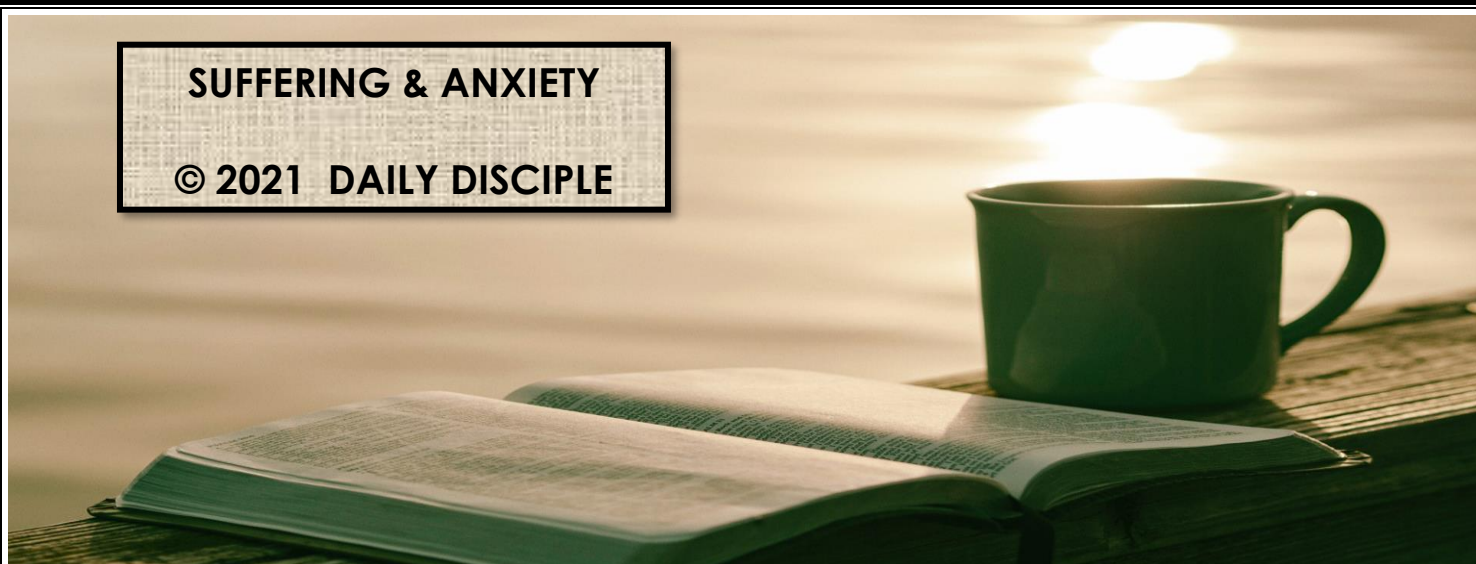


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Philippians 4:6-8 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Psalms 119:76 Now let Your unfailing love comfort me, just as You promised me, Your servant.

