

Emergency numbers in the bible

Just as we may have a list of telephone numbers to call in an emergency it is useful to have a list of Bible passages which are particularly appropriate for challenging situations.

When in sorrow: call John 14.

When people let you down: call Psalm 27.

When longing to be spiritually fruitful: call John 15.

When you have sinned: call Psalm 51.

When you worry: call Matthew 6:19–34.

When you are in danger: call Psalm 91.

When God seems far away: call Psalm 139.

When your faith needs stirring: call Hebrews 11.

When you are lonely and fearful: call Psalm 23.

When you grow bitter and critical: call 1 Cor. 13.

For Paul's secret to happiness: call Col. 3:12–17.

For understanding of Christianity: call 2 Cor. 5:15–19.

When you feel down and out: call Romans 8:31.

When you want rest: call Matthew 11:25–30.

When seeking God's assurance: call Romans 8:1–30.

When away from home: call Psalm 121.

When you need courage: call Joshua 1.

When you are depressed: call Psalm 27.

When men fail you, call Psalm 27

When you have sinned, call Psalm 51

When your prayers grow narrow or selfish, call Psalm 67

For a great invention/opportunity, call Isaiah 55

How to get along with fellowmen, call Romans 12

When you think of investments/returns, call Mark 10

If you are depressed, call Psalm 37

If your pocketbook is empty, call Psalm 37

If you are losing confidence in people, call 1 Cor. 13

If people seem unkind, call John 15

If discouraged about your work, call Psalm 126

If you find the world growing small, and yourself great, call Psalm 19

When in sorrow: call John 14.

¹“Do not let your hearts be troubled. Believe in God, believe also in me. ²In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? ³And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. ⁴And you know the way to the place where I am going.” ⁵Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ⁶Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷If you know me, you will know my Father also. From now on you do know him and have seen him.”

⁸Philip said to him, “Lord, show us the Father, and we will be satisfied.” ⁹Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How

can you say, 'Show us the Father'? ¹⁰Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. ¹¹Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. ¹²Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. ¹³I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴If in my name you ask me for anything, I will do it.

¹⁵"If you love me, you will keep my commandments. ¹⁶And I will ask the Father, and he will give you another Advocate, to be with you forever. ¹⁷This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

¹⁸"I will not leave you orphaned; I am coming to you. ¹⁹In a little while the world will no longer see me, but you will see me; because I live, you also will live. ²⁰On that day you will know that I am in my Father, and you in me, and I in you. ²¹They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them." ²²Judas (not Iscariot) said to him, "Lord, how is it that you will reveal yourself to us, and not to the world?" ²³Jesus answered him, "Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. ²⁴Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me.

²⁵"I have said these things to you while I am still with you. ²⁶But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. ²⁷Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. ²⁸You heard me say to you, 'I am going away, and I am coming to you.' If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. ²⁹And now I have told you this before it occurs, so that when it does occur, you may believe. ³⁰I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; ³¹but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us be on our way.

When people let you down: call Psalm 27.

¹ The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

² When evildoers assail me to devour my flesh— my adversaries and foes— they shall stumble and fall.

³ Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.

⁴ One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.

⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.

⁶ Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud, be gracious to me and answer me!

⁸ "Come," my heart says, "seek his face!" Your face, LORD, do I seek.

⁹ Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!

¹⁰ If my father and mother forsake me, the LORD will take me up.

¹¹ Teach me your way, O LORD, and lead me on a level path because of my enemies.

¹² Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence.

¹³ I believe that I shall see the goodness of the LORD in the land of the living.

¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

When longing to be spiritually fruitful: call John 15.

¹“I am the true vine, and my Father is the vinegrower. ²He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. ³You have already been cleansed by the word that I have spoken to you. ⁴Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. ⁵I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. ⁶Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. ⁷If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. ⁸My Father is glorified by this, that you bear much fruit and become my disciples. ⁹As the Father has loved me, so I have loved you; abide in my love. ¹⁰If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. ¹¹I have said these things to you so that my joy may be in you, and that your joy may be complete.

