

CHAPTER 1 – YOUR SOURCE OF COURAGE

- > 1 Peter 5:7 Give all your worries and cares to God, for He cares about what happens to you.
- > Exodus 3:1-14 One day Moses was tending the flock of his father-in-law, Jethro, the priest of Midian. He led the flock far into the wilderness and came to Sinai, the mountain of God. 2 There the angel of the LORD appeared to him in a blazing fire from the middle of a bush. Moses stared in amazement. Though the bush was engulfed in flames, it didn't burn up. 3 "This is amazing," Moses said to himself. "Why isn't that bush burning up? I must go see it." 4 When the LORD saw Moses coming to take a closer look, God called to him from the middle of the bush, "Moses! Moses!" "Here I am!" Moses replied. 5 "Do not come any closer," the LORD warned. "Take off your sandals, for you are standing on holy ground. 6 I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob." When Moses heard this, he covered his face because he was afraid to look at God. 7 Then the LORD told him, "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering. 8 So I have come down to rescue them from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land. It is a land flowing with milk and honey—the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live. 9 Look! The cry of the people of Israel has reached me, and I have seen how harshly the Egyptians abuse them. 10 Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt." 11 But Moses protested to God, "Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?" 12 God answered, "I will be with you. And this is your sign that I am the one who has sent you: When you have brought the people out of Egypt, you will worship God at this very mountain." 13 But Moses protested, "If I go to the people of Israel and tell them, 'The God of your ancestors has sent me to you,' they will ask me, 'What is his name?' Then what should I tell them?" 14 God replied to Moses, "I AM WHO I AM. Say this to the people of Israel: I AM has sent me to you."
- > Genesis 16:13 Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, "You are the God who sees me." [a] She also said, "Have I truly seen the One who sees me?"
- > Psalm 10:14 But you see the trouble and grief they cause. You take note of it and punish them. The helpless put their trust in you. You defend the orphans.
- > Psalms 107:28-30 "Lord, help!" they cried in their trouble, and he saved them from their distress. 29 He calmed the storm to a whisper and stilled the waves. 30 What a blessing was that stillness as he brought them safely into harbor!
- > Hebrews 13:5 Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you."
- > Deuteronomy 31:6 So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

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> Psalms 91

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. 2 This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. 3 For he will rescue you from every trap and protect you from deadly disease. 4 He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. 5 Do not be afraid of the terrors of the night, nor the arrow that flies in the day. 6 Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. 7 Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. 8 Just open your eyes, and see how the wicked are punished. 9 If you make the Lord your refuge, if you make the Most High your shelter, 10 no evil will conquer you; no plague will come near your home. 11 For he will order his angels to protect you wherever you go. 12 They will hold you up with their hands so you won't even hurt your foot on a stone. 13 You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet! 14 The Lord says, "I will rescue those who love me. I will protect those who trust in my name. 15 When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. 16 I will reward them with a long life and give them my salvation."

> Psalm 139:1-12

O LORD, you have examined my heart and know everything about me. 2 You know when I sit down or stand up. You know my thoughts even when I'm far away. 3 You see me when I travel and when I rest at home. You know everything I do. 4 You know what I am going to say even before I say it, LORD. 5 You go before me and follow me. You place your hand of blessing on my head. 6 Such knowledge is too wonderful for me, too great for me to understand! 7 I can never escape from your Spirit! I can never get away from your presence! 8 If I go up to heaven, you are there; if I go down to the grave, you are there. 9 If I ride the wings of the morning, if I dwell by the farthest oceans, 10 even there your hand will guide me, and your strength will support me. 11 I could ask the darkness to hide me and the light around me to become night 12 but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.

> Jeremiah 29:11

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

> Jeremiah 29:12-14

In those days when you pray, I will listen. 13 If you look for me wholeheartedly, you will find me. 14 I will be found by you, says the Lord.

> Genesis 50:20

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

> 1 Samuel 16:7

But the Lord said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart."

