

Write from the Deep – Encouraging Scriptures
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Ezekiel 3:10-11

Then he added, “Son of man, let all my words sink deep into your own heart first. Listen to them carefully for yourself. Then go to your people in exile and say to them, ‘This is what the Sovereign LORD says!’ Do this whether they listen to you or not.”

Luke 6:45

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.

John 16:33

In this world you will have trouble, but take heart I have overcome the world.

Proverbs 4:23

Above all else, guard your heart, for from it flow the springs of life.

Psalms 73:23-24

Yet I am always with You; You hold me by my right hand. You guide me with Your counsel, and afterward You will take me into glory.

Hosea 6:3

So let us know, let us press on to know the Lord. His going forth is as certain as the dawn. And he will come to us like the rain. Like the spring rain watering the earth.

John 15:7-8

If you abide in me and my words abide in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

Isaiah 61:1-3

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.

Psalms 18:28

You, O LORD, keep my lamp burning; my God turns my darkness into light.

Micah 7:8

Do not rejoice over me, O my enemy. Though I fall I will rise; Though I dwell in darkness, the LORD is a light for me.

Genesis 4:3-5

In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD

looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor...

Malachi 1:14

“Cursed is the cheat who promises to give a fine ram from his flock but then sacrifices a defective one to the Lord. For I am a great king,” says the LORD of hosts, “and my name is to be feared among the nations!”

Luke 16:10

He who is faithful in a very little thing is faithful also in much and he who is unrighteous in a very little thing is unrighteous also in much.

Ezekiel 2:4-7

“The people to whom I am sending you are obstinate and stubborn. Say to them, ‘This is what the Sovereign LORD says.’ And whether they listen or fail to listen—for they are a rebellious people—they will know that a prophet has been among them. And you, son of man, do not be afraid of them or their words. Do not be afraid, though briars and thorns are all around you and you live among scorpions. Do not be afraid of what they say or be terrified by them, though they are a rebellious people. You must speak my words to them, whether they listen or fail to listen, for they are rebellious.”

John 15:8

My Father is glorified by this, that you bear much fruit and so prove to be his disciple.

2 Corinthians 5:17

If anyone is in Christ, he is a new creation. The old has gone. The new has come.

James 3:3-10

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.⁵ Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind,⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God’s likeness.¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

Matthew 12:36

I tell you, on the day of judgment people will give account for every careless word they speak.

Proverbs 12:18

Reckless words pierce like a sword, but the tongue of the wise brings healing.

Hebrews 3:14

Encourage one another daily as long as it is called today so that none of you may be hardened by sin’s deceitfulness.

Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

Psalm 51:6 (ESV)

Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

Luke 12:7

Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

Psalms 33:6 (NLT)

The LORD merely spoke, and the heavens were created. He breathed the word, and all the stars were born.

John 10:27 (NASB)

My sheep hear My voice, and I know them, and they follow Me;

Zephaniah 3:17 (NIV)

The LORD your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with his love, He will rejoice over you with singing.”

Nahum 1:7 (ESV)

The LORD is good, a stronghold in the day of trouble; He knows those who take refuge in Him.

Hosea 2:19-20 (NKJV)

I will betroth you to Me forever; Yes, I will betroth you to Me, In righteousness and justice, In lovingkindness and mercy; I will betroth you to Me in faithfulness, and you shall know the LORD.

Isaiah 14:24 (NIV)

The LORD Almighty has sworn, “Surely, as I have planned, so it will be, and as I have purposed, so it will stand.”

Romans 8:29

For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren;

Psalms 149:4 (NKJV)

For the LORD takes pleasure in His people; He will beautify the humble with salvation.

2 Corinthians 10:5

...we take captive every thought to make it obedient to Christ.

Romans 12:2

Do not conform any longer 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.

Psalm 40:5

You have multiplied, O Lord my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.

Psalm 9:11

Sing praises to the Lord, who sits enthroned in Zion! Tell among the peoples his deeds!

Psalm 66:16

Come and hear, all you who fear God, and I will tell what he has done for my soul.

Psalm 77:11

I will remember the deeds of the Lord; yes, I will remember your wonders of old.

God's Solutions for Your Obstacles

OBSTACLE: OVERBOOKED

Proverbs 2:1-2—My son, if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding—indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will...and find the knowledge of God. For the Lord gives wisdom.

