



Words of Encouragement Class 1: In Times of Fear and Anxiety

Scripture Verses

- Deuteronomy 3:22* - "Do not fear them, for it is the Lord your God who fights for you."
- Psalms 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?"**
- Psalms 34:4* - "I sought the Lord, and he answered me, and delivered me from all my fears."
- Psalms 56:3-4* - "When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?"
- Isaiah 12:2* - **"Surely God is my salvation; I will trust, and will not be afraid, for the Lord God is my strength and my might; he has become my salvation."**
- Isaiah 43:1* - "But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine."
- Matthew 6:33-34* - "But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."
- Luke 12:22-28, 31-32* - **"Jesus said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. 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! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you – you of little faith! Instead, strive for his kingdom, and these things will be given to you as well. Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.""**
- John 14:27* - "Peace 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."
- John 16:33* - "I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!"
- Philippians 4:6-7* - **"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."**
- 2 Timothy 1:7* - "For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline."

Suggested Liturgies:

An Order for Compline - BCP 127

Prayers

For Sleep

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Lord. Amen. (BCP 461)

For Young Persons

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen. (BCP 829)

A Collect for Aid against Perils

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. Amen. (BCP 123)

In the Evening

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake.

Amen.
(BCP 124)

In Times of Personal Distress

Lord Christ, you came into the world as one of us, and suffered as we do. As we go through the trials of life, help us to realize that you are with us at all times and in all things; that we have no secrets from you; and that your loving grace enfolds us for eternity. In the security of your embrace we pray. Amen. (EOW2 69)

For Protection

Christ, light of light, brightness indescribable, the Wisdom, power and glory of God, the Word made flesh: you overcame the forces of Satan, redeemed the world, then ascended again to the Father. Grant me, I pray, in this tarnished world, the shining of your splendor. Send your Archangel Michael to defend me, to guard my going out and coming in, and to bring me safely to your presence, where you reign in the one holy and undivided Trinity, to ages of ages.

Amen. (EOW2 72-73)

For Serenity

Merciful Jesus, you are my guide, the joy of my heart, the author of my hope, and the object of my love. I come seeking refreshment and peace. Show me your mercy, relieve my fears and anxieties, and grant me a quiet mind and an expectant heart, that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen. (EOW2 77)

For Serenity

Jesus, let your mighty calmness lift me above my fears and frustrations. By your deep patience, give me tranquility and stillness of soul in you. Make me in this, and in all, more and more like you. Amen. (EOW2 77)