> Romans 8:35-39

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? 36 (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") 37 No, despite all these things, overwhelming victory is ours through Christ, who loved us. 38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

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> Psalms 30

I will exalt you, LORD, for you rescued me. You refused to let my enemies triumph over me. 2 O LORD my God, I cried to you for help, and you restored my health. 3 You brought me up from the grave, O LORD. You kept me from falling into the pit of death. 4 Sing to the LORD, all you godly ones! Praise his holy name. 5 For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. 6 When I was prosperous, I said, "Nothing can stop me now!" 7 Your favor, O LORD, made me as secure as a mountain. Then you turned away from me, and I was shattered. 8 I cried out to you, O LORD. I begged the Lord for mercy, saying, 9 "What will you gain if I die, if I sink into the grave? Can my dust praise you? Can it tell of your faithfulness? 10 Hear me, LORD, and have mercy on me. Help me, O LORD." 11 You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, 12 that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever!

> Isaiah 10:27

In that day the Lord will end the bondage of his people. He will break the yoke of slavery and lift it from their shoulders.

CHAPTER 2 – WHAT HAPPENED TO ME?

- > **Matthew 11:28** Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”
- > **Deuteronomy 1:6** When we were at Mount Sinai, the Lord our God said to us, ‘You have stayed at this mountain long enough.’
- > **Isaiah 61:7** Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours.

CHAPTER 3 – DEALING WITH STRAY EMOTIONS – PART I

> **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; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The emotion of guilt:

> **2 Samuel 11** -> David, Bathsheba, and Uriah

> **Psalms 38:3-8** Because of your anger, my whole body is sick; my health is broken because of my sins. 4 My guilt overwhelms me— it is a burden too heavy to bear. 5 My wounds fester and stink because of my foolish sins. 6 I am bent over and racked with pain. All day long I walk around filled with grief. 7 A raging fever burns within me, and my health is broken. 8 I am exhausted and completely crushed. My groans come from an anguished heart.

> **Acts 13:22** But God removed Saul and replaced him with David, a man about whom God said, 'I have found David son of Jesse, a man after my own heart. He will do everything I want him to do.'

> **Psalms 30** I will exalt you, LORD, for you rescued me. You refused to let my enemies triumph over me. 2 O LORD my God, I cried to you for help, and you restored my health. 3 You brought me up from the grave, O LORD. You kept me from falling into the pit of death. 4 Sing to the LORD, all you godly ones! Praise his holy name. 5 For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. 6 When I was prosperous, I said, "Nothing can stop me now!" 7 Your favor, O LORD, made me as secure as a mountain. Then you turned away from me, and I was shattered. 8 I cried out to you, O LORD. I begged the Lord for mercy, saying, 9 "What will you gain if I die, if I sink into the grave? Can my dust praise you? Can it tell of your faithfulness? 10 Hear me, LORD, and have mercy on me. Help me, O LORD." 11 You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, 12 that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever!

The emotion of anger:

> **Psalms 4:4** Don't sin by letting anger control you. Think about it overnight and remain silent.

> **Proverbs 25:28** A person without self-control is like a city with broken-down walls.

> **Proverbs 15:1** A gentle answer deflects anger, but harsh words make tempers flare.

> **Proverbs 16:32** Better to be patient than powerful; better to have self-control than to conquer a city.

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VERSES TO STUDY:

- > Psalms 37:8 Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.
- > Proverbs 19:19 Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again.
- > Proverbs 14:17 Short-tempered people do foolish things, and schemers are hated.
- > Hebrews 12:15 Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.
- > Proverbs 17:27 A truly wise person uses few words; a person with understanding is even-tempered.
- > Ephesians 4:26 And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.

The emotion of sorrow:

- > Psalms 6:6 I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.
- > Psalms 34:18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.
- > John 11:1-44 Jesus raises Lazarus from the dead.
- > Isaiah 51:3 The Lord will comfort Israel again and have pity on her ruins. Her desert will blossom like Eden, her barren wilderness like the garden of the Lord. Joy and gladness will be found there. Songs of thanksgiving will fill the air.

