

## God's promises in times of stress

'You, Lord give perfect peace to those who keep their purpose firm and put their trust in You.'

Isaiah 26:3

'The peace that Christ gives is to guide you in the decisions you make.'

Colossians 3:15

Jesus Christ says, "Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

'He is near to those who call to him, who call to him with sincerity.'

Psalms 145:18

## For when you are anxious

**L**ord Jesus Christ

I worry about what the doctor has said and hasn't said, about how we are going to manage, about what to do next and things I shouldn't have done.

Lord, I don't want to hide any of my worries from You.

Please Lord Jesus, give me a heart to receive your love, and a mind to understand your will, so that in loving and obeying I may find perfect peace and rest.

Amen

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**You Lord**  
give perfect peace

## With best wishes and love

**A** loved one's illness is always upsetting. These words will not give you all the answers – but they will lead you to the Source of all hope.

May these prayers and Bible verses bring you strength and comfort. No one can understand our deep, private worry in the way God can – and He loves us very much.

## A Prayer for today

**T**hank you Lord for this new day. I return it to you with the plans I have made, the jobs which have to be done, and all the problems I cannot anticipate.

Please Lord Jesus, give me strength when tired, wisdom when confused and uncertain, patience when angry or frustrated. Lord – in the busyness of the day, help me in quiet confidence to know that you are God.

Amen.

## God's love

**A** time of illness is often a time when love and tolerance grow. It is also a time to experience God's love more deeply. 'This is what love is: it is not that we have loved God, but that He loved us and sent His Son to be the means by which our sins are forgiven.'

1 John 4:10

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