



Encouragement from the Psalms

for troubling or trying times...

Psalm 9:9 - The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name will trust in You, for You, Lord, have never forsaken those who seek You.

Psalm 16:8 - I have set the Lord always before me. Because He is at my right hand, I will not be shaken.

Psalm 23:4 - Even though I walk through the valley of the shadow of death, I will fear no evil; You are with me...

Psalm 32:7 - You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Psalm 34:4 - I sought the Lord, and He answered me; He delivered me from all my fears.

Psalm 34:19 - A righteous man may have many troubles, but the Lord delivers him from them all.

Psalm 37:39-40 - The salvation of the righteous comes from the Lord; He is their stronghold in time of trouble. The Lord helps them and delivers them...because they take refuge in Him.

Psalm 46:1-2a - God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear...

Psalm 50:15 - ...call upon Me in the day of trouble; I will deliver you, and you will honor Me.

Psalm 54:4 - Surely God is my help; the Lord is the One who sustains me.

Psalm 55:22 - Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.

Psalm 56:3-4 - When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid.

Psalm 59:16 - ...I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble.

Psalm 62:5-8 - Find rest, O my soul, in God alone; my hope comes from Him. He alone is my rock and my salvation; He is my fortress, I will not be shaken.

Psalm 84:12 - O Lord Almighty, blessed is the man who trusts in You.

Psalm 91:1-2 - He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Psalm 91:14-15 - "Because he loves Me," says the Lord, "I will rescue him; I will protect him, for he acknowledges My name. He will call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honor him."

Psalm 94:19 - When anxiety was great within me, Your consolation brought joy to my soul.

Psalm 103:11 - For as high as the heavens are above the earth, so great is His love for those who fear Him...

Psalm 112:1a, 7-8a - Blessed is the man who fears the Lord...He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear...

Psalm 118:6 - The Lord is with me; I will not be afraid.

Psalm 120:1 - I call on the Lord in my distress, and He answers me.

Psalm 141:8a - But my eyes are fixed on You, O Sovereign Lord; in You I take refuge...

Psalm 145:18 - The Lord is near to all who call on Him, to all who call on Him in truth.

Psalm 146:1-3, 9a - Praise the Lord. Praise the Lord, O my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live.

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