

Isaiah 41:10 (ESV)



“Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.”

I believe God's promise of His power, strength and help.

I have courage to stand strong.



Psalm 27:14 (ESV)

“Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD!”

I am secure in waiting for the Lord while I serve Him knowing He is with me.

Joshua 1:9 (ESV)



“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Just like Joshua, I can be confident and brave in facing anything that comes my way because God is with me as I follow Him.



Romans 8:28 (KJV)

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

I am fully assured that no matter what comes my way, God will work it out in the way that is best for His reasons even when I may not fully understand them.

Psalm 27:1(ESV)



“The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
of whom shall I be afraid?”

I depend whole-heartedly on God to protect my soul and His light to guide my way. I draw on God's strength giving me drive and endurance.



Psalm 46:1-3 (ESV)

“God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,”

Regardless of any sudden real or imagined calamity, I face it with indomitable trust in the Lord's power to get me through it.

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



1 John 4:4 (ESV)

“Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.”

My confidence in God's victory and might keeps my chin up and gives me boldness to increase my faith in Him.

Ephesians 3:14-16 (ESV)

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being,”

I rejoice in the power of the Spirit within me to strengthen and encourage me. I can defeat any fears which would rob me of my reliance on the Almighty. This joy lights up my eyes and blesses others around me.

Psalms 56:3 (ESV)

“When I am afraid,
I put my trust in you.”

Although I may feel afraid, I put my complete faith in God's ability to see me through any and all circumstances. In this I can have gladness of heart!

Matthew 14:27 (ESV)

“But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid.”

When the situation seems frightening, I stand tall and become more diligent in keeping my eyes focused on Christ Jesus.

Psalms 37:5 (ESV)

Commit your way to the LORD;
trust in him, and He will act.

Even though fears may tempt me to believe that the Lord is not working to help me, I am fully assured and confident that He knows what is needed and wants the ultimate best for me.

Philippians 4:13 (ESV)

“I can do all things through him who strengthens me.”

What the Lord requires of me, I am completely capable and empowered by Him to do. No matter what may try to stop me, I heartily do with all my might.

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Ephesians 3:20-21 (NKJV)

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“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him *be* glory in the church by Christ Jesus to all generations, forever and ever. Amen.”

Though I don't understand the details of how God works, I am thoroughly convinced of His abilities to do more than I can imagine in ways I might not see. Knowing this I am filled with a cheerful determination to continue glorifying Jesus Christ.

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