

Psalm 94:19 (ESV)

“When the cares of my heart are many, your consolations cheer my soul,”

No matter what trials or problems swirl around me, I am continually reminded of the goodness of God. It brings a smile to my face and praise to my lips.

Philippians 4:19 (ESV)

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

I have peace of mind and am comforted knowing God will provide all those things I need to serve Him faithfully.

Proverbs 12:25 (NKJV)

“Anxiety in the heart of man causes depression, but a good word makes it glad.”

Because I am filling my mind with the best words—God's words—my heart rejoices.

Philippians 4:6-7 (ESV)

“do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Instead of needless fretting, I constantly bring God my concerns with gracious appreciation for His love and constant care. In so doing I have peace which protects my soul regardless of the outcome of my requests.

Matthew 6:34 (NKJV)

“Therefore do not worry about tomorrow, for tomorrow will worry about it's own things. Sufficient for the day is its own trouble.

Always seeking God's will be done, I do not have anxiety about the future days. I will meet them with courage and strength from the Lord.

I Peter 5:7 (NKJV)

“casting all your care upon Him, for He cares for you.”

I am filled with joy because I bring all my troubles to my Heavenly Father who loves me. I need not lose heart or despair knowing His love for my soul.

This page is designed so that you can print it, cut out each box and paste onto individual 3”x5” cards. You can then carry those cards with you and read over them at various times each day, working to renew your mind. It is recommended that you read (aloud whenever possible) each card three times in a row, three times a day. The aim is less to memorize and more to saturate your mind with the word of God. Any questions can be sent to Editor@ComeFillYourCup.com

Luke 12:25-27 (NKJV)



“And which of you by worrying can add one cubit to your stature? If you then are not able to do the least, why are you anxious for the rest? Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.”

Since worrying effects no change, I wholeheartedly put all my confidence in God's amazing power, wonderful grace and mercy to see me through each and every day. This brings about tranquility to my mind and body.

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