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## **“Freedom from Stress, Anxiety and Depression”**

### **Scripture Meditation Cards**

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#### **Introduction to Scripture Meditation**

Anyone who studies Joshua 1:8 and Psalm 1:1-3 will see the importance our Father places upon meditating on His Word. He promises wonderful rewards to His children who meditate day and night on the holy Scriptures. We recommend that you begin your meditation on these Scripture cards by reading all 52 cards through completely. This first reading will give you an overview of the entire content of these Scripture cards. Then, you can meditate on one card at a time. Every word has been prayerfully written to help you operate in God’s power to achieve freedom from worry and fear.

#### **What is Scripture meditation?**

When we meditate on a passage of Scripture, we reflect quietly, deeply and thoroughly over a period of time on specific instructions and promises from God. We should always pray before we meditate, asking the Holy Spirit to teach us the meaning of each passage of Scripture as a personal message from God. We recommend that you insert your name into every possible Scripture reference to further personalize this message from God to you. Obey God’s instructions to reflect on each passage of Scripture throughout the day and night. Turn it over and over in your mind. Look at it from every possible angle. The Word of God will come alive in your heart if you will meditate continually on these passages of Scripture.

We use the Amplified Bible because it does exactly what it says – it amplifies. Our goal in Scripture meditation is to be conformed to the image of Christ and to dwell in God’s presence. The amplification will help to accomplish this goal. Bible scholars spent more than 20,000 hours amplifying the Bible to add clarification from the original Hebrew and Greek. This amplification (indicated by brackets, parenthesis and italics) is very helpful to anyone who sincerely desires to meditate on God’s Word.

#### **Card #1**

This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe *and* do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely *and* have good success. (Joshua 1:8)

Christians who meditate continually on the Scripture passages in these Scripture meditation cards can be set free from stress, anxiety and depression. Our Father wants us to meditate constantly on His Word. If we do this, His Word will come alive on the inside of us.

As our hearts become filled with the Word of God, the words we speak will line up with God’s Word. We’ll obey God’s instructions. We’ll believe God’s promises. We will be successful in overcoming worry and fear.

#### **Card #2**

“...be on your guard, lest your hearts be overburdened *and* depressed (weighed down) with the giddiness *and* headache *and* nausea of self-indulgence, drunkenness, and worldly worries *and* cares pertaining to [the business of] this life...” (Luke 21:34)

The Word of God tells us again and again that our Father doesn’t want us to be depressed and afraid. Jesus Christ told us to be on guard against allowing worry to get into our hearts. If we allow worry to fill

our hearts, we will become depressed because we are attempting to carry burdens that should have been given to the Lord.

Jesus emphatically told us that we shouldn't worry. He said, "...stop being perpetually uneasy (anxious and worried) about your life..." (Mathew 6:25)

### **Card #3**

"...My desire is to have you free from all anxiety *and* distressing care..." (1 Corinthians 7:32)

Jesus Christ won a victory at Calvary that enables Christians to be set free from stress and anxiety. Our Father wants all of His children to walk in the freedom Jesus won for us. He wants us to learn how to be set free from the emotional pain that is caused by stress and worry.

We shouldn't react with negative emotions to the problems of life. We choose whether we will allow our hearts to be filled with faith or fear.

"...Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]" (John 14:27)

### **Card #4**

"...whatever does not originate *and* proceed from faith is sin [whatever is done without a conviction of its approval by God is sinful]" (Romans 14:23)

We actually sin against God if we allow worry and fear to get into our hearts. We know that such things as murder, adultery and robbery are sins. We also must understand that worry and fear cause us to sin against God.

If we don't know the instructions God gives us in His Word, we sin by essentially saying, "God, I refuse to study your Word to learn the instructions You have given to me." If we know our Father's promises, but fail to believe them, we sin by essentially saying, "God, I don't believe You will do what You have promised to do."

Our Father wants us to know and obey His instructions. He wants us to learn His promises and to believe that He will do what He promises to do.