CHAPTER 4 – DEALING WITH STRAY EMOTIONS – PART II

> Isaiah 54:4 “Fear not; you will no longer live in shame.”

The emotion of shame:

> Romans 12:2 Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

> Mark 10:27 Jesus looked at them intently and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.”

> 2 Corinthians 10:4-5 We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

The emotion of depression:

> Psalms 6:2 Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony.

> Psalms 34:18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

> Proverbs 17:22 A cheerful heart is good medicine, but a broken spirit saps a person’s strength.

> Psalms 61:1-2 O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety.

> Lamentations 3:22-23 The faithful love of the Lord never ends! His mercies never cease. 23 Great is his faithfulness; his mercies begin afresh each morning.

> Isaiah 40:31 But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

> Psalm 46:1 God is our refuge and strength, always ready to help in times of trouble.

> Isaiah 40:29 He gives power to the weak and strength the powerless.

The emotion of _____

> Psalms 34:19 The righteous person may have many troubles, but the Lord delivers him from them all.

CHAPTER 5 – FORGIVING OTHERS

- > **Mark 11:25-26** “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.
- > **Genesis 37:3-4** Now Israel loved Joseph more than all his children, because he was the son of his old age. Also he made him a tunic of many colors. 4 But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peaceably to him.
- > **Genesis 37:23-28** So when Joseph arrived, his brothers ripped off the beautiful robe he was wearing. 24 Then they grabbed him and threw him into the cistern. Now the cistern was empty; there was no water in it. 25 Then, just as they were sitting down to eat, they looked up and saw a caravan of camels in the distance coming toward them. It was a group of Ishmaelite traders taking a load of gum, balm, and aromatic resin from Gilead down to Egypt. 26 Judah said to his brothers, “What will we gain by killing our brother? We’d have to cover up the crime. 27 Instead of hurting him, let’s sell him to those Ishmaelite traders. After all, he is our brother—our own flesh and blood!” And his brothers agreed. 28 So when the Ishmaelites, who were Midianite traders, came by, Joseph’s brothers pulled him out of the cistern and sold him to them for twenty pieces of silver. And the traders took him to Egypt.
- > **Genesis 39** -> Joseph and Pontifar’s wife, Joseph is thrown into prison
- > **Genesis 41:14-15** Pharaoh sent for Joseph at once, and he was quickly brought from the prison. After he shaved and changed his clothes, he went in and stood before Pharaoh. 15 Then Pharaoh said to Joseph, “I had a dream last night, and no one here can tell me what it means. But I have heard that when you hear about a dream you can interpret it.”
- > **Genesis 41:37-41** Joseph’s suggestions were well received by Pharaoh and his officials. 38 So Pharaoh asked his officials, “Can we find anyone else like this man so obviously filled with the spirit of God?” 39 Then Pharaoh said to Joseph, “Since God has revealed the meaning of the dreams to you, clearly no one else is as intelligent or wise as you are. 40 You will be in charge of my court, and all my people will take orders from you. Only I, sitting on my throne, will have a rank higher than yours.” 41 Pharaoh said to Joseph, “I hereby put you in charge of the entire land of Egypt.”
- > **Genesis 42:6-8** Since Joseph was governor of all Egypt and in charge of selling grain to all the people, it was to him that his brothers came. When they arrived, they bowed before him with their faces to the ground. 7 Joseph recognized his brothers instantly, but he pretended to be a stranger and spoke harshly to them. “Where are you from?” he demanded. “From the land of Canaan,” they replied. “We have come to buy food.” 8 Although Joseph recognized his brothers, they didn’t recognize him.