¹²“This is my commandment, that you love one another as I have loved you. ¹³No one has greater love than this, to lay down one’s life for one’s friends. ¹⁴You are my friends if you do what I command you. ¹⁵I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. ¹⁶You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷I am giving you these commands so that you may love one another.

¹⁸“If the world hates you, be aware that it hated me before it hated you. ¹⁹If you belonged to the world, the world would love you as its own. Because you do not belong to the world, but I have chosen you out of the world—therefore the world hates you. ²⁰Remember the word that I said to you, ‘Servants are not greater than their master.’ If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. ²¹But they will do all these things to you on account of my name, because they do not know him who sent me. ²²If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. ²³Whoever hates me hates my Father also. ²⁴If I had not done among them the works that no one else did, they would not have sin. But now they have seen and hated both me and my Father. ²⁵It was to fulfill the word that is written in their law, ‘They hated me without a cause.’

²⁶“When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. ²⁷You also are to testify because you have been with me from the beginning.

When you have sinned: call Psalms 51.

¹ Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

² Wash me thoroughly from my iniquity, and cleanse me from my sin.

³ For I know my transgressions, and my sin is ever before me.

⁴ Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.

⁵ Indeed, I was born guilty, a sinner when my mother conceived me.

⁶ You desire truth in the inward being; therefore teach me wisdom in my secret heart.

⁷ Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

⁸ Let me hear joy and gladness; let the bones that you have crushed rejoice.

⁹ Hide your face from my sins, and blot out all my iniquities.

¹⁰ Create in me a clean heart, O God, and put a new and right spirit within me.

¹¹ Do not cast me away from your presence, and do not take your holy spirit from me.

¹² Restore to me the joy of your salvation, and sustain in me a willing spirit.

¹³ Then I will teach transgressors your ways, and sinners will return to you.

¹⁴ Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance.

¹⁵ O Lord, open my lips, and my mouth will declare your praise.

¹⁶ For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased.

¹⁷ The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

¹⁸ Do good to Zion in your good pleasure; rebuild the walls of Jerusalem,

¹⁹ then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

When you worry: call Matthew 6:19–34.

¹⁹“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; ²⁰but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also. ²²“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; ²³but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

²⁴“No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth. ²⁵“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things.

³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

When you are in danger: call Psalms 91.

¹ You who live in the shelter of the Most High, who abide in the shadow of the Almighty,

² will say to the LORD, “My refuge and my fortress; my God, in whom I trust.”

³ For he will deliver you from the snare of the fowler and from the deadly pestilence;

⁴ he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

⁵ You will not fear the terror of the night, or the arrow that flies by day,

⁶ or the pestilence that stalks in darkness, or the destruction that wastes at noonday.

⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

⁸ You will only look with your eyes and see the punishment of the wicked.

⁹ Because you have made the LORD your refuge, the Most High your dwelling place,

¹⁰ no evil shall befall you, no scourge come near your tent.

¹¹ For he will command his angels concerning you to guard you in all your ways.

¹² On their hands they will bear you up, so that you will not dash your foot against a stone.

¹³ You will tread on the lion and the adder, the young lion and the serpent you will trample under foot.

¹⁴ Those who love me, I will deliver; I will protect those who know my name.

¹⁵ When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them.

¹⁶ With long life I will satisfy them, and show them my salvation.

When God seems far away: call Psalm 139.

¹ O LORD, you have searched me and known me.

² You know when I sit down and when I rise up; you discern my thoughts from far away.

³ You search out my path and my lying down, and are acquainted with all my ways.

⁴ Even before a word is on my tongue, O LORD, you know it completely.

⁵ You hem me in, behind and before, and lay your hand upon me.

⁶ Such knowledge is too wonderful for me; it is so high that I cannot attain it.

⁷ Where can I go from your spirit? Or where can I flee from your presence?

⁸ If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

⁹ If I take the wings of the morning and settle at the farthest limits of the sea,

¹⁰ even there your hand shall lead me, and your right hand shall hold me fast.

¹¹ If I say, “Surely the darkness shall cover me, and the light around me become night,”

¹² even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.

¹³ For it was you who formed my inward parts; you knit me together in my mother’s womb.

