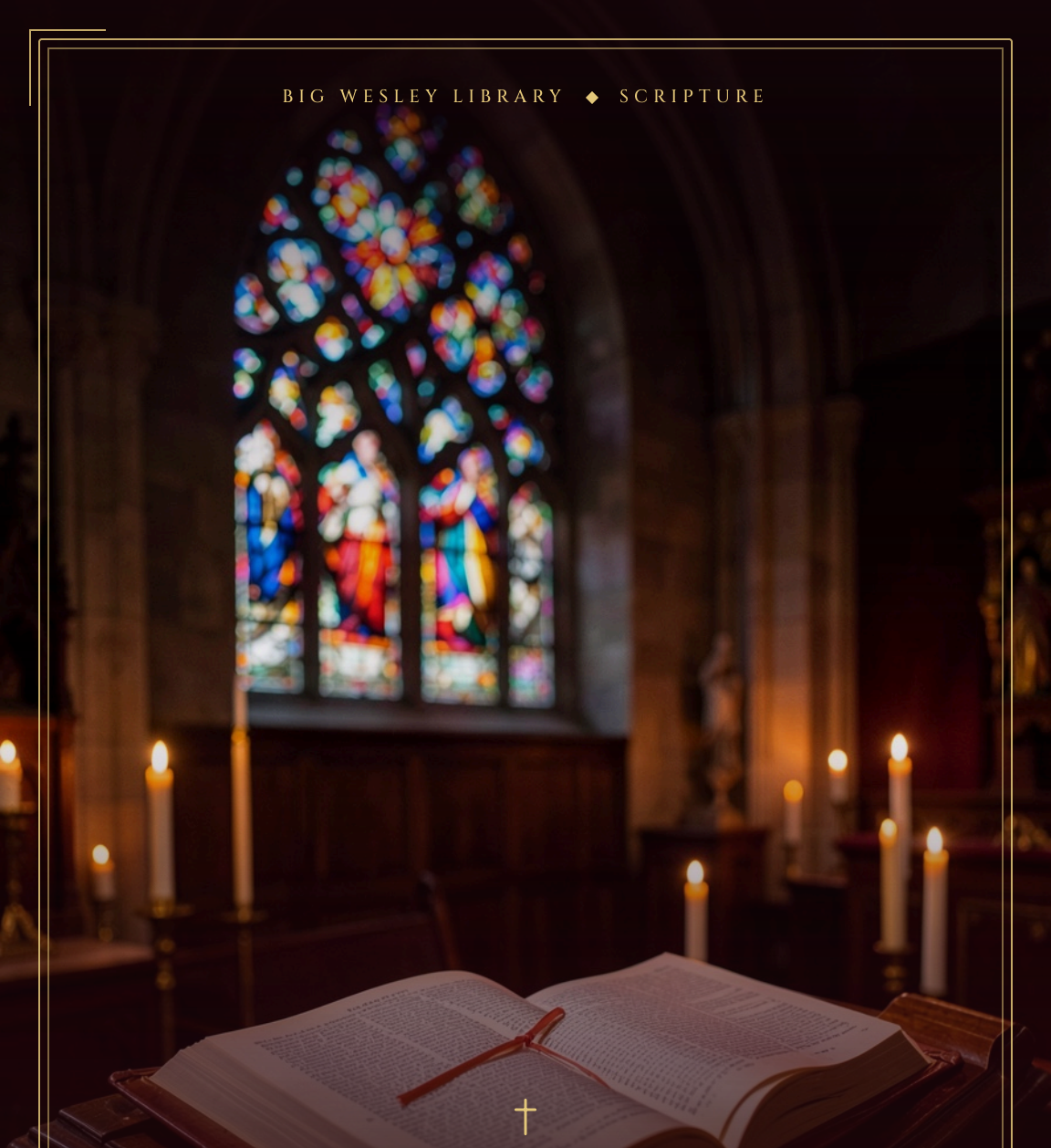

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Scripture for *When You Feel…*

A quick-find guide: open to the feeling, and find the Word of God for it

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SCRIPTURE

Scripture for *When You Feel…*

A quick-find guide: open to the feeling, and find the Word of God for it

Some days you do not need a long Bible study. You need one word from God, and you need it now. This booklet is built like a first-aid kit. Find the feeling you are having, and read the verses under it. Read them slowly. Read them more than once. Then pray them back to God in your own words.

