



100 SCRIPTURE
Declarations

FOR DAYS WHEN YOU NEED GOD'S LIGHT
TO SHINE INTO THE DARKNESS

TAKEN FROM
STILL STANDING

HOW TO LIVE IN GOD'S LIGHT WHILE WRESTLING WITH THE DARK
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10 VERSES FOR WHEN YOU ARE **SCARED**

WHEN I FEEL **SCARED**, I WILL REMEMBER . . .

1) God is holding you with his hand. He will strengthen you!

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.

Isaiah 41:10

2) God is with you wherever you go.

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.

Joshua 1:9

3) God has given us a spirit of power, love, and self-control, not fear.

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

4) Pray continually to God. His peace will guard you.

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

Philippians 4:6-7

5) God's peace is above anything that the world can give us.

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

John 14:27

6) No matter what you are walking through, allow his presence to comfort you.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalms 23:4

7) Remember that all things are possible with God!

But Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

Matthew 19:26

8) Spiritual warfare is real. Use your shield of faith! There is power in believing and trusting God.

In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.

Ephesians 6:16

9) When you fully trust in God, you will bear fruit and not be consumed by fear.

Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.

Jeremiah 17:7-8

10) Be self-controlled. Walk in the Spirit so you do not give in to your fears. Spend quality time with God in his Word and in prayer.

I sought the Lord, and he answered me and delivered me from all my fears.

Psalms 34:4

10 VERSES FOR WHEN YOU ARE **ANGRY**

WHEN I FEEL **ANGRY**, I WILL REMEMBER . . .

1) Be silent so you do not sin.

Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.

Psalm 4:4

2) Be wise and hold back quietly rather than acting foolishly and venting all of your emotions.

A fool gives full vent to his spirit, but a wise man quietly holds it back.

Proverbs 29:11

3) Be slow to anger. Your anger does not produce the righteousness of God.

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

James 1:19–20

4) Seek to understand the other person's perspective before reacting defensively.

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

Proverbs 14:29

5) Speak softly and kindly. Do not be harsh.

A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1

6) Do not get involved in controversial conversations that could produce anger.

Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil.

2 Timothy 2:23–24

7) God will repay; it is not up to you to punish someone for wrongdoing.

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

8) Look for opportunities to do good in the midst of a problem.

Do not be overcome by evil, but overcome evil with good.

Romans 12:21

9) Extend forgiveness to those who have sinned against you.

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:31–32

10) Live out the fruit of the Spirit in your life so you do not give in to your anger.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 5:22–23

10 VERSES FOR WHEN YOU ARE **EMBARRASSED**

WHEN I FEEL **EMBARRASSED**, I WILL REMEMBER . . .

1) God is love!

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

1 John 4:7-8

2) No one has a greater love for you than Jesus.

Greater love has no one than this, that someone lay down his life for his friends.

John 15:13

3) Nothing can ever separate you from God's love.

In all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:37-39

4) God is with you. Let him quiet your restless heart with his love.

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Zephaniah 3:17

5) God loves you so much he gave his only Son, so you could have eternal life.

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16

6) God calls you his child.

See what kind of love the Father has given to us, that we should be called children of God; and so we are.

1 John 3:1

7) God is slow to anger and abounding in steadfast love toward you.

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

Psalms 86:15

8) He is your loving father. His discipline shows his love for you.

For the Lord disciplines the one he loves, and chastises every son whom he receives.

Hebrews 12:6

9) God demonstrated his love for you through the death of Christ.

But God shows his love for us in that while we were still sinners, Christ died for us.

Romans 5:8

10) God's love for you endures forever. It never ends!

Give thanks to the God of heaven, for his steadfast love endures forever.

Psalms 136:26

10 VERSES FOR WHEN YOU ARE **WORRIED**

WHEN I FEEL **WORRIED**, I WILL REMEMBER . . .

1) To pray. Prayer leads to peace.

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

Philippians 4:6-7

2) God is with us. No matter what we face, we have a future hope that does not disappoint.

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

3) Throw your burdens on God.

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Psalms 55:22

4) Trust that God is leading you on the path that is best for you.

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 straight your paths.

Proverbs 3:5-6

5) When you feel fear welling up inside of you, stop and put your trust in God.

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

Psalms 56:3

6) You are not alone. God is with you.

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.

Isaiah 41:10

7) Have faith. God will take care of you.

Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

Matthew 6:25-30

8) Each day has enough trouble, so stay focused on today and do not worry about tomorrow.

Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:34

9) Worry will weigh you down. Words have power. Speak words of truth and encouragement to others and yourself.

Anxiety in a man's heart weighs him down, but a good word makes him glad.

Proverbs 12:25

10) Call on the Lord. He is on your side!

Out of my distress I called on the Lord; the Lord answered me and set me free. The Lord is on my side; I will not fear. What can man do to me?

Psalms 118:5-6

10 VERSES FOR WHEN YOU ARE **SAD**

WHEN I FEEL **SAD**, I WILL REMEMBER . . .

1) God sees your tears and sleepless nights. He is for you.

You have kept count of my tossings; put my tears in your bottle. Are they not in your book? Then my enemies will turn back in the day when I call. This I know, that God is for me.

Psalm 56:8–9

2) If you have a friend who is sad, cry with them.

Rejoice with those who rejoice, weep with those who weep.

Romans 12:15

3) It's okay to cry. Even Jesus cried after the death of his friend.

Jesus wept.

John 11:35

4) God comforts us in our troubles so that we can be a comfort to others when they face troubles.

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.

2 Corinthians 1:3–4

5) Hold on to hope. There will be no more crying or pain in heaven.

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4

6) Our sadness is temporary and only for a season. Hang on because joy is coming.

Weeping may tarry for the night, but joy comes with the morning.

Psalm 30:5

7) Cry out to God. Tell him your feelings—list your troubles to him!

O Lord, all my longing is before you; my sighing is not hidden from you.

Psalm 38:9

8) God hears you and is your refuge and strength.

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

9) Lift your eyes to him! Seek God for help. Don't look to this world for it.

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.

Psalm 121:1–2

10) Walk in the Spirit so that you do not allow sadness to control you. Spend quality time with God in his Word and in prayer.

And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.

Isaiah 58:11

10 VERSES FOR FINDING **PEACE** WHEN THERE IS NONE

WHEN I FEEL **NO PEACE**, I WILL REMEMBER . . .

1) The Lord is near.

The Lord is near to the brokenhearted and saves the crushed in spirit.

Psalm 34:18

2) Keep your mind focused on trusting in the Lord.

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Isaiah 26:3

3) You are in a spiritual battle—be strong in the Lord!

Be strong in the Lord and in the strength of his might.

Ephesians 6:10

4) You are not alone.

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

Deuteronomy 31:8

5) Give your worries to Jesus.

Casting all your anxieties on him, because he cares for you.

1 Peter 5:7

6) Run to Jesus and rest in him.

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28–30

7) Keep believing. Cling to hope.

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13

8) This is unnatural, but rejoice.

We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

Romans 5:3–4

9) Peace is only found in Jesus.

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

John 16:33

10) God is present with you. Let him be your refuge and strength.

God is our refuge and strength, a very present help in trouble.

Psalm 46:1

10 VERSES FOR FINDING **STRENGTH** WHEN YOU FEEL TIRED

WHEN I FEEL **TIRED**, I WILL REMEMBER . . .

1) Spend time in God's Word. He will give you strength.

My soul melts away for sorrow; strengthen me according to your word!

Psalm 119:28

2) God desires to give you rest. Friend, God gives you permission to rest. Seek rest, seek God, and trust in him.

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28–30

3) God provides all that you need at all times. He will sustain you.

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

4) God will use this trial in your life for your good and his glory.

We know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8:28

5) Is part of your weariness due to wounding from others? God knows your brokenness, and he promises to heal you and restore you if you will release it to him.

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

6) Continue to do good and serve him. Do not give up!

Let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Galatians 6:9

7) Give thanks to God that he provides strength in your times of need.

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalm 73:26

8) Sleep well. God has it all under control.

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Psalm 4:8

9) Be still and wait for the Lord. He is at work even when we cannot see him, and he has a purpose for your trials.

Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Isaiah 40:30–31

10) Seek him earnestly! Spend quality time with God in his Word and in prayer.

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you.

Psalm 63:1–3

10 VERSES FOR FINDING **CONTENTMENT** WITH THE WOMAN IN THE MIRROR

WHEN I FEEL **DISCONTENT**, I WILL REMEMBER . . .

1) God created you. Be thankful for how wonderfully he made you and what he has given you.

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Psalms 139:13–14

2) You were created in the image of God. Isn't that humbling and amazing to think about?

God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 1:27

3) God is looking at your heart, not your outward appearance.

The Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.

