



# Come to the Banquet

creative quiet time with God

## His Promises for Our Pain

*"You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry." Psalm 10:17*

As you write your letter to God, use one of the verses in this list (or find your own) as a promise to claim, regarding the emotion you are experiencing.

Afraid	Isaiah 41:10, 1 John 4:18, 2 Timothy 1:7, Proverbs 3:25-26
Alone/Lonely	Hebrews 13:5, Isaiah 62:4, Psalm 38:9, 2 Tim 4:16-17
Angry	James 1:19-20, Psalm 37:7-9, Luke 6:35
Ashamed	Isaiah 54:4-5, Romans 8:1, 2 Timothy 1:12, 2 Corinthians 12:9
Brokenhearted	Ps 147:3, 2 Cor 1:3-4, Rev 21:4, Ps 71:20
Confused	1 Corinthians 14:33, James 1:5, James 3:17; Jeremiah 33:3
Critical/Negative	Luke 6:37, Colossians 3:13, Matthew 7:1-2, Phil 4:8-9
Depressed	Isaiah 43:2, Isaiah 61:3, Isaiah 40:31, Psalm 43:5
Discouraged	Psalm 22:4-5, Romans 8:28, Psalm 42:11, John 16:33
Doubting	Matthew 21:21, James 1:6, Mark 9:24-25
Exhausted/Weary	Isaiah 40:28-31, Galatians 6:9, Jeremiah 31:25
Frustrated/Impatient	Psalm 42:5, Heb 10:35-37, Psalm 27:14, James 5:7-8
Grumpy/Irritable	Proverbs 21:23, Psalm 42:11, Philippians 4:4
Miserable	Psalm 103:2-5, Isaiah 49:13, Psalm 107:9, Nehemiah 8:10
Prideful	Proverbs 16:18-20, 1 Peter 5:5, Matthew 23:12
Sorrowful/Grieved	Isaiah 43:2, Matthew 5:4, 2 Corinthians 1:3-4, Revelation 21:4, Isaiah 51:11
Stressed	Psalm 119:143, Psalm 139:23, Isaiah 35:4, Luke 10:41, Philippians 4:6
Stubborn	1 Peter 2:13-15, 1 Peter 5:5-6, James 4:7
Ungrateful	Psalm 100:1-5, Galatians 6:9, Psalm 50:23
Unjustly Treated	Isaiah 30:18, 1 Peter 2:19, Isaiah 40:31, 2 Thessalonians 1:6-7
Worried/Anxious	Proverbs 12:25, Matthew 6:34, Philippians 4:6-7, Psalm 94:19