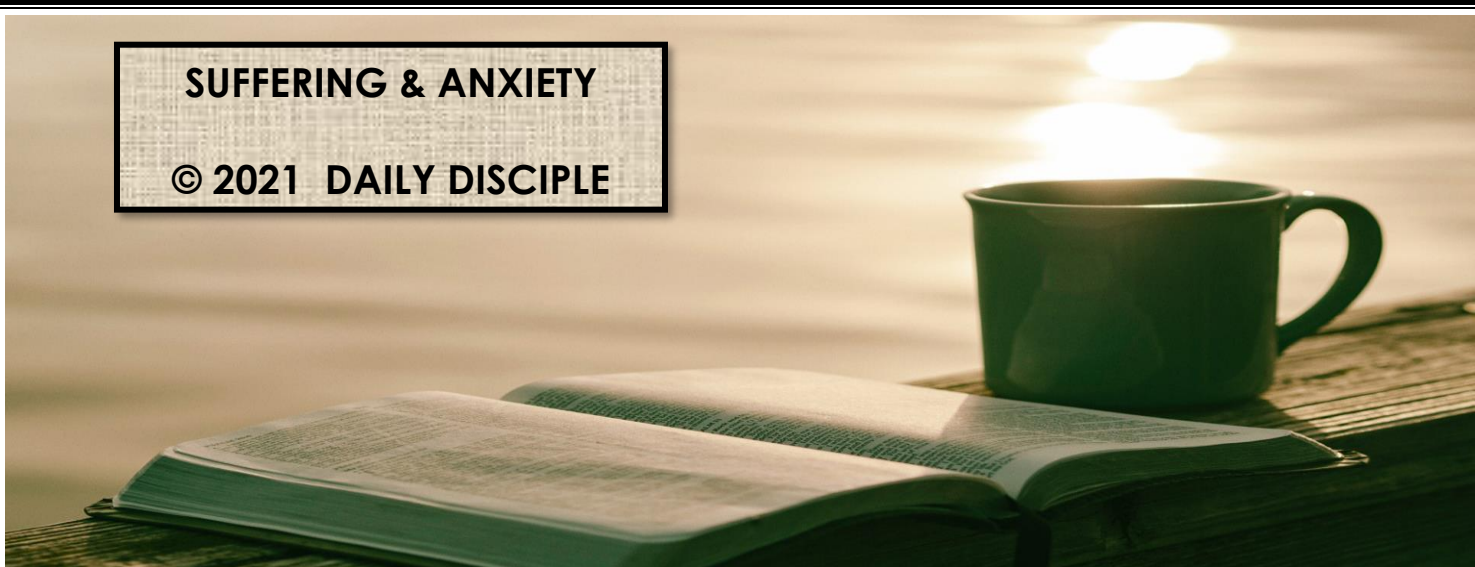
1 John 4:4 You belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.

1 Peter 5:6-10 Humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. Give all your worries and cares to God, for He cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. In His kindness God called you to share in His eternal glory by means of Christ Jesus. So after you have suffered a little while, He will restore, support, and strengthen you, and He will place you on a firm foundation.

Zephaniah 3:17 For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs.

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Psalms 118:6-7 The Lord is for me, so I will have no fear. What can mere people do to me? Yes, the Lord is for me; He will help me. I will look in triumph at those who hate me.

Psalms 119:50 Your promise revives me; it comforts me in all my troubles.

2 Corinthians 1:3-5 All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with His comfort through Christ.

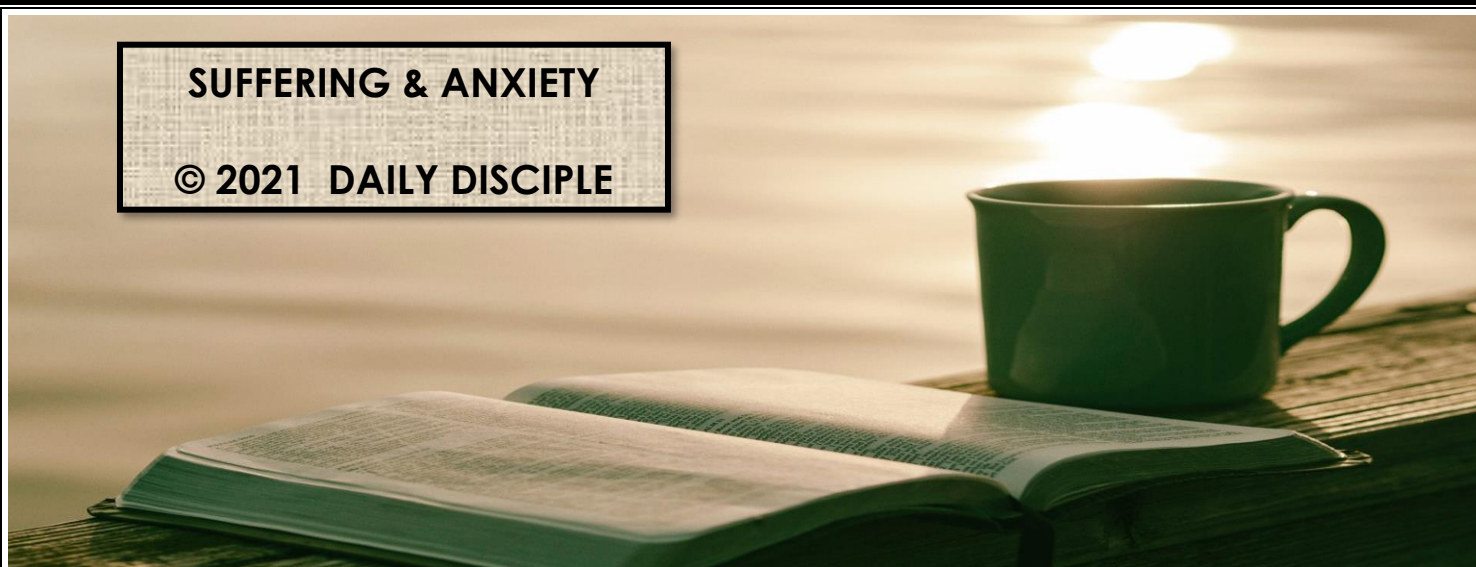
1 Corinthians 10:13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Peter 1:6-7 So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold - though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.

