


"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."

*I am hopeful*



Jeremiah 29:11  
NIV

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

*I am heard*



1 John 5:14  
NIV

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.


*I am strengthened*



Isaiah 41:10  
NIV

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

*I am loved*



Zechariah 1:14  
NIV

Come to me, all you who are weary and burdened, 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.

*I am rested*



Matthew 11:28-30  
NIV

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are persecuted every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; worn down, but not destroyed.


*I am brave*



2 Corinthians 4:7-12  
NIV

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

*I am peaceful*



John 16:33  
NIV

The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.

*I am lifted up*



Psalm 137:3-6  
NIV

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## for Encouragement

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