### **Card #5**

"...God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm *and* well-balanced mind *and* discipline *and* self-control" (2 Timothy 1:7)

If we allow fear to enter into our minds and hearts, we give Satan a foothold in our lives because the spirit of fear comes from Satan. The spirit of fear doesn't come from God. The only other spiritual source is Satan. Satan wants God's children to be afraid. Our Father doesn't want us to be afraid. Satan and his demons continually try to put thoughts into our minds that will cause us to be afraid. Our Father wants us to reject these thoughts.

He wants us to appropriate by faith the spiritual power and love He has provided for us. He wants us to be calm, quiet and confident because we trust completely in Him.

### **Card #6**

"...we do not become discouraged (utterly spiritless, exhausted, and wearied out through fear). Though  
Freedom From Worry and Fear (Scripture Meditation Cards)

our outer man is [progressively] decaying *and* wasting away, yet our inner self is being [progressively] renewed day after day” (2 Corinthians 4:16)

We have seen several Scripture references saying that our Father doesn’t want us to be worried and afraid. What exactly should we do to overcome fear? We should begin by obeying our Father’s instructions to renew our minds each day in His Word.

This passage of Scripture says that discouragement is caused by fear. Fear is so powerful that it can cause us to become exhausted. We can overcome the power of fear by allowing the power of God’s word to build up in us by progressively renewing our minds day after day.

#### **Card #7**

“...be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], and put on the new nature (the regenerate self) created in God’s image, [Godlike] in true righteousness and holiness” (Ephesians 4:23-24)

The best way to stop worrying is to change the way we think. We need to think the way our Father wants us to think instead of thinking anxious thoughts. We can achieve this goal by constantly renewing our minds in the Word of God. We’ll be able to drive the spirit of fear out of our minds if we renew our minds each day.

We’ll replace this fear with the manifestation of our new nature – the fresh, positive attitude of faith and expectancy we received when we were reborn spiritually. We’ll refuse to think the way Satan and his demons want us to think.

#### **Card #8**

“[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable *and* unreliable *and* uncertain about everything [he thinks, feels, decides]” (James 1:8)

Our Father wants us to be single-minded. The word “worry” comes from the Greek word “merimnao” meaning “to divide the mind.” Christians who worry are double-minded. They waver between faith in God and worrying about the problems they face.

Our Father wants us to know the Promises in His word. He wants us to believe these promises because we continually fill our minds and hearts with His promises. If we follow these instructions, we’ll be single-minded. Our faith will not waver.

“Let your eyes look right on [with fixed purpose], and let your gaze be straight before you” (Proverbs 4:25)

#### **Card #9**

“...Do not be afraid of the enemy; [earnestly] remember the Lord *and* imprint Him [on your minds]...” (Nehemiah 4:14)

We should focus continually upon the mighty power of the Lord instead of focusing on the problems that we face or on people who want to harm us. We have a choice whenever we are faced with something that could cause us to be afraid. Will we focus on the problems we face or will we focus on the Lord?

This passage of Scripture tells us to firmly remember the Lord. Whenever we’re tempted to be afraid, we should imprint our Father’s promises on our minds. If we do what God tells us to do, we will have “...a peaceful mind free from fears...” (James 3:18)

**Card #10**

“...refute arguments *and* theories *and* reasonings and every proud *and* lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought *and* purpose away captive into the obedience of Christ (the Messiah, the Anointed One)...” (2 Corinthians 10:5)

We should bring our thoughts into obedience to Jesus Christ instead of worrying about the thoughts Satan and his demons try to put into our minds. The words “proud and lofty things” refer to Satan and his demons. Satan once was the archangel Lucifer. His demons were angels.

Did you ever wonder why Judas Iscariot betrayed Jesus Christ? “...Satan having already put the thought of betraying Jesus in the heart of Judas Iscariot...” (John 13:2) There is no doubt that Satan attempts to put thoughts into our minds and hearts. We can reject these thoughts.

**Card #11**

“...Looking away [from all that will distract] to Jesus, Who is the Leader *and* the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]...” (Hebrews 12:2)

We should turn away from the circumstances in our lives that cause us to be afraid. We should focus continually on Jesus Christ. We should never allow anything or anyone to distract us from our faith in Jesus Christ.

