

Dear Friend,

I am praying for you today! You need to know that. Can I encourage you to take time to rest a while in His presence today? Will you let your heart hear the promises He sings of over you with Joy?



If you are feeling discouraged today, spend time in The Word, looking for the medicine your heart was made to take in. Start with a few of the scriptures below and journal your own prayer of promise.

**Isaiah 43:1-2**

**Deuteronomy 7:8**

**2 Corinthians 4:6,**

**Psalms 27:5**

**Isaiah 45:2-3**

**Deuteronomy 31:8**

**8-10**

**Hebrews 4:16**

**Zephaniah 3:17**

**Jeremiah 31:3**

**Hebrews 13:5**

**Psalms 139**

♥ What scripture stood out to you the most?

♥ Is there another scripture that He is reminding you of as you wait in His presence?

♥ What can you bring to the throne of grace and boldly leave?

♥ Write down at least one hope you have as you come to the prayer bench: a dream, a goal, a desire. Give that to God to and allow Him to meet you right where you are.

*You are fearfully and wonderfully made, many are His thoughts towards you!*

Journal your thoughts here.

*journeys in grace*



Try to remember

*I have called you*

by name

You are mine.

Isaiah 43:1

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