¹⁴ I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

¹⁵ My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

¹⁶ Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

¹⁷ How weighty to me are your thoughts, O God! How vast is the sum of them!

¹⁸ I try to count them—they are more than the sand; I come to the end—I am still with you.

¹⁹ O that you would kill the wicked, O God, and that the bloodthirsty would depart from me—

²⁰ those who speak of you maliciously, and lift themselves up against you for evil!

²¹ Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you?

²² I hate them with perfect hatred; I count them my enemies.

²³ Search me, O God, and know my heart; test me and know my thoughts.

²⁴ See if there is any wicked way in me, and lead me in the way everlasting.

When your faith needs stirring: call Hebrews 11.

¹Now faith is the assurance of things hoped for, the conviction of things not seen. ²Indeed, by faith our ancestors received approval. ³By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.

⁴By faith Abel offered to God a more acceptable sacrifice than Cain’s. Through this he received approval as righteous, God himself giving approval to his gifts; he died, but through his faith he still speaks.

⁵By faith Enoch was taken so that he did not experience death; and “he was not found, because God had taken him.” For it was attested before he was taken away that “he had pleased God.” ⁶And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him. ⁷By faith Noah, warned by God about events as yet unseen, respected the warning and built an ark to save his household; by this he condemned the world and became an heir to the righteousness that is in accordance with faith.

⁸By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. ⁹By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of

the same promise. ¹⁰For he looked forward to the city that has foundations, whose architect and builder is God. ¹¹By faith he received power of procreation, even though he was too old—and Sarah herself was barren—because he considered him faithful who had promised. ¹²Therefore from one person, and this one as good as dead, descendants were born, “as many as the stars of heaven and as the innumerable grains of sand by the seashore.”

¹³All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, ¹⁴for people who speak in this way make it clear that they are seeking a homeland. ¹⁵If they had been thinking of the land that they had left behind, they would have had opportunity to return. ¹⁶But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

¹⁷By faith Abraham, when put to the test, offered up Isaac. He who had received the promises was ready to offer up his only son, ¹⁸of whom he had been told, “It is through Isaac that descendants shall be named for you.” ¹⁹He considered the fact that God is able even to raise someone from the dead—and figuratively speaking, he did receive him back. ²⁰By faith Isaac invoked blessings for the future on Jacob and Esau. ²¹By faith Jacob, when dying, blessed each of the sons of Joseph, “bowing in worship over the top of his staff.”

²²By faith Joseph, at the end of his life, made mention of the exodus of the Israelites and gave instructions about his burial.

²³By faith Moses was hidden by his parents for three months after his birth, because they saw that the child was beautiful; and they were not afraid of the king’s edict. ²⁴By faith Moses, when he was grown up, refused to be called a son of Pharaoh’s daughter, ²⁵choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. ²⁶He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. ²⁷By faith he left Egypt, unafraid of the king’s anger; for he persevered as though he saw him who is invisible. ²⁸By faith he kept the Passover and the sprinkling of blood, so that the destroyer of the firstborn would not touch the firstborn of Israel.

²⁹By faith the people passed through the Red Sea as if it were dry land, but when the Egyptians attempted to do so they were drowned. ³⁰By faith the walls of Jericho fell after they had been encircled for seven days. ³¹By faith Rahab the prostitute did not perish with those who were disobedient, because she had received the spies in peace.

³²And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— ³³who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, ³⁴quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. ³⁵Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. ³⁶Others suffered mocking and flogging, and even chains and imprisonment. ³⁷They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— ³⁸of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground.

³⁹Yet all these, though they were commended for their faith, did not receive what was promised, ⁴⁰since God had provided something better so that they would not, apart from us, be made perfect.

When you are lonely and fearful: call Psalm 23.

¹ The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures; he leads me beside still waters;

³ he restores my soul. He leads me in right paths for his name’s sake.

⁴ Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.

⁵ You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

⁶ Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

When you grow bitter and critical: call 1 Cor. 13.