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1 Peter 3:12-15 The eyes of the Lord watch over those who do right, and His ears are open to their prayers. But the Lord turns His face against those who do evil. Now, who will want to harm you if you are eager to do good? But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.

1 Peter 4:12-16 Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad - for these trials make you partners with Christ in His suffering, so that you will have the wonderful joy of seeing His glory when it is revealed to all the world. If you are insulted because you bear the name of Christ, you will be blessed, for the glorious Spirit of God rests upon you. If you suffer, however, it must not be for murder, stealing, making trouble, or prying into other people's affairs. But it is no shame to suffer for being a Christian. Praise God for the privilege of being called by His name!

1 John 5:3-6 Loving God means keeping His commandments, and His commandments are not burdensome. For every child of God defeats this evil world, and we achieve this victory through our faith. And who can win this battle against the world? Only those who believe that Jesus is the Son of God. And Jesus Christ was revealed as God's Son by His baptism in water and by shedding His blood on the cross - not by water only, but by water and blood. And the Spirit, who is truth, confirms it with His testimony.

1 Peter 3:17-19 Remember, it is better to suffer for doing good, if that is what God wants, than to suffer for doing wrong! Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to

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God. He suffered physical death, but He was raised to life in the Spirit.

2 Timothy 1:7-8 For God has not given us a spirit of fear, but of power and of love and of a sound mind. Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God.

2 Corinthians 12:7-10 To keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud. Three different times I begged the Lord to take it away. Each time He said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

2 Thessalonians 2:16-17 Now may our Lord Jesus Christ Himself and God our Father, who loved us and by His grace gave us eternal comfort and a wonderful hope, comfort you and strengthen you in every good thing you do and say.

