


"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 1:17
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 11:28-29
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 4:7-9
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 137:6-7
NIV

Free Printable Scripture Memory Cards

for Encouragement

www.MeetPenny.com