Jesus is our leader. He is the source of our faith. Jesus wants us to draw close to Him each day. As our faith in Jesus Christ grows and matures, Satan and his demons won't be able to overcome us with the worried and fearful thoughts they attempt to put into our minds.

**Card #12**

“You will guard him *and* keep him in perfect *and* constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, *and* hopes confidently in You” (Isaiah 26:3)

We'll be able to turn away from our problems if we really trust our Father. We'll think constantly about God because we trust Him completely. Our Father promises to guard us and to keep us in perfect and constant peace if we will take our thoughts off whatever we're tempted to fear to focus continually on Him.

We'll lean on God at all times if we're completely committed to Him. We won't give up hope. We'll have complete confidence that our Father will bring us safely through our problems.

**Card #13**

“Lean on, trust in, *and* be confident in the Lord with all your heart *and* mind and do not rely on your own insight *or* understanding. In all your ways know, recognize, *and* acknowledge Him, and He will direct *and* make straight *and* plain your paths” (Proverbs 3:5-6)

Many people are afraid when they are faced with a difficult problem because they know they can't solve the problem with their limited human abilities. Our Father wants us to lean on Him at all times. He wants us to place our complete trust and confidence in Him.

We must not make the mistake of thinking we need to solve difficult problems with our limited human abilities and understanding. All of our thoughts, words and actions should be focused on God. Our Father will direct and guide all of His children who obey these instructions.

**Card #14**

“Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad” (Proverbs 12:25)

Our Father doesn’t want our hearts to be heavy with anxiety and fear. Instead, He wants our hearts to sing with joy because we have filled them to overflowing with uplifting promises from His Word. Satan wants us to be heavy-hearted, depressed and discouraged. Satan wants us to give up when we seem to be faced with a hopeless situation.

The prefix “dis” in the word “discourage” means “lack of.” Satan wants to take courage out of our hearts. The prefix “en” in the word “encourage” means “in.” Our Father wants us to put courage into our hearts. We will have glad hearts if we constantly fill them with the encouragement from the Word of God.

**Card #15**

“All the days of the desponding *and* afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances]” (Proverbs 15:15)

Our Father doesn’t want us to allow anxious thoughts to enter into our hearts. He wants our hearts to be filled with joy regardless of circumstances.

We will be dejected and despondent if we allow Satan’s evil thoughts to fill our hearts. We’ll worry constantly about what might happen to us. God’s promises are much more powerful than any circumstances in our lives.

Our Father wants us to have glad hearts in the face of adversity because we have more faith in His mighty promises than we do in the power of the problems we face.

**Card #16**

“...we also [especially] thank God continually for this, that when you received the message of God [which you heard] from us, you welcomed it not as the word of [mere] men, but as it truly is, the Word of God, which is effectually at work in you who believe [exercising its superhuman power in those who adhere to and trust in and rely on it]” (1 Thessalonians 2:13)

We shouldn’t compare the Bible to books written by human beings. Every word in the Bible is inspired by Almighty God (2 Timothy 3:16)

Worry and fear cannot obtain a foothold in us if we obey God’s instructions to constantly fill our minds and hearts with the “superhuman power” of His Word. We must believe that God’s promises are much greater than any problem.

**Card #17**

“Comfort *and* encourage your hearts and strengthen them [make them steadfast and keep them unswerving]...” (2 Thessalonians 2:17)

Our Father wants our hearts to be comforted because they are filled with His wonderful promises. Satan wants our hearts to be weak. God wants our hearts to be strong. We will be calm in the face of adversity if we meditate constantly on God’s wonderful promises. Our hearts will be filled with encouragement.

Our faith will not waver because it will be anchored upon the solid foundation of the Word of God. Satan will not be able to discourage us. “...the Lord is faithful, and He will strengthen [you] *and* set you on a firm foundation and guard you from the evil [one]” (2 Thessalonians 3:3)

**Card #18**

“...He shall not be afraid of evil tidings; his heart is firmly fixed, trusting (leaning on and being confident) in the Lord. His heart is established *and* steady, he will not be afraid...” (Psalm 112:7-8)

Our Father doesn't want us to react negatively when we receive bad news. He wants our hearts to be so filled with the good news of the gospel that we won't give in to fear.

