

*Hold on to Hope*  
**Discover God's Promises**



**A LIST OF PROMISES TO EXPECT AND PRAY WHEN LIFE IS HARD**

**from Kristin Vanderlip**

# God Promises:



## **HIS LOVE**

"I HAVE LOVED YOU WITH AN EVERLASTING LOVE..." JEREMIAH 31:3B

## **HIS COMFORT**

[GOD] COMFORTS US IN ALL OUR TROUBLES... 2 CORINTHIANS 1:4A

## **HIS PEACE**

"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." JOHN 16:33

## **HIS PRESENCE**

"SO DO NOT FEAR, FOR I AM WITH YOU..." ISAIAH 41:10A

## **HIS WISDOM**

IF ANY OF YOU LACKS WISDOM, LET HIM ASK GOD, WHO GIVES... JAMES 1:5A

## **HIS STRENGTH + HELP**

"I WILL STRENGTHEN YOU AND HELP YOU..." ISAIAH 41:10B

## **HIS FORGIVENESS**

IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS. 1 JOHN 1:9A

## **HIS REST**

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST."  
MATTHEW 11:28

## **HIS REFUGE**

THE ETERNAL GOD IS YOUR REFUGE, AND HIS EVERLASTING ARMS ARE UNDER YOU.  
DEUTERONOMY 33:27A

## **TO RESCUE**

"CALL UPON ME IN THE DAY OF TROUBLE; I SHALL RESCUE YOU, AND YOU WILL HONOR ME."  
PSALM 50:15

## **TO RESTORE**

AND THE GOD OF ALL GRACE, WHO CALLED YOU TO HIS ETERNAL GLORY IN CHRIST, AFTER YOU HAVE SUFFERED A LITTLE WHILE, WILL HIMSELF RESTORE YOU AND MAKE YOU STRONG, FIRM AND STEADFAST. 1 PETER 5:10

## **TO REDEEM**

"RETURN TO ME, FOR I HAVE REDEEMED YOU." ISAIAH 44:22

## **TO REFRESH**

"I WILL REFRESH THE WEARY AND SATISFY THE FAINT." JEREMIAH 31:25

## **TO LISTEN + ANSWER**

"BEFORE THEY CALL, I WILL ANSWER; WHILE THEY ARE STILL SPEAKING I WILL HEAR. ISAIAH 65:24

## **ETERNAL LIFE**

"I GIVE THEM ETERNAL LIFE, AND THEY SHALL NEVER PERISH..." JOHN 10:28A

**"Let us hold fast the confession of our hope without wavering, for he who promised is faithful." Hebrews 10:23 ESV**

*\* All Bible verses are from the New International Version unless noted.*