¹If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. ²And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. ³If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

⁴Love is patient; love is kind; love is not envious or boastful or arrogant ⁵or rude. It does not insist on its own way; it is not irritable or resentful; ⁶it does not rejoice in wrongdoing, but rejoices in the truth. ⁷It bears all things, believes all things, hopes all things, endures all things.

⁸Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. ⁹For we know only in part, and we prophesy only in part; ¹⁰but when the complete comes, the partial will come to an end. ¹¹When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. ¹²For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. ¹³And now faith, hope, and love abide, these three; and the greatest of these is love.

For Paul's secret to happiness: call Col. 3:12-17.

¹²As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. ¹³Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. ¹⁴Above all, clothe yourselves with love, which binds everything together in perfect harmony. ¹⁵And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. ¹⁶Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. ¹⁷And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

For understanding of Christianity: call 2 Cor. 5:15-19.

¹⁵And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. ¹⁶From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. ¹⁷So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! ¹⁸All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; ¹⁹that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us.

When you feel down and out: call Romans 8:31-39.

³¹What then are we to say about these things? If God is for us, who is against us? ³²He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? ³³Who will bring any charge against God's elect? It is God who justifies. ³⁴Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. ³⁵Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered." ³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

When you want rest: call Matthew 11:25–30.

²⁵At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

When seeking God’s assurance: call Romans 8:1–30.

¹There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. ³For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, ⁴so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law—indeed it cannot, ⁸and those who are in the flesh cannot please God.

⁹But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

¹²So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— ¹³for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴For all who are led by the Spirit of God are children of God. ¹⁵For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” ¹⁶it is that very Spirit bearing witness with our spirit that we are children of God, ¹⁷and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

¹⁸I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the children of God; ²⁰for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope ²¹that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. ²²We know that the whole creation has been groaning in labor pains until now; ²³and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. ²⁴For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? ²⁵But if we hope for what we do not see, we wait for it with patience.

²⁶Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. ²⁷And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

²⁸We know that all things work together for good for those who love God, who are called according to his purpose. ²⁹For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. ³⁰And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

When away from home: call Psalm 121.

- ¹ I lift up my eyes to the hills— from where will my help come?
- ² My help comes from the LORD, who made heaven and earth.
- ³ He will not let your foot be moved; he who keeps you will not slumber.
- ⁴ He who keeps Israel will neither slumber nor sleep.
- ⁵ The LORD is your keeper; the LORD is your shade at your right hand.
- ⁶ The sun shall not strike you by day, nor the moon by night.
- ⁷ The LORD will keep you from all evil; he will keep your life.
- ⁸ The LORD will keep your going out and your coming in from this time on and forevermore.

When you need courage: call Joshua 1.

¹After the death of Moses the servant of the LORD, the LORD spoke to Joshua son of Nun, Moses' assistant, saying, ²"My servant Moses is dead. Now proceed to cross the Jordan, you and all this people, into the land that I am giving to them, to the Israelites. ³Every place that the sole of your foot will tread upon I have given to you, as I promised to Moses. ⁴From the wilderness and the Lebanon as far as the great river, the river Euphrates, all the land of the Hittites, to the Great Sea in the west shall be your territory. ⁵No one shall be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will not fail you or forsake you. ⁶Be strong and courageous; for you shall put this people in possession of the land that I swore to their ancestors to give them. ⁷Only be strong and very courageous, being careful to act in accordance with all the law that my servant Moses commanded you; do not turn from it to the right hand or to the left, so that you may be successful wherever you go. ⁸This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. ⁹I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go."

¹⁰Then Joshua commanded the officers of the people, ¹¹"Pass through the camp, and command the people: 'Prepare your provisions; for in three days you are to cross over the Jordan, to go in to take possession of the land that the LORD your God gives you to possess.'"

¹²To the Reubenites, the Gadites, and the half-tribe of Manasseh Joshua said, ¹³"Remember the word that Moses the servant of the LORD commanded you, saying, 'The LORD your God is providing you a place of rest, and will give you this land.' ¹⁴Your wives, your little ones, and your livestock shall remain in the land that Moses gave you beyond the Jordan. But all the warriors among you shall cross over armed before your kindred and shall help them, ¹⁵until the LORD gives rest to your kindred as well as to you, and they too take possession of the land that the LORD your God is giving them. Then you shall return to your own land and take possession of it, the land that Moses the servant of the LORD gave you beyond the Jordan to the east."