We decide what our reaction will be when we hear bad news. Will we react with faith in God? Will we react with fear?

All people react to a crisis based upon whatever they really believe deep down in their hearts. We won't be discouraged by bad news if our hearts are solidly established in the Word of God.

**Card #19**

“...O man greatly beloved, fear not! Peace be to you! Be strong...” (Daniel 10:19)

Our Father wants all of His children to be continually conscious of His great love for us. We can't begin to comprehend the magnitude of God's love. We won't be afraid if we focus constantly on our Father's love for us.

Our Father wants us to look to Him for security. He wants us to be calm, confident and peaceful deep down inside of ourselves because we trust completely in His love. We should never focus on our human weakness and inadequacy. God's strength is available to us by faith.

“...when I am weak [in human strength], then am I [truly] strong (able, powerful in divine strength). (2 Corinthians 12:10)

**Card #20**

“See what [an incredible] quality of love the Father has given (shown, bestowed on) us, that we should [be permitted to] be named *and* called *and* counted the children of God! And so we are!...” (John 3:1)

Whenever we're tempted to be afraid, we should have a deep and unshakable inner certainty that God really is our loving Father. Why would we ever be afraid of anything if we really believe almighty God is our loving Father?

He wants us to draw close to Him each day so we'll be absolutely certain that He loves us and that He will never leave us.

“...I will set him on high, because he knows *and* understands My name [has a personal knowledge of My mercy, love, and kindness—trusts and relies on Me, knowing I will never forsake him, no, never]” (Psalm 91:14)

**Card #21**

“For though the mountains should depart and the hills be shaken *or* removed, yet My love *and* kindness shall not depart from you...” (Isaiah 54:10)

Sometimes we are faced with problems that seem to be unsolvable. Whenever we're faced with severe problems, our Father wants us to have absolute confidence in His love for us.

No problem is too difficult for God. We can trust completely in our Father's love and kindness. He won't let us down. Whenever we're faced with problems we cannot solve, we should pray with faith, trusting completely in our Father's love, grace mercy and compassion.

“...The Lord is gracious, merciful, and full of loving compassion” (Psalm 111:4)

#### **Card #22**

“There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors *and* expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love’s complete perfection]” (1 John 4:18)

Fear cannot get a foothold in our hearts if we are assured of our Father’s great and unfailing love for us. Because of our Father’s love, we should constantly reach out to other people with the love of God.

This passage of scripture says that perfect love expels all fear. If we cannot shake our feelings of fear, this fearful reaction indicates that we do not have a full understanding of God’s love and God’s power to keep us free from worry and fear.

#### **Card #23**

“...he who keeps (treasures) His Word [who bears in mind His precepts, who observes His message in its entirety], truly in him has the love of *and* for God been perfected (completed, reached maturity)...” (1 John 2:5)

Love is perfected in two ways. First, love is perfected by loving the Word of God wholeheartedly and by obeying it at all times.

We don’t dread the future if we have complete faith in our Father’s love. Perfect love will always expel fear.

Our Father wants us to appreciate His word for the wonderful spiritual treasure it is. The love of and for God will be perfected in us if we study the Word of God constantly and if we obey all of God’s instructions.

#### **Card #24**

“...he who dwells *and* continues in love dwells *and* continues in God, and God dwells *and* continues in him. In this [union and communion with Him] love is brought to completion *and* attains perfection...” (1 John 4:16-17)

The second way that love is perfected is by abiding continually in God because we draw close to Him throughout every day of our lives. God and love are one and the same. “...God is love...” (1 John 4:8)

When we abide in God, we live in a continual consciousness of our Father’s love for us. We will be conscious of our Father’s grace, mercy and love throughout every day.

“...goodness, mercy, *and* unfailing love shall follow me all the days of my life...” (Psalm 23:6)

#### **Card #25**

“One God and Father of [us] all, Who is above all [Sovereign over all], pervading all and [living] in [us] all” (Ephesians 4:6)

Why would we ever be afraid of anything if we are absolutely certain that the same God who sits on His throne in heaven also lives in our hearts? We should never think of God as a distant, far away God. Yes, our Father does sit on His throne in heaven, but God is not limited to one place. Our Father is omnipresent. The same God who sits on his throne in heaven also lives in the hearts of every one of His children.



