



St John's Church, Long Eaton

In Troubling Times.....

What a comfort to know that God is fighting for us when we are afraid, anxious or just nervous. God is with us in our battles. God is with us wherever we go, and of course God is with us when we are in our homes too.

Here, gathered together are a few Bible verses and prayers that may bring you some comfort and peace, as well as hope.



Below are a few selected Bible verses that might bring you some comfort at this time.

Deuteronomy 31:7-8

"Be strong and courageous....The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (NIV)

Joshua 1:9

Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. (NIV)

The book of Psalms is a great place to go when you are anxious. This collection of poetry and prayers contains some of the most comforting words in Scripture. Psalm 23, in particular, is one of the most dearly loved, soul comforting passages in all the Bible.

Psalm 23: 1 – 4, 6

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me ... Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. (NIV)

Psalm 27:1

The LORD is my light and my salvation—whom shall I fear?
LORD is the stronghold of my life—of whom shall I be afraid?
(NIV)

Psalm 119:76

May your unfailing love be my comfort, according to your promise to your servant. (NIV)

Proverbs 3:24

When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. (NIV)

Ecclesiastes 3: 1 – 8

There is a time for everything,
and a season for every activity under heaven
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.

The book of Isaiah is another excellent place to go when you need comfort. The second half of Isaiah contains messages of forgiveness, consolation, and hope, as God speaks through the prophet to reveal his plans to bless and save his people through the coming Messiah.

Isaiah 12:2

Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defence; he has become my salvation. (NIV)

Isaiah 49:13

Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones. (NIV)

Jeremiah 1:8

"Do not be afraid of them, for I am with you and will rescue you," declares the LORD. (NIV)

Lamentations 3:25

The LORD is good to those whose hope is in him, to the one who seeks him; (NIV)

Micah 7:7

But as for me, I watch in hope for the LORD, I wait for God my Saviour; my God will hear me. (NIV)

The Gospels and books of the New Testament also are filled with hope and God's love, which hopefully can bring comfort.

Matthew 5:4

Blessed are those who mourn, for they will be comforted. (NIV)

Mark 5:36

Overhearing what they said, Jesus told him, "Don't be afraid; just believe." (NIV)

Luke 12:7

Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. (NIV)

John 14:1

Do not let your hearts be troubled. You believe in God; believe also in me. (NIV)

John 14:27

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

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (NIV)

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves receive from God. (NIV)

Hebrews 13:6

So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" (NIV)

A Prayer for Peace of Mind

Almighty God, we bless you for our lives,
we give you praise for your abundant mercy and grace
we receive. We thank you for your faithfulness even
though we are not that faithful to you.

Lord Jesus, we ask you to give us all around
peace in our mind, body, soul and spirit.

We want you to heal and remove everything that is
causing stress, grief, and sorrow in our lives,
and in our community.

Please guide our path through life.

Let your peace reign in our hearts,
and be with us as we cannot be with others.

In Jesus' name, Amen.



Prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.



O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen



In anxious moments try the Jesus Prayer – a prayer designed to be said over and over. Say the phrase again and again till you feel calmer. Try to slow the words down. Prayer changes things and it changes us.

'Lord, Jesus Christ. Son of God, have mercy on me, a sinner'

A prayer to pray over ourselves

Circle me, Lord
Keep love within, keep strife without
Keep hope within, keep despair without
Keep peace within, keep harm without.

From Daily Light which is a wonderful devotional by *Ray Simpson*

If you or someone you know, would like to be added to our prayer list, or budding scheme please contact Revd Sam Tredwell on 0115 9463820 or email samtredwell@outlook.com