¹⁶They answered Joshua: "All that you have commanded us we will do, and wherever you send us we will go. ¹⁷Just as we obeyed Moses in all things, so we will obey you. Only may the LORD your God be with you, as he was with Moses! ¹⁸Whoever rebels against your orders and disobeys your words, whatever you command, shall be put to death. Only be strong and courageous."

When you are depressed: call Psalm 27.

- ¹ The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?
- ² When evildoers assail me to devour my flesh— my adversaries and foes— they shall stumble and fall.
- ³ Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.
- ⁴ One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.

- ⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.
- ⁶ Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.
- ⁷ Hear, O LORD, when I cry aloud, be gracious to me and answer me!
- ⁸ “Come,” my heart says, “seek his face!” Your face, LORD, do I seek.
- ⁹ Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!
- ¹⁰ If my father and mother forsake me, the LORD will take me up.
- ¹¹ Teach me your way, O LORD, and lead me on a level path because of my enemies.
- ¹² Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence.
- ¹³ I believe that I shall see the goodness of the LORD in the land of the living.
- ¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

When men fail you, call Psalm 27

- ¹ The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?
- ² When evildoers assail me to devour my flesh— my adversaries and foes— they shall stumble and fall.
- ³ Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.
- ⁴ One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.
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- ⁹ Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!
- ¹⁰ If my father and mother forsake me, the LORD will take me up.
- ¹¹ Teach me your way, O LORD, and lead me on a level path because of my enemies.
- ¹² Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence.
- ¹³ I believe that I shall see the goodness of the LORD in the land of the living.
- ¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

When you have sinned, call Psalm 51

- ¹ Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.
- ² Wash me thoroughly from my iniquity, and cleanse me from my sin.
- ³ For I know my transgressions, and my sin is ever before me.
- ⁴ Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.
- ⁵ Indeed, I was born guilty, a sinner when my mother conceived me.
- ⁶ You desire truth in the inward being; therefore teach me wisdom in my secret heart.
- ⁷ Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

⁸ Let me hear joy and gladness; let the bones that you have crushed rejoice.
⁹ Hide your face from my sins, and blot out all my iniquities.
¹⁰ Create in me a clean heart, O God, and put a new and right spirit within me.
¹¹ Do not cast me away from your presence, and do not take your holy spirit from me.
¹² Restore to me the joy of your salvation, and sustain in me a willing spirit.
¹³ Then I will teach transgressors your ways, and sinners will return to you.
¹⁴ Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance.
¹⁵ O Lord, open my lips, and my mouth will declare your praise.
¹⁶ For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased.
¹⁷ The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.
¹⁸ Do good to Zion in your good pleasure; rebuild the walls of Jerusalem,
¹⁹ then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

When your prayers grow narrow or selfish, call Psalm 67

¹ May God be gracious to us and bless us and make his face to shine upon us, *Selah*
² that your way may be known upon earth, your saving power among all nations.
³ Let the peoples praise you, O God; let all the peoples praise you.
⁴ Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. *Selah*
⁵ Let the peoples praise you, O God; let all the peoples praise you.
⁶ The earth has yielded its increase; God, our God, has blessed us.
⁷ May God continue to bless us; let all the ends of the earth revere him.

For a great invention/opportunity, call Isaiah 55

¹ Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price.
² Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.
³ Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.
⁴ See, I made him a witness to the peoples, a leader and commander for the peoples.
⁵ See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.
⁶ Seek the LORD while he may be found, call upon him while he is near;
⁷ let the wicked forsake their way, and the unrighteous their thoughts; let them return to the LORD, that he may have mercy on them, and to our God, for he will abundantly pardon.
⁸ For my thoughts are not your thoughts, nor are your ways my ways, says the LORD.
⁹ For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.
¹⁰ For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater,
¹¹ so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.
¹² For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands.

¹³ Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the LORD for a memorial, for an everlasting sign that shall not be cut off.

