**Encouraging Scriptures for you during this time**  
(NASB unless otherwise indicated):  
   
**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. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus."  
   
**Isaiah 41:13** "For I am the LORD your God, who upholds your right hand, who says to you, ‘Do not fear, I will help you’…”  
   
**Jeremiah 29:11** “‘For I know the plans that I have for you,’ declares the Lord,‘plans for welfare and not for calamity to give you a future and a hope.’”  
   
**Matthew 11:28** "Come to me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."  
   
**Isaiah 26:3**“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” (ESV)  
   
**2 Timothy 1:7** "For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (NKJV)  
   
**Proverbs 3:5** "Trust in the Lord with all your heart and do not lean on your own understanding."  
   
**1 Peter 5:7** "Cast all your anxiety on Him because he cares for you." (NIV)  
   
**Psalm 34:4** "I sought the LORD, and He answered me, and delivered me from all my fears.”  
   
**Psalm 94:19**“When my anxious thoughts multiply within me, Your consolations delight my soul.”  
   
**Isaiah 43:1-7**and all of **Psalm 91**

**Other Resources:**  
 www.gty.org  
https://www.intouch.org/  
https://www.truthforlife.org/  
https://www.focusonthefamily.com/shows/broadcast/  
https://www.livingwaters.com/outreach/way-of-the-master/  
https://www.youversion.com/the-bible-app/  
https://www.gotquestions.org/  
https://bibleproject.com/