



## **Promises to help you pray when...**

You are **discouraged**:

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall. (Psalm 55:22)

You are **afraid**:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

You feel **hopeless**:

For nothing is impossible with God. (Luke 1:37)

You are **weary**:

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:29-31)

You are **in need**:

And my God will meet all your needs according to his glorious riches in Christ Jesus. (Philippians 4:19)

You are **concerned about your loved ones**:

You are kind and forgiving, O Lord, abounding in love to all who call to you. (Psalm 86:5)

You are **facing hard times**:

For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. (Psalm 27:5)

You **wonder if God is listening**:

The Lord is near to all who call upon him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. (Psalm 145:18-19)

You **don't know what to do**:

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (James 1:5)

You **fear the future**:

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:5-6)



## **Promises to help you pray when... (cont'd)**

### **You are *confused*:**

This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything. (I John 3:19-20)

### **You *feel defeated*:**

The eternal God is your refuge, and underneath are the everlasting arms. He will drive out your enemy before you, saying, 'Destroy him!' (Deuteronomy 33:27)

### **You are *anxious*:**

Jesus said: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

### **You feel *weak*:**

Wait on the Lord: be of good courage, and he shall strengthen thine heart. (Psalm 27:14 KJV)

### **You worry *your prayers aren't good enough*:**

Jesus said: "My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9)

### **You are *lonely*:**

Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. (Isaiah 58:9)

### **You are *sad*:**

Those who sow in tears will reap with songs of joy. (Psalm 126:5)

### **You are *worried*:**

Don't worry about anything; tell God your needs and don't forget to thank him for his answers. If you do this you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. (Philippians 4:6-7, The Living Bible)

### **You *feel guilty*:**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (I John 1:9)



## **Promises to help you pray when... (cont'd)**

### **You don't feel lovable:**

May your unfailing love be my comfort, according to your promise to your servant.  
(Psalm 119:76)

### **You don't know what to pray:**

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. (Romans 8:26-27)