How to get along with fellowmen, call Romans 12

¹I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

³For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members, and not all the members have the same function, ⁵so we, who are many, are one body in Christ, and individually we are members one of another. ⁶We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ⁷ministry, in ministering; the teacher, in teaching; ⁸the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

⁹Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰love one another with mutual affection; outdo one another in showing honor. ¹¹Do not lag in zeal, be ardent in spirit, serve the Lord.

¹²Rejoice in hope, be patient in suffering, persevere in prayer. ¹³Contribute to the needs of the saints; extend hospitality to strangers.

¹⁴Bless those who persecute you; bless and do not curse them. ¹⁵Rejoice with those who rejoice, weep with those who weep. ¹⁶Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸If it is possible, so far as it depends on you, live peaceably with all. ¹⁹Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, “Vengeance is mine, I will repay, says the Lord.” ²⁰No, “if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.” ²¹Do not be overcome by evil, but overcome evil with good.

When you think of investments/returns, call Mark 10

¹He left that place and went to the region of Judea and beyond the Jordan. And crowds again gathered around him; and, as was his custom, he again taught them.

²Some Pharisees came, and to test him they asked, “Is it lawful for a man to divorce his wife?” ³He answered them, “What did Moses command you?” ⁴They said, “Moses allowed a man to write a certificate of dismissal and to divorce her.” ⁵But Jesus said to them, “Because of your hardness of heart he wrote this commandment for you. ⁶But from the beginning of creation, ‘God made them male and female.’ ⁷For this reason a man shall leave his father and mother and be joined to his wife, ⁸and the two shall become one flesh.’ So they are no longer two, but one flesh. ⁹Therefore what God has joined together, let no one separate.”

¹⁰Then in the house the disciples asked him again about this matter. ¹¹He said to them, “Whoever divorces his wife and marries another commits adultery against her; ¹²and if she divorces her husband and marries another, she commits adultery.”

¹³People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. ¹⁴But when Jesus saw this, he was indignant and said to them, “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. ¹⁵Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.” ¹⁶And he took them up in his arms, laid his hands on them, and blessed them.

¹⁷As he was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” ¹⁸Jesus said to him, “Why do you call me good? No one is good but

God alone. ¹⁹You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.’” ²⁰He said to him, “Teacher, I have kept all these since my youth.” ²¹Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” ²²When he heard this, he was shocked and went away grieving, for he had many possessions.

²³Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” ²⁴And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! ²⁵It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” ²⁶They were greatly astounded and said to one another, “Then who can be saved?” ²⁷Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.”

²⁸Peter began to say to him, “Look, we have left everything and followed you.” ²⁹Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, ³⁰who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. ³¹But many who are first will be last, and the last will be first.”

³²They were on the road, going up to Jerusalem, and Jesus was walking ahead of them; they were amazed, and those who followed were afraid. He took the twelve aside again and began to tell them what was to happen to him, ³³saying, “See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death; then they will hand him over to the Gentiles; ³⁴they will mock him, and spit upon him, and flog him, and kill him; and after three days he will rise again.”

³⁵James and John, the sons of Zebedee, came forward to him and said to him, “Teacher, we want you to do for us whatever we ask of you.” ³⁶And he said to them, “What is it you want me to do for you?” ³⁷And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” ³⁸But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?” ³⁹They replied, “We are able.” Then Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; ⁴⁰but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.”

⁴¹When the ten heard this, they began to be angry with James and John. ⁴²So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. ⁴³But it is not so among you; but whoever wishes to become great among you must be your servant, ⁴⁴and whoever wishes to be first among you must be slave of all. ⁴⁵For the Son of Man came not to be served but to serve, and to give his life a ransom for many.”

⁴⁶They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. ⁴⁷When he heard that it was Jesus of Nazareth, he began to shout out and say, “Jesus, Son of David, have mercy on me!” ⁴⁸Many sternly ordered him to be quiet, but he cried out even more loudly, “Son of David, have mercy on me!” ⁴⁹Jesus stood still and said, “Call him here.” And they called the blind man, saying to him, “Take heart; get up, he is calling you.” ⁵⁰So throwing off his cloak, he sprang up and came to Jesus. ⁵¹Then Jesus said to him, “What do you want me to do for you?” The blind man said to him, “My teacher, let me see again.” ⁵²Jesus said to him, “Go; your faith has made you well.” Immediately he regained his sight and followed him on the way.

