

Appendix Part B: Scripture keys for meditation

Asking God to supply your needs:

If you believe, you will receive whatever you ask for in prayer. (Matthew 21:22)

And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. (John 14:13-14)

Ask, and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. (Matthew 7:7-8)

If you remain in me and my words remain in you, ask whatever you wish and it will be given you. (John 15:7)

Nothing is impossible with God. (Luke 1:37)

This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. (1 John 5:15)

Life's Problems:

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the sea, though its waters roar and foam and the mountains quake. (Psalm 46:1-3)

For I the Lord, who takes hold of your right hand and says to you, "Do not fear; I will help you." (Isaiah 41:13)

Cast all your cares on the Lord and He will sustain you; He will never let the righteous fall. (Psalm 55:22)

The righteous cry out, and the Lord hears them; He delivers them from all their troubles. (Psalm 34:17)

Cast all your anxiety on Him because He cares for you. (1 Peter 5:7)

Disappointments:

The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)

As a mother comforts her child, so I will comfort you. (Isaiah 66:13a)

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. (2 Corinthians 1:3-4)

He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

Come unto me, all you who are weary and burdened and I will give you rest. (Matthew 11:28)

Healing:

Praise the Lord O my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases. (Psalm 103:2-3)

He (Jesus) was pierced for our transgression, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed. (Isaiah 53:5)

Guidance:

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. (Psalm 32:8)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and He will make your paths straight. (Proverbs 3:5-6)

Be strong and courageous. Do not be afraid...for the Lord your God goes with you; He will never leave you or forsake you. (Deuteronomy 31:6)

Protection:

The angel of the Lord encamps around those who fear Him, and He delivers them. (Psalm 34:7)

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? (Psalm 27:1)

The Lord is my shepherd, I shall not be in want.
He makes me lie down in green pastures,
He leads me beside quiet waters. He restores my soul.
He guides me in paths of righteousness for His name's sake.
Even though I walk through the valley of the shadow of death, I will fear no evil,
For you are with me; your rod and staff comfort me. (Psalm 23:1-4)

Guilt:

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:8,9)

Create in me a pure heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)

You are forgiving and good, O Lord, abounding in love to all who call to you. (Psalm 86:5)

Praise the Lord O my soul and forget not all His benefits – who forgives all your sins and heals all your diseases. (Psalm 103:2-3)

Forgiving others:

“Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?”
Jesus answered, “I tell you, not seven times, but seventy times seven.”
(Matthew 18:21-22)

Bless those who persecute you; bless and do not curse. ((Romans 12:14)

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. (Mark 11:25-26)

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. (Ephesians 4:32)

God's love:

I have loved you with an everlasting love. I have drawn you with loving-kindness. (Jeremiah 31:3)

How great is the love the Father has lavished on us, that we should be called children of God! (1 John 3:1)

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. (John 3:16)

We love Him because He first loved us. (1 John 4:19)

Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. (Luke 12:6-7)

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:35,37,38)

God's greatness:

In the beginning God created the heavens and the earth. (Genesis 1:1)

God made the earth by His power; He founded the world by His wisdom and stretched out the heavens by His understanding. (Jeremiah 10:12)

He determines the number of stars and calls them each by name. Great is our Lord and mighty in power. (Psalm 147:4-5)

O Lord, our Lord, how majestic is your name in all the earth! When I consider your heavens, the works of your fingers, the moon and stars which you have set in place, what is man that you are mindful of him? (Psalm 8:1,3)

My own hands laid the foundations of the earth, and my right hand spread out the heavens. (Isaiah 48:13)

How great are your works O Lord. (Psalm 92:5)

The Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. (Deuteronomy 10:17)