Our Father wants us to have a continual awareness of His indwelling presence. We should believe that almighty God really does live in our hearts. We should trust completely in His wisdom, strength and ability whenever we're faced with a difficult problem.

**Card #26**

"The Lord your God is in the midst of you, a Mighty One..." (Zephaniah 3:17)

Whenever we're tempted to be afraid, we should turn away from whatever we're tempted to fear and focus upon the mighty power of God who lives in our hearts. Whenever we're faced with severe problems, we will react with unwavering faith if we are confident that the greatest power in the universe lives in us. The power of almighty God is available to each of His children who know and believe what the Word of God says.

We must not allow our problems to seem too big. We must not allow our God to seem too small. God is a big God. He can and will solve every problem if we will place all of our trust in Him.

**Card #27**

"Fear not [there is nothing to fear], for I am with you; do not look around you in terror *and* be dismayed, for I am your God. I will strengthen *and* harden you to difficulties, yes, I will help you; yes, I will hold you up *and* retain you with My [victorious] right hand of rightness *and* justice" (Isaiah 41:10)

We have absolutely nothing to fear. Almighty God is with us. He promises to help us. If our Father says there is nothing to fear, there is nothing to fear. He doesn't want us to be frightened by anything or anyone. He wants us to know that He will strengthen us. He wants us to know He will help us. We can place complete trust in Him.

"...Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go" (Joshua 1:9)

**Card #28**

"It is the Lord Who goes before you; He will [march] with you; He will not fail you *or* let you go *or* forsake you; [let there be no cowardice or flinching, but] fear not, neither become broken [in spirit—depressed, dismayed, and unnerved with alarm]" (Deuteronomy 31:8)

We won't be afraid if we really believe God is with us. He will never let us down. These words which Moses spoke to Joshua many years ago apply to us today. We should never be depressed, dismayed or afraid. Our Father will never fail us. We should be secure in His presence just as a little child is secure because the child's father holds its hand.

"For I the Lord your God hold your right hand; I am the Lord, Who says to you, Fear not; I will help you!" (Isaiah 41:13)

**Card #29**

"...Do you not yourselves realize *and* know [thoroughly by an ever-increasing experience] that Jesus Christ is in you...? (2 Corinthians 13:5)

As we grow and mature as Christians, we'll have an increasing awareness that Jesus Christ lives in our hearts. Appropriate this passage of scripture for yourself. Insert your name in place of the word "you."

Dare to believe that the same Jesus Christ Who won the greatest victory of all time lives in your heart. Jesus wants every Christian to be constantly aware of His indwelling presence.



Jesus Christ has won a victory over every problem we will ever face. We won't be afraid if we are absolutely certain that the victorious Jesus Christ lives in our hearts.

**Card #30**

"...it is no longer I who live, but Christ (the Messiah) lives in me; and the life I now live in the body I live by faith in (by adherence to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me" (Galatians 2:20)

If we have a continual awareness of the indwelling presence of Jesus Christ, we will willingly yield control of our lives to Him because of our complete trust in Him.

We should follow the example of the apostle Paul. We should give up control of our lives to allow Jesus Christ to live through us. We'll gladly relinquish control of our lives if we know that Jesus will control our lives. We'll never be afraid because Jesus is never afraid.

**Card #31**

"...the Spirit of Him Who raised up Jesus from the dead dwells in you..." (Romans 8:11)

We have seen that Almighty God lives in our hearts and that Jesus Christ lives in our hearts. We also should realize that the same Holy Spirit that raised Jesus Christ from the dead lives in our hearts.

Think of the enormous spiritual power that was required to raise Jesus Christ from the dead. Why would we ever be afraid of anything if we are absolutely certain that the same Holy Spirit who raised Jesus from the dead lives in our hearts?

