

God's Promises to Our Strongholds

○ **Bitterness**

- Each heart knows its own bitterness, and no one else can fully share its joy. Proverbs 14:10, NLT
- Don't be worried on account of the wicked; don't be jealous of those who do wrong. They will soon disappear like grass that drives up; they will die like plants that wither. Psalm 37: 1-2, GNT
- For I seen that you are full of bitterness and captive to sin. Acts 8:23, NIV
- See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it may be defiled. Hebrews 12:15, NASB
- But if in your heart you are jealous, bitter, and selfish, don't sin against the truth by boasting of your wisdom. Such wisdom does not come down from heaven; it belongs to the world, it is unspiritual and demonic. Where there is jealousy and selfishness, there is also disorder and every kind of evil. James 3: 14-16, GNT
- Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4: 31-32, NLT

○ **Anger**

- "A fool always loses his temper, but a wise man holds it back." Proverbs 29:11, NASB
- "Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.'" Romans 12:19
- But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Colossians 3:8
- People with a hot temper do foolish things; wiser people remain calm. Proverbs 14:17, GNT

- Whoever is patient has great understanding, but one who is quick-tempered displays folly. Proverbs 14:29, NIV
 - Make no friendship with man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare. Proverbs 22: 24-26
 - Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Psalm 4:4
 - Don't say, "I will get even for this wrong." Wait for the Lord to handle the matter. Proverbs 20:22, NLT
- **Anxiety and Worry**
- But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 2 Corinthians 12: 9-10
 - She [Hannah] prayed so fervently that Eli told her "How long will you go on being drunk? Put your wine away from you." But Hannah answered, "No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord. Do not regard your servant as a worthless woman, for all along I have been speaking out of my great anxiety and vexation." Then Eli answered, "Go in peace, and the God of Israel grant your petition that you have made in him." And she said, "Let your servant find favor in your eyes." Then the woman went her way and ate, and her face was no longer sad." 1 Samuel 1:12-17
 - Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverbs 12: 25
 - Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. Psalm 142:4, NIV
 - Give all your worries and cares to God, for he cares about you. 1 Peter 5:7, NLT
 - Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there were none of them. Psalm 139: 16

- But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Matthew 6: 33-34, NKJV
- **Shame and Guilt**
 - You, God, know my golly; my guilt is not hidden from you. Psalm 69:5, NIV
 - You know how I am scorned, disgraced and shamed; all my enemies are before you. Psalm 69: 19, NIV
 - May my heart be blameless in Your statues, so that I will not be ashamed. Psalm 119: 80, NASB
 - Do not let me be ashamed, O Lord, for I have called upon You; let the wicked be ashamed; let them be silent in the grave. Psalm 31: 17
 - As far as the east is from the west, so far has He removed our transgressions from us. Psalm 103: 12, NASB
 - Come now, and let us reason together,” says the Lord, “though your sins are as scarlet, they will be as white as snow; though they are red like crimson, they will be like wool.” Isaiah 1: 18, NASB
- **Fear**
 - “The fear of man lays in a snare, but whoever trusts in the Lord is safe.” Proverbs 29:25
 - “There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.” 1 John 4:18, NLT
 - Isaiah 43: 18-19 says, “Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it?”
 - I prayed to the Lord, and he answered me. He freed me from all my fears. Psalm 34:4, NLT
 - Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? Isaiah 43: 18-19

- Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Proverbs 3: 5-6, NASB
- And my God will supply all your needs according to His riches in glory in Christ Jesus. Philippians 4:19, NASB
- He shall cover you with His feathers, and under His wings you shall take refuge; his truth shall be your shield and buckler. Psalm 1:4, NKJV

○ **Depression**

- Proverbs 18:14 says “The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?” Proverbs 18:14, NASB
- Job refused to curse God. In the end “the Lord restored the fortunes of Job, when he had prayed for his friends. And the Lord gave Job twice as much as he had before.” Job 42: 10, ESV
- “O Lord, all my longing is before you; my sighing is not hidden from you.” Psalm 38:9
- But he knows the way that I take; when he has tried me, I shall come out as gold. Job 23: 10
- Remember these things, O Jacob, and Israel, for you are My servant; I have formed you, you are My servant, O Israel, you will not be forgotten by me. Isaiah 44:21, NASB
- Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:16, NIV
- You, Lord, keep my lamp burning; my God turns my darkness into light. With your help I can advance against a troop; with my God I can scale a wall. Psalm 18:28-29, NIV

○ **Grief**

- “Cast your burden on the Lord, and He shall sustain you; he shall never permit the righteous to be moved.” Psalm 55:22, NKJV
- “My soul weeps because of grief; strengthen me according to your word.” Psalm 119: 28, NASB

- “For the Lord has heard the sound of my weeping.”
Psalm 6:8
- In you, O Lord, do I take refuge; let me never be put to shame; in your righteousness deliver me! Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me! For you are my rock and my fortress; and for your name’s sake you lead me and guide me. Psalm 31: 1-3
- Those who sow in tears shall reap with shouts of joy! He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him. Psalm 126: 5-6

○ **UnForgiveness**

- “Then Peter came up and said to him, “Lord how often will my brother sin against me, and I forgive him? As many as seven times?” Jesus said to him, “I do not say to you seven times, but seventy-seven times.” Matthew 18: 21-22
- “Cast your sorrow upon the Lord after repentance.” Isaiah 53:4
- “God has saved you through faith, not by works.” Ephesians 2:8-9
- “God is greater than our heart and knows everything.” 1 John 3:20-21
- “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Colossians 3:13-14, NIV
- And Jesus said, “Father, forgive them, for they know not what they do.” Luke 23:34
- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32, NIV
- So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Matthew 5: 23-24

○ **PTSD –Post Traumatic Stress Disorder**

- “Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” Isaiah 43: 18-19
- Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. Philippians 3: 13-15
- Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8
- How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? Psalm 13:2
- Remember, O Lord, Your tender mercies and Your loving kindnesses, or they are from of old. Do not remember the sins of my youth, nor my transgressions; according to your mercy remember me, for Your goodness’ sake, O Lord. Psalm 25:6-7, NKJV
- Sing to the Lord a new song, and His praise from the ends of the earth, you who go down to the sea, and all that is in it, you coastlands and you inhabitants of them! Isaiah 42: 10, NKJV

All verses are in ESV unless otherwise noted

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