



Letter to 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	Psalm 27:10, Hebrews 13:5, Isaiah 62:4
Angry	James 1:19, Ephesians 4:26, Psalm 37:8
Ashamed	Romans 1:16, 2 Timothy 1:12, Psalm 34:5
Clueless	Isaiah 55:8-9, 1 Peter 4:12-13, Isaiah 30:21
Confused	1 Corinthians 14:33, James 1:5, James 3:17
Critical	Mark 11:25, Colossians 3:13, Mathew 7:1-2
Disappointed	Psalm 22:5, Romans 10:11
Doubting	Matthew 21:21, James 1:6
Embarrassed	Isaiah 54:4, Psalm 34:5
Exhausted	Isaiah 40:28-29, 31, Galatians 6:9, Jeremiah 31:25
Frustrated	Proverbs 15:22, Psalm 42:5
Grumpy	1 Corinthians 13:5, Ecclesiastes 7:9
Prideful	Ecclesiastes 7:8, Psalm 36:11, Proverbs 16:18, 1 Peter 5:5
Sad	Isaiah 43:2, Matthew 5:4, Isaiah 61:1-3, Revelation 21:4
Miserable	Psalm 103:3, Jeremiah 17:14, Psalm 107:20
Silent	Exodus 14:14, Psalm 37:7, Psalm 46:10, Matthew 10:19
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	Luke 6:35, Colossians 4:2, 1 Thessalonians 5:18, Hebrews 12:28
Worried	Psalm 37:7, Proverbs 12:25, Matthew 6:34