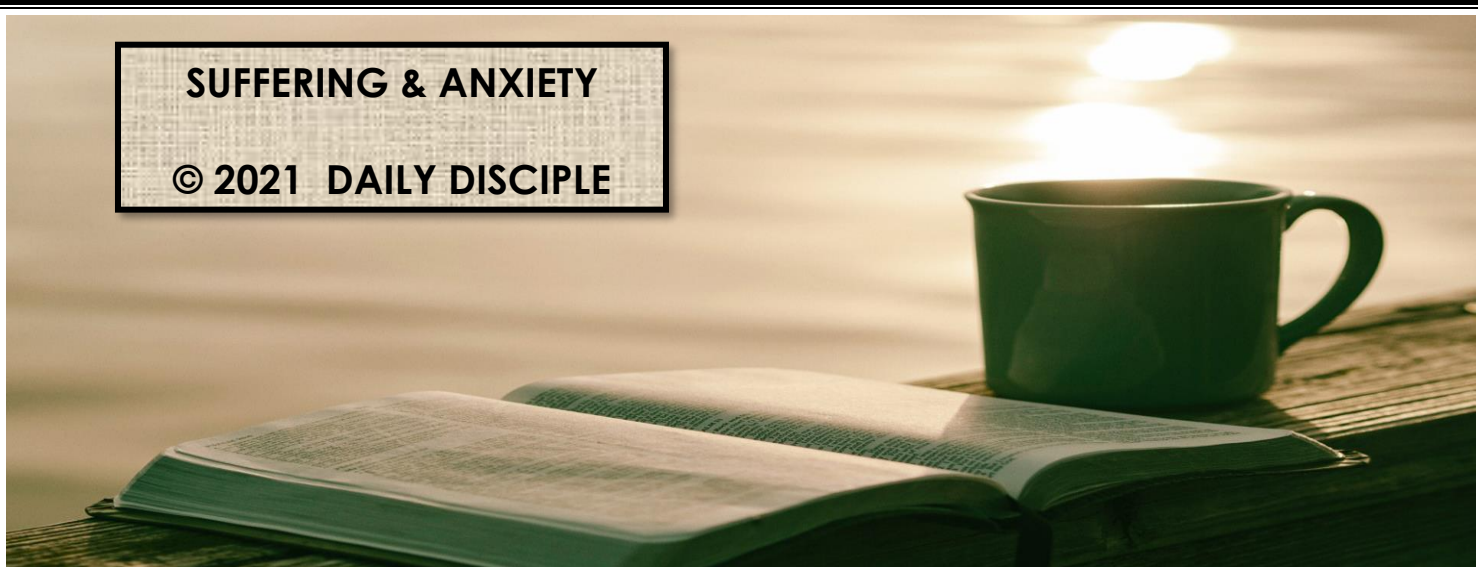
2 Thessalonians 3:16 Now may the Lord of peace Himself give you His peace at all times and in every situation. The Lord be with you all.

Deuteronomy 3:22 You must not fear them, for the Lord your God Himself fights for you.

2 Corinthians 4:8-10 We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down,

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but never abandoned by God. We get knocked down, but we are not destroyed. Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.

2 Timothy 1:11-12 I was appointed a preacher, an apostle, and a teacher of the Gentiles. For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that day.

Colossians 3:13-15 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

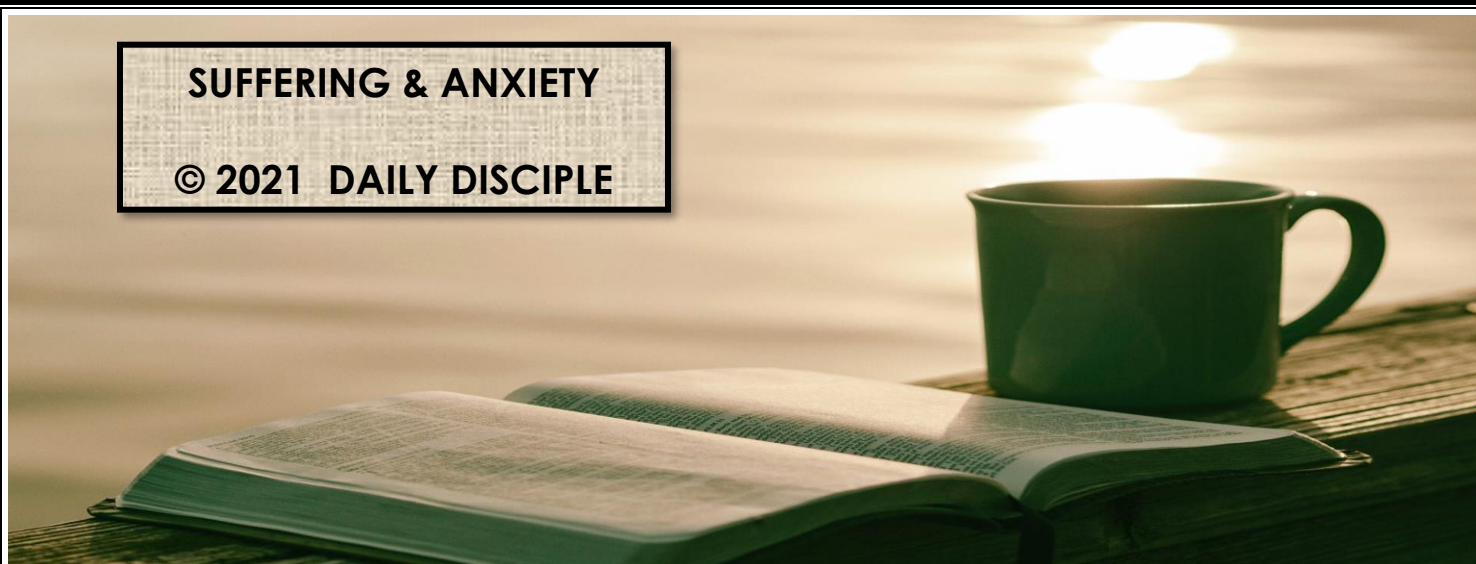
Deuteronomy 31:6 Be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

