

Scriptures must be quoted as written on this page and not in another version of the Bible. Each person will get two "helps." Scriptures must be quoted on Thursday only.

For Focusing Our Praise:

1. *We praise you, God, we praise you, for your Name is near; people tell of your wonderful deeds. (Psalm 75:1)*
2. *Let us praise God for his glorious grace, for the free gift he gave us in his dear Son! (Ephesians 1:6)*
3. *Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire." (Hebrews 12:28-29)*
4. *Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-17)*

For Remembering Our Salvation:

5. *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Corinthians 5:17)*
6. *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)*
7. *I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. (1 John 5:13)*
8. *I know that my redeemer lives, and that in the end he will stand on the earth. (Job 19:25)*

For Remembering God's Great Love:

9. *Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. (Lamentations 3:22-23)*
10. *The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing. (Zephaniah 3:17)*
11. *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)*

For Godly Living:

12. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (**Romans 12:2**)

13. His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. (**2 Peter 1:3**)

14. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. (**Acts 1:8**)

15. Dear children, let us not love with words or speech but with actions and in truth. (**1 John 3:18**)

16. It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (**Galatians 5:1**)

For Battling Fear, Worry and Anxiety:

17. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (**Isaiah 41:10**)

18. I sought the Lord, and He heard me, and delivered me from all my fears. (**Psalms 34:4**)

19. Do not worry about tomorrow, for tomorrow will worry about itself. (**Matthew 6:34**)

20. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (**Philippians 4:6**)