If you are depressed, call Psalm 37

¹ Do not fret because of the wicked; do not be envious of wrongdoers,

² for they will soon fade like the grass, and wither like the green herb.

³ Trust in the LORD, and do good; so you will live in the land, and enjoy security.

⁴ Take delight in the LORD, and he will give you the desires of your heart.

⁵ Commit your way to the LORD; trust in him, and he will act.

⁶ He will make your vindication shine like the light, and the justice of your cause like the noonday.
⁷ Be still before the LORD, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices.
⁸ Refrain from anger, and forsake wrath. Do not fret—it leads only to evil.
⁹ For the wicked shall be cut off, but those who wait for the LORD shall inherit the land.
¹⁰ Yet a little while, and the wicked will be no more; though you look diligently for their place, they will not be there.
¹¹ But the meek shall inherit the land, and delight themselves in abundant prosperity.
¹² The wicked plot against the righteous, and gnash their teeth at them;
¹³ but the LORD laughs at the wicked, for he sees that their day is coming.
¹⁴ The wicked draw the sword and bend their bows to bring down the poor and needy, to kill those who walk uprightly;
¹⁵ their sword shall enter their own heart, and their bows shall be broken.
¹⁶ Better is a little that the righteous person has than the abundance of many wicked.
¹⁷ For the arms of the wicked shall be broken, but the LORD upholds the righteous.
¹⁸ The LORD knows the days of the blameless, and their heritage will abide forever;
¹⁹ they are not put to shame in evil times, in the days of famine they have abundance.
²⁰ But the wicked perish, and the enemies of the LORD are like the glory of the pastures; they vanish—like smoke they vanish away.
²¹ The wicked borrow, and do not pay back, but the righteous are generous and keep giving;
²² for those blessed by the LORD shall inherit the land, but those cursed by him shall be cut off.
²³ Our steps are made firm by the LORD, when he delights in our way;
²⁴ though we stumble, we shall not fall headlong, for the LORD holds us by the hand.
²⁵ I have been young, and now am old, yet I have not seen the righteous forsaken or their children begging bread.
²⁶ They are ever giving liberally and lending, and their children become a blessing.
²⁷ Depart from evil, and do good; so you shall abide forever.
²⁸ For the LORD loves justice; he will not forsake his faithful ones. The righteous shall be kept safe forever, but the children of the wicked shall be cut off.
²⁹ The righteous shall inherit the land, and live in it forever.
³⁰ The mouths of the righteous utter wisdom, and their tongues speak justice.
³¹ The law of their God is in their hearts; their steps do not slip.
³² The wicked watch for the righteous, and seek to kill them.
³³ The LORD will not abandon them to their power, or let them be condemned when they are brought to trial.
³⁴ Wait for the LORD, and keep to his way, and he will exalt you to inherit the land; you will look on the destruction of the wicked.
³⁵ I have seen the wicked oppressing, and towering like a cedar of Lebanon.
³⁶ Again I passed by, and they were no more; though I sought them, they could not be found.
³⁷ Mark the blameless, and behold the upright, for there is posterity for the peaceable.
³⁸ But transgressors shall be altogether destroyed; the posterity of the wicked shall be cut off.
³⁹ The salvation of the righteous is from the LORD; he is their refuge in the time of trouble.
⁴⁰ The LORD helps them and rescues them; he rescues them from the wicked, and saves them, because they take refuge in him.

If your pocketbook is empty, call Psalm 37

¹ Do not fret because of the wicked; do not be envious of wrongdoers,
² for they will soon fade like the grass, and wither like the green herb.
³ Trust in the LORD, and do good; so you will live in the land, and enjoy security.
⁴ Take delight in the LORD, and he will give you the desires of your heart.
⁵ Commit your way to the LORD; trust in him, and he will act.