Hebrews 4:15-16 This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.

Hebrews 12:4-11 Have you forgotten the encouraging words God spoke to you as His children? He said, "My child, don't make light of the Lord's discipline, and don't give up when He corrects you. For the Lord disciplines

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those He loves, and He punishes each one He accepts as His child.” As you endure this divine discipline, remember that God is treating you as His own children. Who ever heard of a child who is never disciplined by its father? If God doesn’t discipline you as He does all of His children, it means that you are illegitimate and are not really His children at all. Since we respected our earthly fathers who disciplined us, shouldn’t we submit even more to the discipline of the Father of our spirits, and live forever? For our earthly fathers disciplined us for a few years, doing the best they knew how. But God’s discipline is always good for us, so that we might share in His holiness. No discipline is enjoyable while it is happening - it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

Galatians 6:9 So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.

Ephesians 4:2 Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.

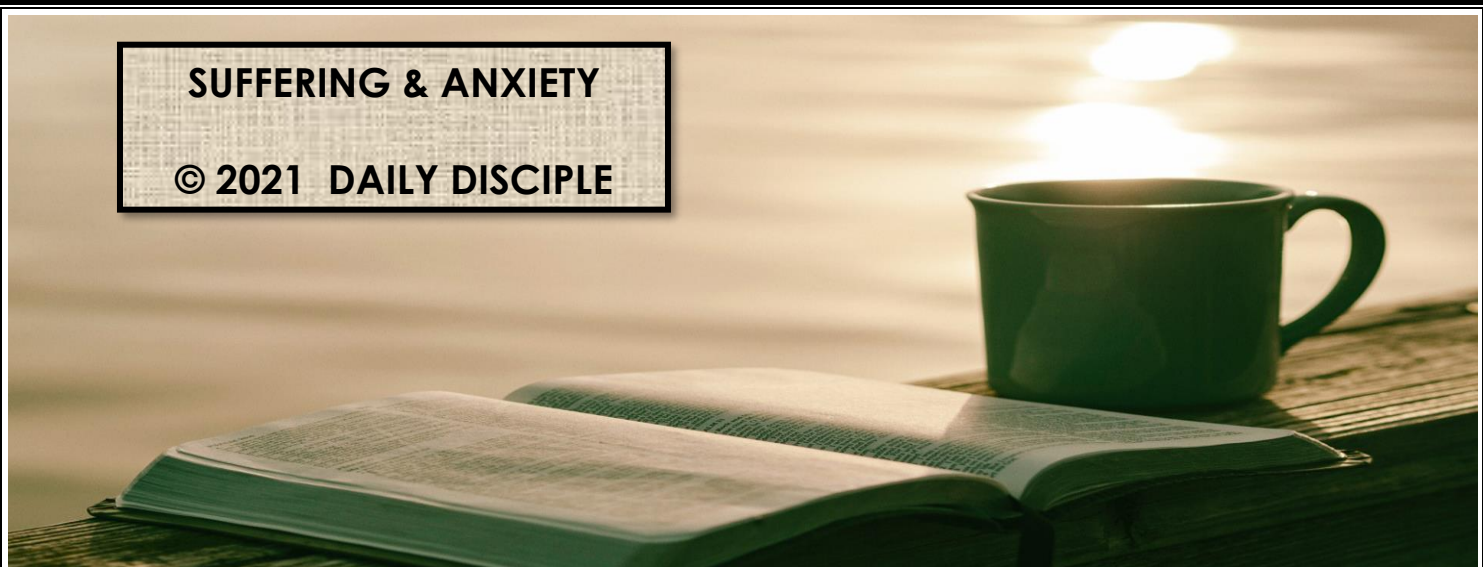
Exodus 14:14 The Lord Himself will fight for you. Just stay calm.

