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## Overcoming Adversity

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Cast your burden on the Lord, and He shall sustain you; he shall never permit the righteous to be moved.

*Psalm 55:22*

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. *Mathew 11:28-30*

God is our refuge and strength, a very present help in trouble. *Psalm 46:1*

I can do all things through Christ who strengthens me. *Philippians 4:13*

Be strong and do not let your hands be weak, for your work shall be rewarded. *2 Chronicles 15:7*

Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. *Isaiah 40:31*

For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. *2 Chronicles 16:9*

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength." *Nehemiah 8:10*

Be of good courage, and He shall strengthen your heart, all you who hope in the LORD. *Psalm 31:24*

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid? When the wicked came against me To eat up my flesh, My enemies and foes, they stumbled and fell. Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I will be confident. *Psalm 27:1-3*

For God has not given us a spirit of fear, but of power and of love and of a sound mind. *2 Timothy 1:7*

For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?" *Hebrews 13:5-6*

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. *1 John 4:18*

The things which are impossible with men are possible with God. *Luke 18:27*

Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible." *Mathew 19:26*

The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him. *Nahum 1:7*

As for God, His way is perfect; the word of the LORD is proven; He is a shield to all who trust in Him.

*Psalm 18:30*

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in the Lord is everlasting strength. *Isaiah 26:3, 4*

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. *John 14:27*

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

For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world - our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God? *1 John 5:3-5*

What then shall we say to these things? If God is for us, who can be against us? *Romans 8:31*

The Lord will perfect that which concerns me. *Psalm 138:8*

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. *Romans 8:28*

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. *Jeremiah 29:11*

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. *Jeremiah 33:3*

How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; when I awake, I am still with You. *Psalm 139:17-18*

Through the LORD's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I hope in Him!" The LORD is good to those who wait for Him, to the soul who seeks Him. *Lamentation 3:22-25*

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. *1 Corinthians 10:13*

We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. *Romans 5:3-5*

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing. *James 1:2-4 (have 5-8)*

Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, Overcoming Adversity

you may also be glad with exceeding joy. If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you. *1<sup>st</sup> Peter 4:12-14*

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. *Hebrews 4:14-16*

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.  
*2 Corinthians 4:16-18*

For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister. And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises. *Hebrews 6:10-12*

Therefore do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise: "For yet a little while, and He who is coming will come and will not tarry. Now the just shall live by faith; but if anyone draws back, My soul has no pleasure in him."  
*Hebrews 10:35-38*

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance 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 has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. *Hebrews 12:1-3*

I do not count myself to have apprehended; but this one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. *Philippians 3:13-14*

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. *1 Corinthians 9:24-27*

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. *Philippians 4:4-9*

I will not leave you nor forsake you. Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them. Only be strong and very courageous, that you may

observe to do according to all the law which Moses my servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

*Joshua 1:5-9*

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. *Psalms 34: 17-20*