

10 Terror-Busting Scriptures

Since the beginning of mankind, there have been people who have surrendered their hearts to evil. Throughout the ages, history has recorded heinous acts of terror perpetrated by self-serving zealots.

History has also recorded the ultimate futility of placing our will against God's. Evil men eventually face God's judgment. The righteous are upheld and God's track record for keeping His Word is unblemished. During these difficult days, let us resolve to examine our faith, embracing trust in God's character and promises.

1. God is for you, with you, and promises ultimate victory. Psalm 118:6, 7 – The Lord is for me, so I will not be afraid. What can mere mortals do to me? Yes, the Lord is for me; He will help me. I will look in triumph at those who hate me.

2. God knows everything about you personally and highly values you. Luke 12:6, 7 – What is the price of five sparrows? A couple of pennies? Yet God does not forget a single one of them. And the very hairs on your head are numbered. So don't be afraid; you are more valuable to Him than a flock of sparrows.

3. Nothing that happens, no matter how traumatic, can separate you from God. Romans 8:38, 39 – And I am convinced that nothing can ever separate us from His love. Death can't, and life can't. The angels can't and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed to us in Christ Jesus our Lord.

4. Justice will be done. Is. 2:12 – The Lord almighty will punish the proud, bringing them down to the dust. When the Lord rises to shake the earth, His enemies will crawl with fear into holes in the ground. They will hide in caves in the rocks from the terror of the Lord and the Glory of his majesty.

5. The best of evil plots will ultimately fail. Prov. 21:30 – Human plans, no matter how wise or well advised cannot stand against the Lord. The

horses are prepared for battle, but the victory belongs to the Lord.

6. There is great hope for innocent victims. Death is the gateway to eternal life. 1 Cor.15:55 – O death where is your victory, O death where is your sting?

7. God's got His eye on you – forever! Ps. 121:8 – The Lord keeps watch over you as you come and go, both now and forever.

8. We don't have to battle evil alone. 1 John 5:4, 5 – For every child of God defeats this evil world by trusting Christ to give the victory and the ones who win this battle against the world are the ones who believe that Jesus is the Son of God.

9. Those that make the Lord their shelter cannot be defeated. Psalm 91:5-10 – Do not be afraid of the terrors of the night nor fear the dangers of the day. Nor dread the plague that stalks in darkness nor the disaster that strikes at midday. Though a thousand fall at your side, though 10,000 are dying around you, these evils will not touch you but you will see it with your eyes, you will see how the wicked are punished. If you make the Lord your refuge, if you make the most high your shelter, no evil will conquer you.

10. God resides at our side, even in the midst of unspeakable horror. Psalm 23:4 – Even when I walk through the dark valley of death, I will not be afraid for you are close beside me. Your Rod and your staff protect and comfort me.



New Life Live
WITH STEVE ARTERBURN

America's #1 Christian
Counseling Call-in Show

1-800-NEW-LIFE (639-5433) newlife.com

10 Reasons to Hope When You're Hurting

by Steve Arterburn

1. God is truly in control. If God is God, then nothing happens apart from His knowledge and permission. While it is difficult to imagine why God allows some painful things to happen, His character, revealed in the Bible and through the testing of generations, leads us to the conclusion that He is willing and able to sustain you during the worst of times. *We were crushed and completely overwhelmed, and we thought we would never live through it. In fact, we expected to die. But as a result, we learned not to rely on ourselves, but on God who can raise the dead.* ~ 2 Corinthians 1:8-9

2. There is an eternal life to come.

Yet what we suffer now is nothing compared to the Glory He will give us later. ~ Romans 8:18
He will keep you strong right up to the end, and He will keep you free from all blame on the great day when our Lord Jesus Christ returns. ~ 1 Corinthians 1:8

3. The story isn't finished yet. Time after time, the Bible records hopeless situations that ultimately ended in victory. Think of Job's sickness, Joseph's betrayal by his brothers, David's adultery and the many who were healed in mind, body and spirit.

But Joseph told them, "Don't be afraid of me. Am I God, to judge and punish you? As far as I am concerned, God turned into good what you meant for evil. He brought me to the high position I have today so I could save the lives of many people." ~ Genesis 50:19-20

4. God has not given up on you! Don't give up on Him. *"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."* ~ Jeremiah 29:11

5. There is likely purpose in your pain. Ask God to reveal His purpose in allowing this difficulty in your life. That's a legitimate question to ask. Often, the answer comes in the process of dealing with your circumstance.

Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything. ~ James 1:2-4

6. You are loved! Even the most unlovable person in the world is actually loved so much by God, that He let His Son die a terrible death to restore their relationship. God does love you! He sees your pain and weeps with you.