Hebrews 11:1 Faith shows the reality of what we hope for; it is the evidence of things we cannot see. Through their faith, the people in days of old earned a good reputation. By faith we understand that the entire universe was formed at God’s command, that what we now see did not come from anything that can be seen.

Isaiah 61:1-3 The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the

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brokenhearted and to proclaim that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies. To all who mourn in Israel, He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for His own glory.

Isaiah 26:2-4 Open the gates to all who are righteous; allow the faithful to enter. You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You! Trust in the Lord always, for the Lord God is the eternal Rock.

James 5:13 Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises.

Isaiah 35:4 Say to those with fearful hearts, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you."

Genesis 50:20 You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

Isaiah 40:28b-31 The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

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Hebrews 2:18 Since He Himself has gone through suffering and testing, He is able to help us when we are being tested.

Isaiah 43:2 When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the Lord, your God.

James 1:12 God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love Him.

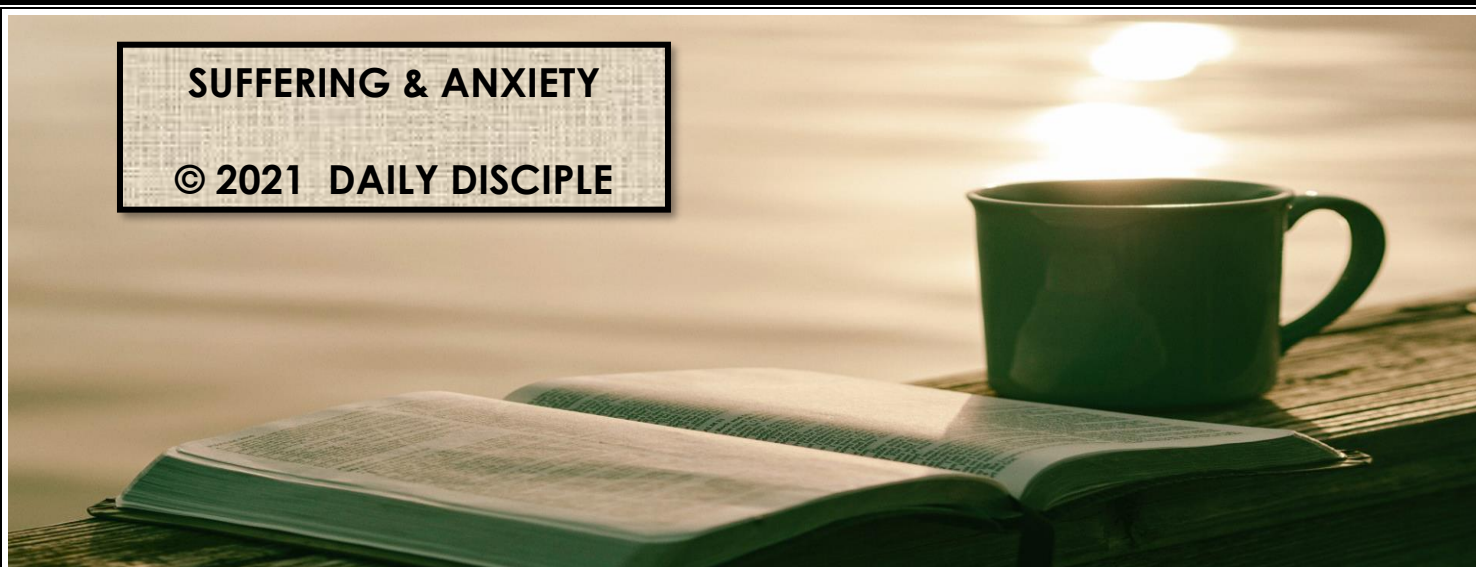
Isaiah 43:2 When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the Lord, your God.

