature of the Spirit of God is peace, when He dwells in our hearts and lives in us, and we submit to Him, we will have His peace:  
*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith;*

John 14:27 promises that the world and becoming all tangled up in what the world is tangled up in cannot give us peace, but Jesus can:  
*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

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**When you are persecuted for Christ:**

Acts 5:41 promises that we can rejoice when we are persecuted:  
*And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name.*

Romans 8:16-17 promises us as children of God that when we suffer with Him, we will be glorified with Him:  
*The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.*

Hebrews 11:25 promises it is better to suffer with God than to go back to sin:  
*Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season.*

1 Peter 2:20 tells us that if we go through things because of our faults, shouldn't we take persecution with even more patience:

*For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.*

1 Peter 5:10 promises God will use our suffering to make us better in Him:

*But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.*

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### **When we need protection:**

2 Chronicles 16:9 promises that the Lord is watching over us, protecting us:

*For the eyes of the LORD run to and fro throughout the whole earth, to show himself strong in the behalf of them whose heart is perfect toward him....*

Psalms 34:7 promises that the angels will protect those that fear (respect) the Lord, and it promises that when we trust Him we will be blessed:

*The angel of the LORD encampeth round about them that fear him, and delivereth them. O taste and see that the LORD is good: blessed is the man that trusteth in him.*

Psalms 91:4-6 promises He will shield us under His wings:

*He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.*

Zechariah 2:5 promises God will be around you:

*For I, saith the LORD, will be unto her a wall of fire round about, and will be the glory in the midst of her.*

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### **When we need a purpose:**

Acts 26:16 promises we have a purpose to be a witness:

*But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in the which I will appear unto thee;*

Psalm 143:10 promises doing God's will leads us to be upright:

*Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.*

Matthew 12:50 promises that when we do the will of God, we are Jesus' brothers and sisters in Him:

*For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother.*

Ephesians 6:6-7 says to do the will of the Lord with all our heart:

*Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart; With good will doing service, as to the Lord, and not to men.*

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### **When we are tempted:**

1 Corinthians 10:13 promises that God is faithful to make a way so that you can escape temptation if you will take that way that He makes:

*There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*

Hebrews 2:18 promises Jesus knows about temptation, and will help you:

*For in that he himself hath suffered being tempted, he is able to succour them that are tempted.*

2 Peter 2:9 promises God knows how to deliver the godly from temptation:

*The Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished:*

Revelations 3:10-12 promises that there is a great reward for those that overcome:

*Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth. Behold, I come quickly: hold that fast which thou hast, that no man take thy crown. Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and I will write upon him my new name.*

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**When we need to be restored, made new in Christ:**

Psalms 51:12 promises God will uphold us:

*Restore unto me the joy of thy salvation; and uphold me with thy free spirit.*

Hosea 14:4 promises God will restore the backsliders:

*I will heal their backsliding, I will love them freely: for mine anger is turned away from him.*

Joel 2:25 promises to restore what you have lost

Spiritually and physically:

*And I will restore to you the years that the locust hath eaten...*

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**When we need salvation:**

Romans 10:9-10 tells us how to be saved:

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*

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**When we need sanctification, when we need to have God clean us up on the inside:**

John 17:17 promises that when we keep God's Word it can cleanse us:

*Sanctify them through thy truth: thy word is truth.*

1 Corinthians 1:30 promises sanctification (cleaning us) through Jesus:

*But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption.*

2 Timothy 2:20-21 promises we can be vessels of honor if we allow God to sanctify us, clean us up continually:

*But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour. If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.*

1 Peter 1:2 promises the Spirit of God will sanctify us unto obedience:

*Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.*

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### **When we are seeking God:**

Deuteronomy 4:29 promises that when we seek God with our whole heart, we will find Him:

*But if from thence thou shalt seek the LORD thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul.*

Isaiah 55:6 promises that if we seek Him, we will find Him when we are ready to change:

*Seek ye the LORD while he may be found, call ye upon him while he is near. Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.*

Luke 11:10 promises that when we seek Him, we will find Him:

*For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.*

Acts 17:27 promises He is not far from us:

*That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us.*

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### **When we need strength:**

2 Corinthians 12:9 promises us that when we are weak, God's strength will be sufficient:

*And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.*

Isaiah 40:29-1 promises that we can rise up like eagles:

*He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*

Isaiah 41:10 promises God will strengthen us:

*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.*

Ephesians 3:16 promises God's Spirit will strengthen us in our inner man:

*That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man.*

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### **When we have troubles:**

Nahum 1:7 promises He will help us in our trouble:

*The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him.*

2 Corinthians 4:8-9 promises our trouble won't destroy us:

*We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.*

John 14:1 promises when we believe in God and Jesus, our hearts don't have to be troubled:

*Let not your heart be troubled: ye believe in God, believe also in me.*

Psalm 138:7 promises when we walk in trouble He will save us:

*Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.*

Romans 8:28 promises all things will work out for our good, even the really bad things that happen:

*And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

Peter 5:7 promises we can cast our cares on Him:

*Casting all your care upon him; for he careth for you.*

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### **When we need to understand God's ways:**

Isaiah 55:8-9 tells us His ways are not our ways:

*For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.*

Jeremiah 33:3 promises that He will show us His ways:

*Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.*



Psalm 18:30 promises God's ways are perfect, and we can trust Him, even though we may not understand all His ways:

*As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him.*

\*\*\*\*\*

**When we need wisdom:**

Isaiah 11:2 promises that when we need wisdom, He will supply:

*And the spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the LORD*

1 Corinthians 1:24 promises us wisdom of God:

*But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God.*