

***Overthinking is the
biggest cause of
loosing your Joy. Keep
yourself occupied. Keep
your mind off things
that do not help you.
Think positively. Read
God's word often!***



Trust GOD from the bottom of your heart; don't try to figure out everything on your own. Listen for GOD's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to GOD! Run from evil! Your body will glow with health, your very bones will vibrate with life! Honor GOD with everything you own; give him the first and the best. Your barns will burst, your wine vats will brim over. But don't, dear friend, resent GOD's discipline; don't sulk under his loving correction. It's the child he loves that GOD corrects; a father's delight is behind all this.

Proverbs 3:5-12



Maybe you are praying for loneliness to leave you or waiting for God's plan for your life to come to fruition. Perhaps your life has fallen into place just as God revealed but something or someone is blocking the way toward what you really hope for. So you wait, hope, believe, and yet sometimes second-guess the plan. All this is your path.



Thank you, Lord that I can be filled with joy and peace because of the hope I have in Your promises. Your Word is a lamp for my feet and a light for my path. It always leads me towards peace. Help me to be diligent to read it and meditate on it every day. In Jesus' name, Amen.



***Don't worry about
anything; instead, pray
about everything. Tell
God what you need, and
thank him for all he
has done.***

Philippians 4:6



***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.***

Philippians 4:7



***Give all your
worries and cares
to God, for he
cares about you.***

1 Peter 5:7



***I have told you all this so
that you may have peace in
me. Here on earth you will
have many trials and
sorrows. But take heart,
because I have overcome
the world.”***

John 16:33



***Now may the Lord of
peace himself give you
his peace at all times and
in every situation. The
Lord be with you all.
2 Thessalonians 3:16***



***Faith shows the
reality of what we
hope for; it is the
evidence of things we
cannot see.***

Hebrews 11:1



***He heals the brokenhearted
and bandages their wounds.
He counts the stars and calls
them all by name. How great is
our Lord! His power is
absolute! His understanding
is beyond comprehension! The
Lord supports the humble, but
he brings the wicked down
into the dust.***

Psalms 147:3-6



***Walk with the wise
and become wise, for a
companion of fools
suffers harm.***

Proverbs 13:20



***Each time he said, “My grace
is all you need. My power
works best in weakness.” So
now I am glad to boast about
my weaknesses, so that the
power of Christ can work
through me.***

2 Corinthians 12:9



But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

2 Corinthians 12:9



In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Psalm 4:8

Thank you, Lord that You keep me safe and in perfect peace in the day and in the night....in the good times and in the bad. Nothing will not keep me up at night, nor affect my sleep. I will be able to rest because I am confident in You and Your ability to protect me. In Jesus' name, Amen.



***Ask me and I will tell you
remarkable secrets you
do not know about
things to come.
Jeremiah 33:3***



***The God of peace will soon
crush Satan under your
feet. May the grace of our
Lord Jesus be with you.***

Romans 16:20



“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. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

Matthew 7:7-8



***The Lord is good, a
strong refuge when
trouble comes. He is
close to those who
trust in him.***

Nahum 1:7



***I have told you all this so
that you may have peace
in me. Here on earth you
will have many trials
and sorrows. But take
heart, because I have
overcome the world.”***

John 16:33



***So do not throw away this
confident trust in the Lord.
Remember the great reward it
brings you! Patient endurance
is what you need now, so that
you will continue to do God's
will. Then you will receive all
that he has promised.***

Hebrews 10:35-36



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. But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you? No, don't be afraid. I will continue to take care of you and your children." So he reassured them by speaking kindly to them.

Genesis 50:19-21



If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

1 John 1:8-10



***Don't let evil
conquer you, but
conquer evil by
doing good.
Romans 12:21***



***God, I want Your words to be
the strongest words in my
mind. Today, I commit to
memorizing Your Word so I'll
have it ready to fight the
thoughts in my mind. so I'll
remember how important it is
to have my mind made new by
You. Thank You for the
healing work You're doing
inside my mind.***



So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is most careful with you.

1 Peter 5:6-7



1 Thessalonians 5:16-18

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

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.



***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.
Philippians 4:7***



***The Lord hears his
people when they call
to him for help. He
rescues them from all
their troubles.***

Psalms 34:17



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.”

Deuteronomy 31:8



Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7



So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is most careful with you.

1 Peter 5:6-7



***And we are instructed to turn
from godless living and
sinful pleasures. We should
live in this evil world with
wisdom, righteousness, and
devotion to God, For the
grace of God has been
revealed, bringing salvation
to all people.***

Titus 2:11-12



***Light-seeds are
planted in the souls
of God's people.***

***Joy-seeds are
planted in good
hearted souls!***

Psalm 97:11



***Choosing to release control to the
only One who is the Way, Truth,
and Life gives us peace and
security.***

***With faith in God, through His Son,
we then can say, "I myself no
longer live, but Christ lives in me.
So I live my life in the earthly body
by trusting the Son of God, who
loved me and gave himself for
me" (Galatians 2:20).***



***“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



Thank you, Lord that I can be filled with joy and peace because of the hope I have in Your promises. Your Word is a lamp for my feet and a light for my path. It always leads me towards peace. Help me to be diligent to read it and meditate on it every day. In Jesus' name, Amen.



***My soul yearns for you
in the night; in the
morning my spirit longs
for you. When your
judgments come upon
the earth, the people of
the world learn
righteousness.***

Isaiah 26:9



***God of all healing counsel! He comes
alongside us when we go through
hard times, and before you know it, he
brings us alongside someone else
who is going through hard times so
that we can be there for that person
just as God was there for us.***

***We have plenty of hard times that
come, but no more so than the good
times of his healing comfort —
we get a full measure of that, too.***

2 Corinthians 1:3-5



***Why am I discouraged? Why is
my heart so sad? I will put my
hope in God! I will praise him
again — my Savior and my God!***

Psalms 42:11

***This tells me my JOY is coming
back.***

J= Jesus O=Over Y=You

And

J=Jesus O=Others Y=You

Both = Joy



***When times are good, be happy;
but when times are bad, consider
this: God has made the one as
well as the other. Therefore, no
one can discover anything about
their future. In this meaningless
life of mine I have seen both of
these: the righteous perishing in
their righteousness, and the
wicked living long in their
wickedness.***

Ecclesiastes 7:14-15