James 1:12 God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love Him.

Hebrews 12:1-2 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross, disregarding its shame. Now He is seated in the place of honor beside God's throne.

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James 1:2-5 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking.

Jeremiah 17:7-8 Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

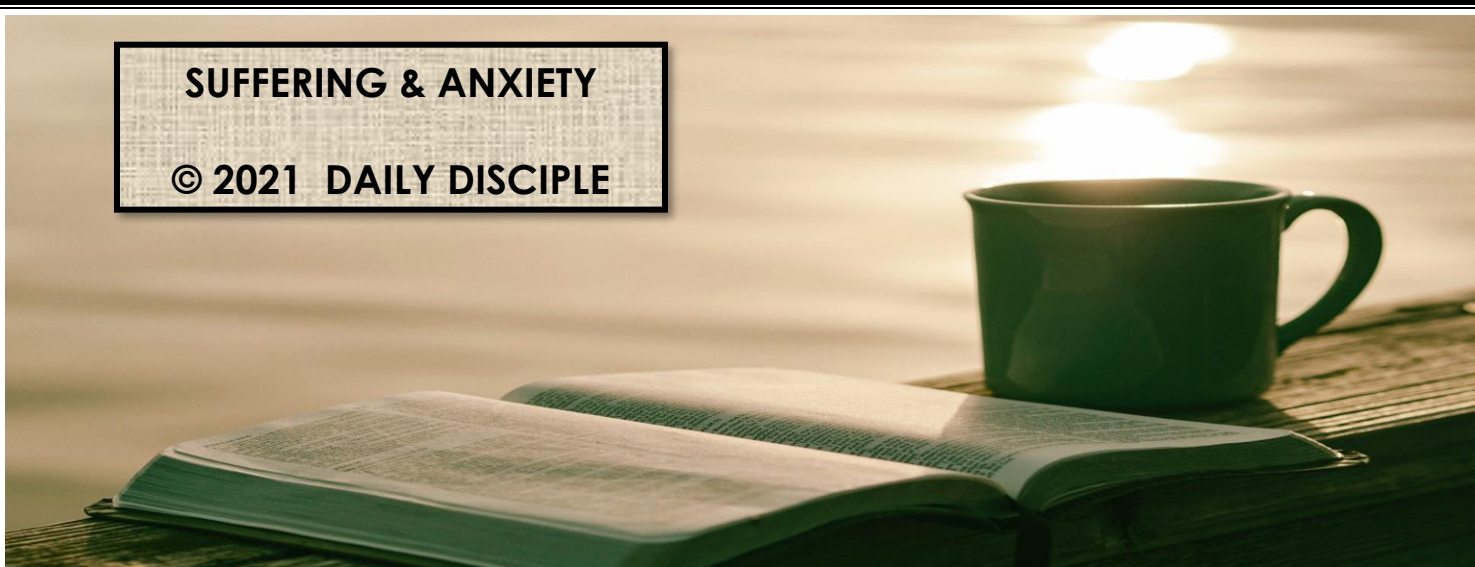
Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

2 Timothy 2:11-12 This is a trustworthy saying: if we die with Him, we will also live with Him. If we endure hardship, we will reign with Him. If we deny Him, He will deny us. If we are faithless, He remains faithful, for He cannot deny who He is.

Jeremiah 29:11 "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for Me wholeheartedly, you will find Me."

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John 14:27-28 I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. Remember what I told you: I am going away, but I will come back to you again.

Isaiah 53:3-4 He was despised and rejected - a man of sorrows, acquainted with deepest grief. We turned our backs on Him and looked the other way. He was despised, and we did not care. Yet it was our weaknesses He carried; it was our sorrows that weighed Him down. And we thought His troubles were a punishment from God, a punishment for His own sins! But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

John 1:5 The light shines in the darkness, and the darkness can never extinguish it.