> Genesis 45:1-15

Joseph could stand it no longer. There were many people in the room, and he said to his attendants, "Out, all of you!" So he was alone with his brothers when he told them who he was. 2 Then he broke down and wept. He wept so loudly the Egyptians could hear him, and word of it quickly carried to Pharaoh's palace.

3 "I am Joseph!" he said to his brothers. "Is my father still alive?" But his brothers were speechless! They were stunned to realize that Joseph was standing there in front of them. 4 "Please, come closer," he said to them. So they came closer. And he said again, "I am Joseph, your brother, whom you sold into slavery in Egypt. 5 But don't be upset, and don't be angry with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives. 6 This famine that has ravaged the land for two years will last five more years, and there will be neither plowing nor harvesting. 7 God has sent me ahead of you to keep you and your families alive and to preserve many survivors. 8 So it was God who sent me here, not you! And he is the one who made me an adviser to Pharaoh—the manager of his entire palace and the governor of all Egypt.

9 "Now hurry back to my father and tell him, 'This is what your son Joseph says: God has made me master over all the land of Egypt. So come down to me immediately! 10 You can live in the region of Goshen, where you can be near me with all your children and grandchildren, your flocks and herds, and everything you own. 11 I will take care of you there, for there are still five years of famine ahead of us. Otherwise you, your household, and all your animals will starve.'"

12 Then Joseph added, "Look! You can see for yourselves, and so can my brother Benjamin, that I really am Joseph! 13 Go tell my father of my honored position here in Egypt. Describe for him everything you have seen, and then bring my father here quickly." 14 Weeping with joy, he embraced Benjamin, and Benjamin did the same. 15 Then Joseph kissed each of his brothers and wept over them, and after that they began talking freely with him.

> Luke 6:37

Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.

> 2 Thessalonians 1:6-7

In his justice he will pay back those who persecute you. 7 And God will provide rest for you who are being persecuted and also for us when the Lord Jesus appears from heaven. He will come with his mighty angels.

> Romans 12:17-21

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. 18 Do all that you can to live in peace with everyone. 19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. 20 Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." 21 Don't let evil conquer you, but conquer evil by doing good.

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> Matthew 26:57-66

Then the people who had arrested Jesus led him to the home of Caiaphas, the high priest, where the teachers of religious law and the elders had gathered. 58 Meanwhile, Peter followed him at a distance and came to the high priest's courtyard. He went in and sat with the guards and waited to see how it would all end. 59 Inside, the leading priests and the entire high council were trying to find witnesses who would lie about Jesus, so they could put him to death. 60 But even though they found many who agreed to give false witness, they could not use anyone's testimony. Finally, two men came forward 61 who declared, "This man said, 'I am able to destroy the Temple of God and rebuild it in three days.'" 62 Then the high priest stood up and said to Jesus, "Well, aren't you going to answer these charges? What do you have to say for yourself?" 63 But Jesus remained silent. Then the high priest said to him, "I demand in the name of the living God—tell us if you are the Messiah, the Son of God." 64 Jesus replied, "You have said it. And in the future you will see the Son of Man seated in the place of power at God's right hand and coming on the clouds of heaven." 65 Then the high priest tore his clothing to show his horror and said, "Blasphemy! Why do we need other witnesses? You have all heard his blasphemy. 66 What is your verdict?" "Guilty!" they shouted. "He deserves to die!"

> 1 Peter 2:21-23

For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps. 22 He never sinned, nor ever deceived anyone. 23 He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.

> Acts 7:59-60

As they stoned him, Stephen prayed, "Lord Jesus, receive my spirit." 60 He fell to his knees, shouting, "Lord, don't charge them with this sin!" And with that, he died.

> Luke 23:34

Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice.

> Matthew 5:43-46

"You have heard the law that says, 'Love your neighbor' and hate your enemy. 44 But I say, love your enemies! Pray for those who persecute you! 45 In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. 46 If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much.