1 Samuel 16:7

4) God is concerned with our bodies. He gave them to us to steward.

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19–20

5) Don't allow your body image to get you sidetracked from your real goals in life—including the imperishable beauty of a gentle and quiet spirit.

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

1 Peter 3:3–4

6) Fear the Lord; have a sense of awe of God and appreciate his character and his holiness.

Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.

Proverbs 31:30

7) Are you training for godliness? Godliness is revealed in someone who is so focused on God that their conduct and character reflect their private, intimate walk with God.

Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Timothy 4:7–8

8) Obsessing over every little bite we take and worrying that we might gain a pound keep us from appreciating the gift of food that God has given us. But likewise, indulging in food to the point of gluttony is abusing the gift of food. In the middle is self-control, balance, and freedom.

So, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31

9) God created you for good works. You have to find the place where you are free, and it is not a number on the scale or a certain dress size. It's when you are eating right and getting proper rest and exercise.

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10

10) You are not alone, and because God is with you, you never have to live in fear. He will give you strength each and every day.

I can do all things through him who strengthens me.

Philippians 4:13

10 VERSES FOR FINDING YOUR **WAY FORWARD** WHEN YOU FEEL STUCK

WHEN I FEEL **STUCK**, I WILL REMEMBER . . .

1) We aren't going backward. We are going forward. Don't let the past hold you back.

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.

Philippians 3:13–14

2) Fully trust and surrender to God during this time. Wait quietly on the Lord.

The Lord is good to those who wait for him, to the soul who seeks him.

Lamentations 3:25

3) Even though we don't know the future, we can still have hope. God is deepening our faith during this season of waiting.

Hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

Romans 8:24–25

4) As you wait for him, God will provide you with all the strength you need.

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength.

Isaiah 40:28–29

5) Jesus is a steady, secure, strong foundation, and anything we build with him will last forever. When our lives are built on his sure promises, we have no reason to fear.

Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.

Psalms 33:20–22

6) Be strong and courageous as you wait on the Lord.

I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

Psalms 27:13–14

7) Even if your situation feels hopeless, know that nothing is impossible with God.

For nothing will be impossible with God.

Luke 1:37

8) You will never be lacking. God will supply all of your needs.

My God will supply every need of yours according to his riches in glory in Christ Jesus.

Philippians 4:19

9) No matter what you are going through, you cannot be separated from God's love. His love is constant and never changes!

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

Romans 8:35

10) Wait patiently during this time of darkness. Know that God holds you and is making your steps secure as you seek joy and peace.

I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

Psalms 40:1–3

15 VERSES FOR FINDING **JOY** IN GOD WHEN LIFE IS NOT ENJOYABLE

WHEN I FEEL **DOWN**, I WILL REMEMBER . . .

1) God is love. God is the creator of love, and it is because he first loved us that we love others.

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3:16

2) God is faithful. His love never ends.

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:22–23

3) God is strong. Our God is mighty. Find comfort in his strength.

Seek the Lord and his strength; seek his presence continually!

1 Chronicles 16:11

4) God is unchanging. God is consistent and reliable.

Jesus Christ is the same yesterday and today and forever.

Hebrews 13:8

5) God is patient. If God seems silent, it doesn't mean that he is not there. He has a plan and purpose and is patient to fulfill his will.

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

2 Peter 3:9

6) God is powerful. No one can reproduce the mighty works of our God.

He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high.

Hebrews 1:3

7) God will never leave you. God's thoughts of you are immeasurable. They are precious.

Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Hebrews 13:5

8) God is everlasting. God is self-existent, and he is not just the creator of the world—he created you!

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

Isaiah 40:28

9) God is giving. God knows our likes and dislikes. Every gift comes from above.

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

James 1:17

10) God is perfect. God's Word is true, and we can trust in him as our shield and refuge in times of trouble.

This God—his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him.

Psalms 18:30

11) God is a provider. Do not give way to fear. God will meet all of your needs!

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Matthew 6:26

12) God keeps his promises. What he says he will do—he does.

God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?

Numbers 23:19

13) God is merciful. We will never have to face his wrath. He has forgiven us of all our sins.

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved.

Ephesians 2:4–5

14) God is a refuge. God is always with us, guarding us and protecting us. We can rest easy at night knowing that our future is in God's hands.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

Psalms 62:8

15) God is holy. God wants his people to speak of his mighty power and proclaim his name to all the earth.

And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory!"

Isaiah 6:3