He has sent Me to comfort the brokenhearted and to announce that captives will be released and prisoners will be freed. He has sent Me to tell those who mourn that the time of the Lords' favor has come, and with it, the day of God's anger against their enemies. To all who mourn in Israel, He will give beauty for ashes, joy instead of mourning, praise instead of despair. For the Lord has planted them like strong and graceful oaks for His own glory. ~ Isaiah 61:1-3

7. Your prayers are heard.

You parents – if your children ask you for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask Him? ~ Matt. 7:9-10

8. You are not facing this alone.

...For God has said, "I will never fail you. I will never forsake you." That is why we can say with confidence, "The Lord is my helper, so I will not be afraid. What can mere mortals do to me?" ~ Hebrews 13:5-6

9. Others have made it through – you can too. Try to connect with others who have gone through similar situations. You will find hope, strength and encouragement. *A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.* ~ Ecclesiastes 4:12

10. Reach out to someone else who's struggling. Place your focus on someone else and invest your life in him or her. You may discover that your peace of mind is found in being a source of hope for another.

All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. ~ 2 Corinthians 1:3-4



New Life Live
WITH STEVE ARTERBURN

America's #1 Christian
Counseling Call-in Show

1-800-NEW-LIFE (639-5433) newlife.com

10 Tips When Disaster Strikes

The unexpected has happened and you are experiencing shock, sadness and many other emotions that are overwhelming. Here are a few tips to help you as you begin the journey to restoration and healing.

1. Talk with someone. Whether it is a counselor, pastor or a trusted friend; telling your story can help.
2. Ask for help. Even if you think it is too small of a request, ask anyway. Reaching out for assistance and support can help your recovery.
3. Allow time for grief. We are often quick to resume "normal" functioning, stuffing our feelings about the loss. Time alone doesn't heal, but time and space with support is important for grief to heal.
4. Find local support. Whether it is a grief recovery group, the Red Cross Disaster Team, or a local church; use the support that is offered in your area.
5. Rest, healthy eating and exercise can be essential as you cope with the stress. Visit your doctor for health concerns occurring as a result of the trauma. Headaches, nausea, and chest pains are all symptoms common with stress but need professional assessment.
6. Establish routines and structure in your daily life. The simple practice of routine can bring some comfort when overwhelmed by trauma and disaster.
7. Expect the trauma or disaster to impact parts of your life that you thought were in the past. Old wounds and loss often resurface. Talking with a counselor or other helping professional will help.
8. Survivors of disaster or trauma often experience Post Traumatic Stress Disorder (PTSD). Flashbacks, sleep loss, and vivid memories are some of the symptoms. Professional help is essential to process the trauma.
9. Avoid adding stress. Making life-changing decisions (divorce, job change, relocating) require our full attention and energy. Concentrate on the next right decision and allow time for recovery.
10. Pray and meditate on God's Word. Talk with God about your experience, even express your disappointment, anger and loss. Psalm 23 is a great comfort in times of difficulty.

For additional information on dealing with trauma, we recommend *New Life Perspectives: How to Recover from Trauma or Tragedy* audio CD. To order this CD or other resources like it, give us a call at 800-NEW-LIFE or visit our online store at newlife.com.



New Life Live
WITH STEVE ARTERBURN

America's #1 Christian
Counseling Call-in Show

1-800-NEW-LIFE (639-5433) newlife.com

10 Scriptures to Overthrow Worry

Does worry weigh you down? Maybe your mind races when you go in for your annual checkup, afraid you'll be diagnosed with a terminal illness. Or you might lie awake at night wondering if your spouse is keeping something from you. Perhaps you worry that there will not be enough money at the end of the month. Can you relate?

If so, worry is holding you back. The good news is that it's possible to overthrow the worry that weighs you down! There are many Scriptures that give us insight on how to handle our worry and anxiety. Reading these won't make the feelings go away immediately, but when you can gain perspective and realize that God is there for you, it becomes easier to see your way out of worry and into peace. Here are 10 Scriptures that will help you overthrow worry:

1. Jeremiah 31:3 – Know you are loved.

I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.

2. Deuteronomy 31:6 – Trust God is with you.

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

3. Philippians 4:6 – Pray about everything.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

4. Isaiah 43:1 – Realize you belong.

Do not be afraid, for I have ransomed you. I have called you by name; you are mine.

5. 1 Peter 5:7 – Surrender your worries.

Give all your worries and cares to God, for he cares about you.

6. John 16:33 – Find peace in Christ.

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

7. Philippians 4:8 – Rethink how you think.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

8. Proverbs 11:14 – Seek wise counsel.

Where no counsel is, the people fall; but in the multitude of counselors, there is safety.

9. Lamentations 3:22-23 – God is faithful!

The faithful love of the LORD never ends! His mercies never cease. Great is His faithfulness! His mercies begin afresh every morning!

10. Romans 8:31 – God is for us!

What shall we say about such wonderful things as these? If God is for us, who can ever be against us?

God is faithful and can handle any worry that you have! Whether you've struggled with worry for a few days or a few decades, there is hope! But overthrowing worry doesn't happen overnight. It will take some work on your part to loosen the hold worry has on your life.

Are you ready to overthrow worry and make some changes in your life? One simple change you can make is to begin to journal and share any patterns you see of anxiety or fear with a counselor, mentor, or Life Recovery Group.

If you're struggling with worry or know someone who is, we can help! Call us at 800-NEW-LIFE (639-5433) to find a Christian counselor or Life Recovery Group in your area.



New Life Live
WITH STEVE ARTERBURN

America's #1 Christian
Counseling Call-in Show

1-800-NEW-LIFE (639-5433)

newlife.com