Proverbs 16:2-4—All a person's ways seem pure to them, but motives are weighed by the Lord. Commit to the Lord whatever you do, and he will establish your plans. The Lord works out everything to its proper end.

Micah 6:6-8—With what shall I come before the Lord and bow before the exalted God? Shall I come before Him with burnt offerings, with calves a year old? Will the Lord be pleased with 1000 rams, with 10,000 rivers of oil? Shall I offer my firstborn for my transgressions, the fruit of my body for the sin of my soul? He has shown you, O man, what is good. What does the Lord require of you? To act justly, to love mercy, and to walk humbly with your God.

Luke 12:29-31—“And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you.”

Romans 12:2—Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

OBSTACLE: WEARINESS AND FATIGUE

Matthew 11:28-30—Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Isaiah 40:29—For this is what the sovereign Lord, the Holy One of Israel says: Only in returning to me and resting in me will you be saved; in quietness and in quietness and confidence is your strength.

Isaiah 40:29—He gives power to the weak and strength to the powerless.

Isaiah 46:4—Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

Luke 1:78-79—Because of God’s tender mercy, the morning light from heaven is about to break upon us, to give light to those who sit in darkness...and to guide us to the path of peace.

OBSTACLE: FEAR

Leviticus 26:6—And I will grant peace in the land, and you shall lie down, and no one shall make you afraid.

Isaiah 41:10—Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.

Joshua 1:9—Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Isaiah 35:4—Say to those with fearful hearts, “Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.

Isaiah 43:1-3—But now, this is what the Lord says—he who created you...he who formed you...“Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Savior.

OBSTACLE: DISCOURAGEMENT

Deuteronomy 31:8—The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Micah 7:8—Do not rejoice over me, O my enemy. Though I fall I will rise; Though I dwell in darkness, the Lord is a light for me.

Isaiah 41:17-18—The poor and needy search for water, but there is none; their tongues are parched with thirst. But I the Lord will answer them; I, the God of Israel, will not forsake them. I will make rivers flow on barren heights, and springs within the valleys. I will turn the desert into pools of water, and the parched ground into springs.

Luke 12:24—Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

Romans 15:4—Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God’s promises to be fulfilled.

Colossians 2:2—I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God’s mystery, that is, Christ himself.

OBSTACLE: LIES

1 Kings 3:9, 12—Give me an understanding heart so that I can govern your people well and know the difference between right and wrong...”I will give you what you asked for! I will give you a wise and understanding heart such as no one else has had or ever will have!”

Ezekiel 3:10-11—Then he added, “Son of man, let all my words sink deep into your own heart first. Listen to them carefully for yourself.”

Job 12:13—But true wisdom and power are found in God; counsel and understanding are his.

Psalm 12:7—Therefore, Lord, we know you will protect the oppressed, preserving them forever from this lying generation,

Psalm 119:29—Keep me from lying to myself; give me the privilege of knowing your instructions.

Matthew 13:12—To those who listen to my teaching, more understanding will be given, and they will have an abundance of knowledge.

OBSTACLE: JEALOUSY AND COMPARISON

Proverbs 14:30— A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

Proverbs 27:4— Anger is cruel, and wrath is like a flood, but jealousy is even more dangerous.

Galatians 5:15, 19-23—So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.... When you follow the desires of your sinful nature, the results are very clear:...quarreling, jealousy, outbursts of anger, selfish ambition...envy... and other sins like these. Let me tell you again...that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control....Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.

John 15:4-5—Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”

2 Timothy 1:9—He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time.

OBSTACLE: WORRY AND ANXIETY

John 15:7-8—If you abide in me and my words abide in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

Jeremiah 32:17—Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.

Psalm 71:15-20—Your righteousness, God, reaches to the heavens, you who have done great things. Who is like you, God? Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

John 16:33—I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Luke 12:22-24—And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing.”

OBSTACLE: GREED

1 Peter 1:4—For God has reserved a priceless inheritance for his children. It is kept in heaven for you, pure and undefiled, beyond the reach of change and decay. NLT

1 John 5:21—Dear children, keep away from anything that might take God’s place in your hearts. NLT

Colossians 3:5b—Don’t be greedy for the good things of this life, for that is idolatry. NLT