The feelings are listed in the order people search for them most: love, faith, peace, hope and joy lead the list, followed by the hard ones — fear, grief, loneliness, anger and guilt.

IN THIS BOOKLET

Afraid · Alone · Grieving · Angry · Guilty · Tired · Tempted · Doubting · Thankful · Unsure what to do

When you feel *afraid*

1 *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*
ISAIAH 41:10

God is with you, and He will hold you up.

2 *What time I am afraid, I will trust in thee.*

PSALM 56:3

Fear will come. Trust anyway.

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

2 TIMOTHY 1:7

Fear is not God's gift to you; power, love and a sound mind are.

WHEN YOU FEEL *alone*

1 *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*

HEBREWS 13:5

Never and *nor forsake* — God doubles the promise.

2 *When my father and my mother forsake me, then the LORD will take me up.*

PSALM 27:10

Even if family walks away, God takes you in.

3 *Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.*

MATTHEW 28:20

The last words of Jesus in Matthew: I am with you always.

When you are *grieving*

1. *The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.*
   PSALM 34:18
   God is closest to people whose hearts are broken.

2. *Blessed are they that mourn: for they shall be comforted.*
   MATTHEW 5:4
   Jesus blesses those who mourn. Comfort is coming.

3. *Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:*
   JOHN 11:25
   Jesus said this at a funeral, right before He raised His friend Lazarus.

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

When you feel *angry*

1. *Be ye angry, and sin not: let not the sun go down upon your wrath:*
   EPHESIANS 4:26

   Anger itself is not sin. Don't let it fester overnight.

2. *Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.*
   JAMES 1:19-20

   Listen fast, speak slow, get angry slower still.

3. *A soft answer turneth away wrath: but grievous words stir up anger.*
   PROVERBS 15:1

   A gentle answer can calm a whole room.

When you feel *guilty*

1. *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*
   1 JOHN 1:9

   Confess it, and God is faithful to forgive and clean you up.

2. *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*
   ROMANS 8:1

   If you are in Christ, there is no condemnation left for you.

3 *As far as the east is from the west, so far hath he removed our transgressions from us.*

PSALM 103:12

How far is east from west? That is how far He has removed your sins.

When you feel *tired*

1 *Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

MATTHEW 11:28-29

Jesus offers rest to the weary and a lighter load.

2 *He giveth power to the faint; and to them that have no might he increaseth strength.*

ISAIAH 40:29

God gives power to people who have none left.

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

GALATIANS 6:9

Don't give up doing good. The harvest is coming.

When you are *tempted*

1. *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.*
   1 CORINTHIANS 10:13

   You are not the first, and there is always a way out.

2. *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*
   JAMES 4:7

   Submit to God, resist the devil, and he will run.

3. *For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.*
   HEBREWS 4:15

   Jesus was tempted too. He understands, and He helps.

When you are *doubting*

1. *And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.*
   MARK 9:24

   You can bring your doubts to Jesus. This father did, and Jesus answered.

2 *Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.*
JOHN 20:29

Jesus was patient with Thomas, and He is patient with you.

3 *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*
HEBREWS 11:6

God rewards those who keep seeking Him.

WHEN YOU FEEL *thankful*

1 *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.*
PSALM 100:4-5

Thanks is the gate into God's presence.

2 *Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*
1 THESSALONIANS 5:16-18

Rejoice, pray, give thanks — always.

3 *This is the day which the LORD hath made; we will rejoice and be glad in it.*
PSALM 118:24

Today is a gift from God. Enjoy it.

WHEN YOU ARE *unsure what to do*

1. *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.*
   PROVERBS 3:5-6

   Trust Him, and He will make your path straight.

2. *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*
   JAMES 1:5

   Ask for wisdom. He gives it freely.

3. *Thy word is a lamp unto my feet, and a light unto my path.*
   PSALM 119:105

   God's Word lights up the next step, even if not the whole road.

MAKE IT PERSONAL

Next to each verse that speaks to you, write the date. Over the years this booklet will become a record of how God met you, feeling by feeling, season by season.

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"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."

HEBREWS 4:12

Wesley A.M.E. Zion Church

"Big Wesley" · The Freedom Church · Founded June 6, 1820

SUNDAY SCHOOL	9:30 AM
SUNDAY WORSHIP	11:00 AM

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