If He was able to raise Jesus from the dead, we should be certain He can and will solve our problems if we persevere with unwavering faith in Him. "...My Spirit stands *and* abides in the midst of you; fear not" (Haggai 2:5)

**Card #32**

"...the [Holy] Spirit comes to our aid *and* bears us up in our weakness..." (Romans 8:26)

We have seen that many people are afraid because they know how weak and inadequate they are. The Holy Spirit promises to help us when our limited human ability is insufficient to solve formidable problems.

Whenever we are faced with extremely difficult problems, we should meditate constantly on this wonderful promise. We should have complete faith in our Father's promise that the Holy Spirit will come to our aid.

When we are weak, the Holy Spirit will lift us up, our Father wants us to rejoice that our human weakness enables us to receive the might power of the Holy Spirit.

**Card #33**

"...you are in Him, made full *and* having come to fullness of life [in Christ you too are filled with the Godhead—Father, Son and Holy Spirit—and reach full spiritual stature]..." (Colossians 2:10)

We should always be conscious of the immense spiritual power that is available to us because God the Father, God the Son and God the Holy Spirit live in our hearts. The words "full," "fullness" and "filled" are used four times in this passage of Scripture. We must realize the fullness of power living in us. The amplification says that "the Godhead" lives inside of us – Father, Son and the Holy Spirit.

No problem we will ever face can begin to compare with this mighty power. We will not be afraid is we are absolutely certain that God the Father, God the Son and God the Holy Spirit live in our hearts.

#### **Card #34**

“He who did not withhold *or* spare [even] His own Son but gave Him up for us all, will He not also with Him freely *and* graciously give us all [other] things?” (Romans 8:32)

We should have complete faith that our Father will meet all of our needs. He gave us the best possible gift – His beloved Son, Jesus Christ. If our Father didn’t withhold His Son, why would we ever be afraid He won’t provide everything else we need?

Our Father wants us to have unwavering faith in Him at all times. Because of His grace and His unfailingly love for us, He wants us to be absolutely certain He will supply all of our needs.

“...my God will liberally supply (fill to the full) your every need according to His riches in glory in Christ Jesus” (Philippians 4:19)

#### **Card #35**

“...Do not be seized with alarm *and* struck with fear; only keep on believing” (Mark 5:36)

We won’t be alarmed by a crisis if we know God’s promises and if we believe them wholeheartedly. Instead of allowing fear to control us, we will have complete faith that our Father will do exactly what He says He will do.

The words “keep on” in this passage of scripture are very important. We often are required to add perseverance to our faith to receive manifestation of the promises in the Word of God.

We should trust our Father’s perfect timing just as we trust Him in every other area. We must not mistake the mistake of giving up just before He would have answered our prayers if we kept believing.

#### **Card #36**

“...blessed (happy, fortunate, to be envied) is the man who trusts in You [leaning and believing on You, committing all and confidently looking to You, and that without fear or misgiving]!” (Psalm 84:12)

Our Father promises to bless His children who refuse to be afraid because they trust Him. He will bless us if we trust Him so much that we always lean on Him.

He wants us to be totally committed to Him. We shouldn’t be afraid of any problem. We shouldn’t be afraid of any human being who was created by God because the Creator of all human beings will help us.

“...on God I lean, rely, *and* confidently put my trust; I will not fear. What can man, who is flesh, do to me?” (Psalm 56:4)

#### **Card #37**

“God is our Refuge and Strength [mighty *and* impenetrable to temptation], a very present *and* well-proved help in trouble” (Psalm 46:1)

When we’re faced with severe problems, we should know that our Father has promised to be with us when we are in trouble. We have nothing to fear.

Isn’t it encouraging to know that our Father is with us whenever we are in trouble? Isn’t it good to know  
Freedom From Worry and Fear (Scripture Meditation Cards)

He is a proven help when His children are faced with adversity?

The Bible is filled with numerous examples of God helping people in trouble. We can take refuge in God. His strength is so great that He cannot be denied. Our Father wants us to have complete assurance that He is always with us and that He will help us.

**Card #38**

“...do not worry *or* be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble” (Mathew 6:34)

Instead of worrying about the future, our Father wants us to live one day at a time. He wants us to close the door to yesterday. He wants us to close the door to tomorrow. He wants us to trust Him completely to bring us through the present day.