> Philippians 4:6-8

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

CHAPTER 6 – GOD’S GRACE

- > Hebrews 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.
- > 1 Peter 2:9 But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.
- > Acts 7:58 and dragged him out of the city and began to stone him. His accusers took off their coats and laid them at the feet of a young man named Saul.
- > Acts 8:1,3 1 Saul was one of the witnesses, and he agreed completely with the killing of Stephen. A great wave of persecution began that day, sweeping over the church in Jerusalem; and all the believers except the apostles were scattered through the regions of Judea and Samaria. 3 But Saul was going everywhere to destroy the church. He went from house to house, dragging out both men and women to throw them into prison.
- > Acts 9:1-9 Meanwhile, Saul was uttering threats with every breath and was eager to kill the Lord’s followers. So he went to the high priest. 2 He requested letters addressed to the synagogues in Damascus, asking for their cooperation in the arrest of any followers of the Way he found there. He wanted to bring them—both men and women—back to Jerusalem in chains. 3 As he was approaching Damascus on this mission, a light from heaven suddenly shone down around him. 4 He fell to the ground and heard a voice saying to him, “Saul! Saul! Why are you persecuting me?” 5 “Who are you, lord?” Saul asked. And the voice replied, “I am Jesus, the one you are persecuting! 6 Now get up and go into the city, and you will be told what you must do.” 7 The men with Saul stood speechless, for they heard the sound of someone’s voice but saw no one! 8 Saul picked himself up off the ground, but when he opened his eyes he was blind. So his companions led him by the hand to Damascus. 9 He remained there blind for three days and did not eat or drink.
- > Acts 9:20-22 And immediately he began preaching about Jesus in the synagogues, saying, “He is indeed the Son of God!” 21 All who heard him were amazed. “Isn’t this the same man who caused such devastation among Jesus’ followers in Jerusalem?” they asked. “And didn’t he come here to arrest them and take them in chains to the leading priests?” 22 Saul’s preaching became more and more powerful, and the Jews in Damascus couldn’t refute his proofs that Jesus was indeed the Messiah.
- > 2 Corinthians 9:8 And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.
- > Joel 2:25 The Lord says, “I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you.

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- > **Ephesians 2:8-9** God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it.
- > **Isaiah 55:7** Let the wicked change their ways and banish the very thought of doing wrong. Let them turn to the Lord that he may have mercy on them. Yes, turn to our God, for he will forgive generously.
- > **Matthew 7:7-11** Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 8 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. 9 "You parents—if your children ask for a loaf of bread, do you give them a stone instead? 10 Or if they ask for a fish, do you give them a snake? Of course not! 11 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.
- > **Psalms 32:5** Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.
- > **Isaiah 38:17** Yes, this anguish was good for me, for you have rescued me from death and forgiven all my sins.
- > **Psalms 103:12** He has removed our sins as far from us as the east is from the west.
- > **Isaiah 43:25** I—yes, I alone—will blot out your sins for my own sake and will never think of them again.
- > **Psalms 32** Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! 2 Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! 3 When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. 6 Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. 7 For you are my hiding place; you protect me from trouble. You surround me with songs of victory. 8 The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you. 9 Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control." 10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD. 11 So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!

CHAPTER 7 – CAN I FORGIVE MYSELF?

- > **John 8:32,36** For you shall know the truth, and the truth shall make you free. For if the Son makes you free, you shall be free indeed.
- > **Romans 8:37** No, despite all these things, overwhelming victory is ours through Christ, who loved us.
- > **Romans 3:23** For everyone has sinned; we all fall short of God’s glorious standard.
- > **Philippians 4:6-7** Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
- > **Mark 11:24** I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours.
- > **Luke 11:1** Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray, just as John taught his disciples.
- > **Isaiah 44:22** I have swept away your sins like a cloud. I have scattered your offenses like the morning mist. Oh, return to me, for I have paid the price to set you free.
- > **Psalms 30** I will exalt you, Lord, for you rescued me. You refused to let my enemies triumph over me. ² O Lord my God, I cried to you for help, and you restored my health. ³ You brought me up from the grave, O Lord. You kept me from falling into the pit of death. ⁴ Sing to the Lord, all you godly ones! Praise his holy name. ⁵ For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. ⁶ When I was prosperous, I said, “Nothing can stop me now!” ⁷ Your favor, O Lord, made me as secure as a mountain. Then you turned away from me, and I was shattered. ⁸ I cried out to you, O Lord. I begged the Lord for mercy, saying, ⁹ “What will you gain if I die, if I sink into the grave? Can my dust praise you? Can it tell of your faithfulness? ¹⁰ Hear me, Lord, and have mercy on me. Help me, O Lord.” ¹¹ You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, ¹² that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever!

