

5 Scriptures for Heavy Times

Psalm 34:18 – The Lord is near to the brokenhearted and saves the crushed in spirit.

Matthew 5:4 – Blessed are those who mourn, for they shall be comforted.

Isaiah 41:10 – 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.

John 16:33 – 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.

Revelation 21:4 – He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore.

Practical Encouragement for Your Home

- Light a candle / use a diffuser and pray for peace over your home.
- Write down three things you are grateful for today.
- Play soft worship music as you go about your daily tasks.
- Take a slow walk outside and thank God for creation. Enjoy the sunshine.
- Make a simple meal and share it with someone who needs encouragement.

A Prayer for You

Heavenly Father, Thank You for being near to us in our grief. Thank You for holding our tears and calming our hearts. Strengthen us to face today with hope, to comfort others with the comfort You have given us, and to trust that You are still good, even in the dark. Bring peace to our homes, joy to our hearts, and courage to our spirits. In Jesus' name, Amen.

From the Heart

Dear Friend, I pray these words meet you in the exact place you need them today. You are not alone. You are deeply loved, and God is near. ~~ Mary at The Encouraging Home

Thank You

Please reach out if you need prayer or are looking for a church home and I'll help you. I pray that you will be blessed in your home as you point your family to Jesus.



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