Too many people fail to enjoy today because they worry too much about tomorrow. Our Father is in complete control of the future. He promises to carry our heavy burdens and also to carry us one day at a time.

“Blessed be the Lord, Who bears our burdens *and* carries us day by day...” (Psalm 68:19)

**Card #39**

“Give us this day our daily bread” (Matthew 6:11)

We should follow the example of Jesus Christ when we prayed what we now call the Lord’s Prayer. Jesus never worried about the future. Throughout His earthly ministry, He lived one day at a time, trusting completely in His Father to meet all of His needs. Jesus didn’t pray to God asking Him for food for a week or for a month.

Our Father promises to give us the strength that we need – one day at a time. He wants us to rest in Him each day depending completely in Him to provide the security we need.

“...as your day, so shall your strength, your rest *and* security, be” (Deuteronomy 33:25)

**Card #40**

“It is because of the Lord’s mercy *and* loving-kindness that we are not consumed, because His [tender] compassions fail not. They are new every morning...” (Lamentations 3:22-23)

Instead of worrying about the future, our Father wants us to have complete faith in His mercy, kindness and love. He is very compassionate.

When we obey God and live our lives one day at a time, we can be assured that our Father will provide a fresh supply of love, kindness, mercy and compassion each day. If we really trust Him, we will not be afraid.

“Fear nothing that you are about to suffer. [Dismiss your dread and your fears!]...” (Revelation 2:10)

**Card #41**

“...Fear not; stand still (firm, confident, undismayed) and see the salvation of the Lord which He will work for you today...” (Exodus 14:13)

Sometimes people panic when they are faced with a crisis situation. Our Father wants His children to react to adversity in a calm, quiet and confident manner because we trust Him completely.

Moses spoke these words to the Israelites when they faced a seemingly impossible situation. The Red Sea was ahead of them, the mighty Egyptian army was behind them and they were surrounded by mountains to their left and to their right.

God brought the Israelites through this crisis. Our Father wants us to react with the same quiet confidence to the problems we face today.

#### **Card #42**

“...in quietness and in [trusting] confidence shall be your strength...” (Isaiah 30:15)

We can block the mighty strength of God if we panic in the face of a crisis because of doubt and unbelief. We provide a channel for God’s strength to be released to us if we remain calm and quiet in the face of adversity because we trust in God.

God’s strength is released through quiet confidence. The strength of Jesus Christ is more than sufficient to solve any problem we’ll ever face. His tremendous strength lives in our hearts.

“I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency]” (Philippians 4:13)

#### **Card #43**

“...What man is fearful and fainthearted? Let him return to his house, lest [because of him] his brethren’s [minds and] hearts faint as does his own” (Deuteronomy 20:8)

Fear is contagious. When we’re faced with a difficult problem, we shouldn’t associate any more than we have to with people who are fearful and negative.

This passage of Scripture says that our minds and hearts can become fearful as a result of another person’s fear. Both faith and fear are contagious. Whenever we’re in a crisis situation, we should do our very best to associate with other Christians who have deep faith in the Lord.

We must not allow the fear of other people to tell us down. “...neither be in fear of what they fear, nor [make others afraid and] in dread” (Isaiah 8:12)

#### **Card #44**

“...The Lord says this to you: Be not afraid or dismayed at this great multitude; for the battle is not yours, but God’s.” (2 Chronicles 20:15)

We shouldn’t give up because we have to fight a battle we cannot win with our limited human abilities. If we refuse to be afraid and if we place all of our trust in the Lord, we should trust the Lord to fight this battle for us.

God spoke these words to King Jehoshaphat when the Israelites were greatly outnumbered by the Moabites, the Ammonites and the Meunites. King Jehoshaphat trusted the Lord to fight the battle. King Jehoshaphat and his followers were victorious. The Lord is with us today. He will help us. He will fight our battles for us.