CHAPTER 8 – RENEWING MY MIND

- > **Romans 12:2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.
- > **John 8:44** For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.
- > **Philippians 4:8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
- > **Colossians 3:10** Put on your new nature, and be renewed as you learn to know your Creator and become like him.
- > **John 8:36** So if the Son sets you free, you are truly free.
- > **Romans 3:23** For everyone has sinned; we all fall short of God's glorious standard.
- > **Philippians 4:8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
- > **John 10:10** The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
- > **2 Corinthians 10:4-5** We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. 5 We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.
- > **Matthew 9:17** And no one puts new wine into old wineskins. For the old skins would burst from the pressure, spilling the wine and ruining the skins. New wine is stored in new wineskins so that both are preserved.
- > **Philippians 1:6** And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.
- > **Proverbs 23:7** For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you. (NKJV)
- > **Psalms 119:93** I will never forget your commandments, for by them you give me life.

CHAPTER 9 – WHO IS THIS CHILD?

- > **Hebrews 10:22-23** let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water. ²³ Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.
- > **Deuteronomy 31:6,8** So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you." (...) ⁸ Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you."
- > **Philippians 4:7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
- > **Jeremiah 1:5** I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations.
- > **2 Corinthians 5:8** Yes, we are fully confident, and we would rather be away from these earthly bodies, for then we will be at home with the Lord.
- > **Revelation 21:4** He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.

CHAPTER 10 – BROTHERS OF COURAGE

- > 2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.
- > Genesis 25 -> Jacob and Esau
- > Genesis 27 -> Jacob and Esau, continued
- > 1 Peter 5:8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.
- > Genesis 32:6 After delivering the message, the messengers returned to Jacob and reported, “We met your brother, Esau, and he is already on his way to meet you—with an army of 400 men!”
- > Genesis 32:6 Finally, his father, Isaac, said to him, “You will live away from the richness of the earth, and away from the dew of the heaven above. 40 You will live by your sword, and you will serve your brother. But when you decide to break free, you will shake his yoke from your neck.”
- > Genesis 33:4 Then Esau ran to meet him and embraced him, threw his arms around his neck, and kissed him. And they both wept.
- > Psalms 121 I look up to the mountains— does my help come from there? 2 My help comes from the Lord, who made heaven and earth! 3 He will not let you stumble; the one who watches over you will not slumber. 4 Indeed, he who watches over Israel never slumbers or sleeps. 5 The Lord himself watches over you! The Lord stands beside you as your protective shade. 6 The sun will not harm you by day, nor the moon at night. 7 The Lord keeps you from all harm and watches over our life. 8 The Lord keeps watch over you as you come and go, both now and forever.
- > Luke 18:43 Instantly the man could see, and he followed Jesus, praising God. And all who saw it praised God, too.

> Psalms 30:6

When I was prosperous, I said, "Nothing can stop me now!"

> Isaiah 43:18-19

"But forget all that— it is nothing compared to what I am going to do. 19 For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

> Ephesians 6:12-20

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. 13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. 14 Stand your ground, putting on the belt of truth and the body armor of God's righteousness. 15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared. 16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. 18 Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. 19 And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. 20 I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.

> Philippians 1:6

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

> Philippians 3:13-14

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.