

ADDITIONAL SCRIPTURE

Psalms

The Lord is near to the brokenhearted,
and saves the crushed in spirit.

Psalm 34: 18

So even to old age and gray hairs,
O God, do not forsake me

Psalm 71:18

You have caused friend and neighbor to shun me;
my companions are in darkness.

Psalm 88:18

For my days pass away like smoke,
and my bones burn like a furnace.
My heart is stricken and withered like grass;
I am too wasted to eat my bread.

Psalm 102: 3-4

¹ Out of the depths I cry to you, O Lord.
² Lord, hear my voice!
Let your ears be attentive
to the voice of my supplications!
³ If you, O Lord, should mark iniquities,
Lord, who could stand?
⁴ But there is forgiveness with you,
so that you may be revered.
⁵ I wait for the Lord, my soul waits,
and in his word I hope;
⁶ my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.

Psalm 130: 1 - 6

Other Old Testament Verses

Do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

Isaiah 41:10

²“O that my vexation were weighed,
and all my calamity laid in the balances!
³For then it would be heavier than the sand of the sea;
therefore my words have been rash.
⁴For the arrows of the Almighty^[a] are in me;
my spirit drinks their poison;
the terrors of God are arrayed against me.
⁵Does the wild ass bray over its grass,
or the ox low over its fodder?
⁶Can that which is tasteless be eaten without salt,
or is there any flavor in the juice of mallows?^[b]
⁷My appetite refuses to touch them;
they are like food that is loathsome to me.^[c]
⁸“O that I might have my request,
and that God would grant my desire;
⁹that it would please God to crush me,
that he would let loose his hand and cut me off!
¹⁰This would be my consolation;
I would even exult^[d] in unrelenting pain;
for I have not denied the words of the Holy One.

Job 6: 2 - 10

For the mountains may depart
and the hills be removed,
but my steadfast love shall not depart from you,
and my covenant of peace shall not be removed,
says the Lord, who has compassion on you.

Isaiah 54:10

Gospels

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

Matthew 11:28

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And can any of you by worrying add a single hour to your span of life? ²⁸ And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹ Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³ But strive first for the kingdom of God^[1] and his righteousness, and all these things will be given to you as well. ³⁴ “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Matthew 6:25-34

²⁵ It was nine o’clock in the morning when they crucified him. ²⁶ The inscription of the charge against him read, “The King of the Jews.” ²⁷ And with him they crucified two bandits, one on his right and one on his left.^[a] ²⁹ Those who passed by derided him, shaking their heads and saying, “Aha! You who would destroy the temple and build it in three days, ³⁰ save yourself, and come down from the cross!” ³¹ In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, “He saved others; he cannot save himself. ³² Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.” Those who were crucified with him also taunted him. ³³ When it was noon, darkness came over the whole land until three in the afternoon. ³⁴ At three o’clock Jesus cried out with a loud voice, “Eloi, Eloi, lema sabachthani?” which means, “My God, my God, why have you forsaken me?”

Mark 15: 25 – 34

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

John 14:27

“Do not let your hearts be troubled. Believe^[a] in God, believe also in me. ² In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you?^[b]

John 14:1-2

Other New Testament Verses

³⁸ For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹ nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

Cast all your anxiety on him, because he cares for you.

I Peter 5:7