

Promises From the Bible

"O, taste and see that the Lord is

good:

blessed is the man who trusts in Him.

" Psalms 34:8

David had many sad things happen in his

life. Yet he wrote this Psalm. He invites

people to "taste" and see for themselves

that the Lord is good. David could have

been angry about the sad things that

came to him, but David knew that all the

good things that he had, came from God.

He knew that God was with him in all the

happenings of his life. You must "taste"

for yourself to know how good God is.

Promises From the Bible

"He gives power to the faint, and to them

that have no might (power), he increases

(makes grow) their strength. They that

wait upon the Lord, shall make new their

strength: they shall mount (rise) up with

wings as eagles; they shall run and not be

weary (tired), they walk and not faint."

Isaiah 40:29,31

Do you need strength? Wait upon the Lord.

Sit in His presence as His Spirit fills you up—let

His Holy Spirit will fill your mind and heart. You

will have strength.

Promises From the Bible

"When you stand and pray, forgive if you have anything against anyone, so your Father which is in heaven may forgive your sins. If you do not forgive them, then your Father in heaven will not forgive your sins.

Mark 11:25,26

We all want peace in our hearts and minds. We want God to forgive us.

If we keep unforgiveness in our hearts against someone who has done wrong to us—it will keep us from peace and God's forgiveness.

Forgiving them does not mean you think what they did was OK. It means that you are going to stop holding anger in your mind about it.

You are going to stop trying make them "pay" for it, or hoping that they will admit their wrong or say they were sorry. Give it to God.

Let Him take care of that wrong.

Promises From the Bible

"My health fails; my spirits droop, yet God remains! He is the strength of my heart; he is mine forever!" Psalms 73:26

"I will walk in the strength of the Lord God." Psalms 71:16 Living Bible

If we are sick or feeling worn out, or feeling down inside, God is still with us. God is still there. His strength will keep us going. He will strengthen our hearts and spirits. We can walk using God's strength, when ours is gone.