⁶ He will make your vindication shine like the light, and the justice of your cause like the noonday.
⁷ Be still before the LORD, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices.
⁸ Refrain from anger, and forsake wrath. Do not fret—it leads only to evil.
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³⁸ But transgressors shall be altogether destroyed; the posterity of the wicked shall be cut off.
³⁹ The salvation of the righteous is from the LORD; he is their refuge in the time of trouble.
⁴⁰ The LORD helps them and rescues them; he rescues them from the wicked, and saves them, because they take refuge in him.

If you are losing confidence in people, call 1 Cor. 13

¹If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. ²And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. ³If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

⁴Love is patient; love is kind; love is not envious or boastful or arrogant ⁵or rude. It does not insist on its own way; it is not irritable or resentful; ⁶it does not rejoice in wrongdoing, but rejoices in the truth. ⁷It bears all things, believes all things, hopes all things, endures all things.

⁸Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. ⁹For we know only in part, and we prophesy only in part; ¹⁰but when the complete comes, the partial will come to an end. ¹¹When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. ¹²For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. ¹³And now faith, hope, and love abide, these three; and the greatest of these is love.

If people seem unkind, call John 15

¹“I am the true vine, and my Father is the vinegrower. ²He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. ³You have already been cleansed by the word that I have spoken to you. ⁴Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. ⁵I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. ⁶Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. ⁷If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. ⁸My Father is glorified by this, that you bear much fruit and become my disciples. ⁹As the Father has loved me, so I have loved you; abide in my love. ¹⁰If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. ¹¹I have said these things to you so that my joy may be in you, and that your joy may be complete.

¹²“This is my commandment, that you love one another as I have loved you. ¹³No one has greater love than this, to lay down one’s life for one’s friends. ¹⁴You are my friends if you do what I command you. ¹⁵I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. ¹⁶You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷I am giving you these commands so that you may love one another.

¹⁸“If the world hates you, be aware that it hated me before it hated you. ¹⁹If you belonged to the world, the world would love you as its own. Because you do not belong to the world, but I have chosen you out of the world—therefore the world hates you. ²⁰Remember the word that I said to you, ‘Servants are not greater than their master.’ If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. ²¹But they will do all these things to you on account of my name, because they do not know him who sent me. ²²If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. ²³Whoever hates me hates my Father also. ²⁴If I had not done among them the works that no one else did, they would not have sin. But now they have seen and hated both me and my Father. ²⁵It was to fulfill the word that is written in their law, ‘They hated me without a cause.’

²⁶“When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. ²⁷You also are to testify because you have been with me from the beginning.

If discouraged about your work, call Psalms 126

¹ When the LORD restored the fortunes of Zion, we were like those who dream.

² Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, “The LORD has done great things for them.”

³ The LORD has done great things for us, and we rejoiced.

⁴ Restore our fortunes, O LORD, like the watercourses in the Negeb.

⁵ May those who sow in tears reap with shouts of joy.

⁶ Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

If you find the world growing small, and yourself great, call Psalm 19

¹ The heavens are telling the glory of God; and the firmament proclaims his handiwork.

² Day to day pours forth speech, and night to night declares knowledge.

³ There is no speech, nor are there words; their voice is not heard;

⁴ yet their voice goes out through all the earth, and their words to the end of the world. In the heavens he has set a tent for the sun,

⁵ which comes out like a bridegroom from his wedding canopy, and like a strong man runs its course with joy.

⁶ Its rising is from the end of the heavens, and its circuit to the end of them; and nothing is hid from its heat.

⁷ The law of the LORD is perfect, reviving the soul; the decrees of the LORD are sure, making wise the simple;

⁸ the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is clear, enlightening the eyes;

⁹ the fear of the LORD is pure, enduring forever; the ordinances of the LORD are true and righteous altogether.

¹⁰ More to be desired are they than gold, even much fine gold; sweeter also than honey, and drippings of the honeycomb.

¹¹ Moreover by them is your servant warned; in keeping them there is great reward.

¹² But who can detect their errors? Clear me from hidden faults.

¹³ Keep back your servant also from the insolent; do not let them have dominion over me. Then I shall be blameless, and innocent of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.