“...with us is the Lord our God to help us and to fight our battles...” (2 Chronicles 32:8)

#### **Card #45**

“The Lord will fight for you, and you shall hold your peace *and* remain at rest” (Exodus 14:14)

Some of us are afraid because we attempt to fight battles the Lord never intended for us to fight. We must trust the Lord to fight for us when we're in a battle we cannot win with our limited human abilities.

Some of us struggle and strain trying to solve problems that God will solve for us if we will just let go of these problems and give them to him. We can't enter into God's rest if we're struggling to solve every problem with our limited human abilities.

"...he who has once entered [God's] rest also has ceased from [the weariness and pain] of human labors..." (Hebrews 4:10)

#### **Card #46**

"...humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully. (1 Peter 5:6-7)

Our Father doesn't want us to hold onto our problems. Our Father wants us to humbly admit our inadequacy. He wants us to let go of our problems, give these problems to Him and leave them with Him. He doesn't want us to take these problems back.

He cares deeply about each of His children. He knows exactly what we are going through. He will help us if we place all of our trust in Him and leave our problems with Him.

#### **Card #47**

"Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass" (Psalm 37:5)

We should be so committed to the Lord that we'll give Him the problems we cannot solve. The word "repose" in this passage of Scripture means that our Father wants us to rest in Him.

Our Father wants us to be so committed to Him that we will gladly give all problems we are tempted to worry about to Him. Why would we attempt to carry heavy loads when He is willing to take them from us? He will solve the problems we cannot solve if we trust him completely.

#### **Card #48**

"...the thing is too heavy for you; you are not able to perform it all by yourself" (Exodus 18:18)

Some of us attempt to carry heavy loads that we are incapable of carrying. Elevators, bridges and airplanes have load limits that cannot be surpassed. Human beings also have limits. We shouldn't attempt to exceed our limitations.

Moses' father-in-law spoke these words to him when he attempted to solve problems he couldn't possibly solve. Fortunately, Moses listened to His father-in-law. He trusted God.

Our Father wants us to follow this principle today. He wants us to admit our inadequacy. Instead of being worried and fearful, He wants us to give our problems to Him because we trust completely in Him.

#### **Card #49**

"Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] (Matthew 11:28)

Jesus Christ paid the price at Calvary for all of the problems any of us will ever face. Instead of struggling and straining with our heavy burdens, He wants us to rest completely in Him.

Jesus gave this advice to all people who struggle in an attempt to carry a heavy burden. Jesus wants us to let go of unmanageable problems. He wants us to give them to Him and leave them with Him.

We won't be worried and afraid if we do what Jesus tells us to do. Jesus promises to give us relief from our problems. We'll be refreshed because we no longer have to attempt to carry these heavy burdens

#### **Card #50**

"Cast your burden on the Lord [releasing the weight of it] and He will sustain you..." (Psalm 55:22)

Our Father wants us to "throw" our problems to Him. He doesn't want us to hold tightly onto problems we cannot solve. He wants us to let go of these problems because of our complete trust in Him.

When we fish, we actually "cast" a line by actually throwing a line into the water. The weight of the sinker near the end of the line carries the line out into the water. We should "cast" our burdens upon the Lord.

Our Father wants us to release the weight of the burdens we cannot carry ourselves. He won't let us down. He has promised to sustain us if we will trust him to do what we cannot possibly do ourselves.

#### **Card #51**

"Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God" (Philippians 4:6)

Why would we ever worry when we have been given the precious privilege of praying? Instead of worrying, our Father instructs us to pray with complete faith that He will answer our prayers.

Our Father doesn't want us to worry about anything. He wants us to bring every problem to Him in prayer. He wants us to make definite and specific prayer requests to Him. He wants us to have so much faith that He will answer our prayers that we won't wait until we receive the manifestation of the answer to thank Him. He wants us to thank Him when we pray because of our deep faith that He will answer our prayers.

#### **Card #52**

"And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus" (Philippians 4:7)

We will experience the peace of God if we bring every problem to our Father in prayer and if we thank Him when we pray. We can experience God's peace that surpasses human understanding.

If we obey these specific instructions, God's wonderful peace will guard our hearts and minds. We'll be calm, quiet and confident in the midst of severe problems because God's peace will control our lives.

Jack Hartman