

# APPENDICES

## **APPENDIX A:**

### **ADDITIONAL VERSES FOR MEDITATION**

Psalm 9:10 — “Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you.”

Psalm 16:8-10 — “I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore, my heart is glad and my body also will rest secure, because you will not abandon me to the grave, nor will you let your holy one see decay.”

Psalm 25:1-5 — “To you, O Lord, I lift up my soul; in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse. Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.”

Psalm 27:8 & 14 — “My heart says of you, ‘Seek his face!’ Your face, Lord, I will seek. . . . Wait for the Lord; be strong and take heart and wait for the Lord.”

Psalm 28:11 — “The Lord gives strength to his people; the Lord blesses his people with peace.”

Psalm 42:1-2 — “As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?”

Psalm 42:11 — “Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Psalm 46:1-3, 10 — “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its water roar and foam and the mountains quake with their surging. . . . Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Psalm 87:7 — “All my fountains” (my source of refreshment) “are in you.”

Psalm 91:1 — “He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.”

Ps. 105:4 — “Look to the Lord and his strength; seek his face always.”

Mark 8:34b-36 — “If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me and for the gospel will save it. What good is it for a man to gain the whole world, yet forfeit his soul?”

I Peter 1:3-4 — “Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you.”

2 Corinthians 4:16-18 — “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

## **APPENDIX B:**

### **ADDITIONAL TRUTH STATEMENTS/AFFIRMATIONS**

I am committed to God's word and to spending time with Him.

God is enough. God will provide enough.

"When Christ is great, our fears are not." from Fearless by Max Lucado

"Jesus never promised a safe economy, health or relationships. He promises a safe soul." —Ron Edmondson

Because I am in Christ and part of God's family, I am blessed, chosen, cherished, loved, free, safe, pure, radiant, cleansed, important, a masterpiece, a unique creation, and I am full of hope."

My goal is to make sure that when people come into my presence they feel like they are walking into sunshine. (Psalm 34:5 — "Those who look to him are radiant; their faces are never covered with shame.")