Matthew 5:4 God blesses those who mourn, for they will be comforted.

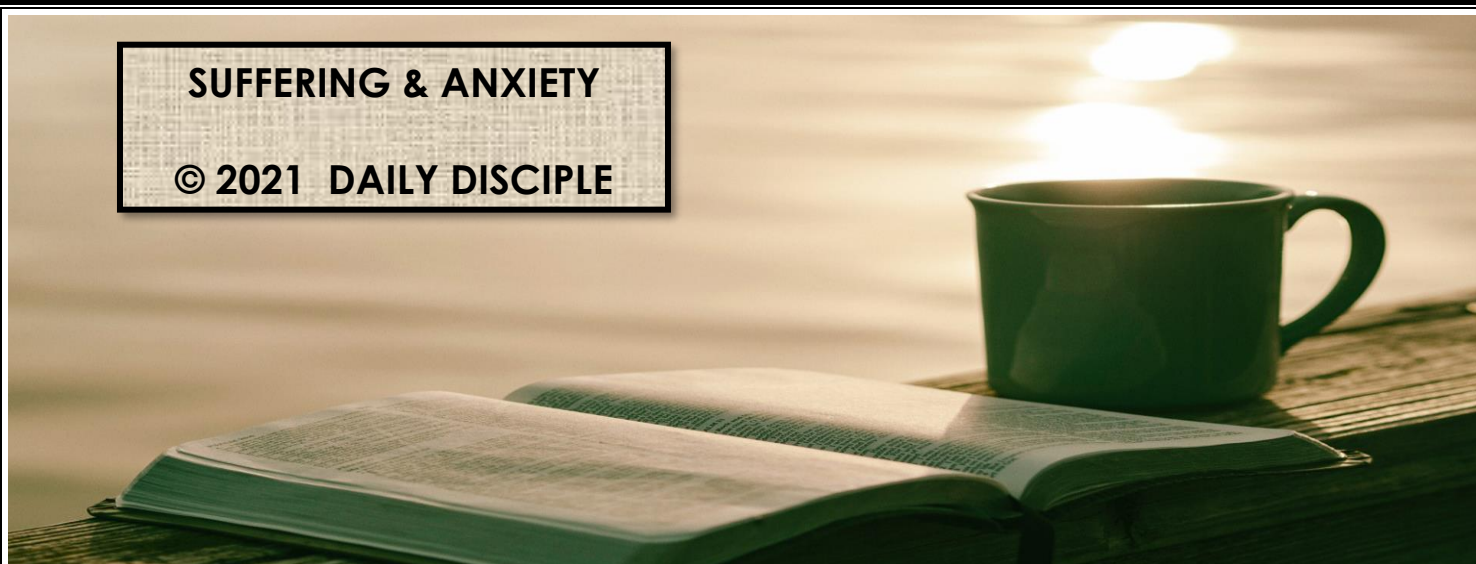
Philippians 1:6 And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns.

John 16:33 (Jesus said), "I have told you all this so that you may have peace in Me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

Luke 12:22-32 Then, turning to His disciples, Jesus said, "That is why I tell you not to worry about everyday life - whether you have enough food to eat or

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enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to Him than any birds! Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things? Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all His glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith? And don't be concerned about what to eat and what to drink. Don't worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs. Seek the Kingdom of God above all else, and He will give you everything you need. So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom."

Proverbs 3:5-6 Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Psalms 103:6 The Lord gives righteousness and justice to all who are treated unfairly.

John 9:1-3 As Jesus was walking along, He saw a man who had been blind from birth. "Rabbi," His disciples asked Him, "why was this man born blind? Was it because of his own sins or his parents' sins?" "It was not because of his sins or his parents' sins," Jesus answered. "This happened so the power of God could be seen in Him."

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Matthew 10:38-39 If you refuse to take up your cross and follow Me, you are not worthy of being Mine. If you cling to your life, you will lose it; but if you give up your life for Me, you will find it.

Matthew 10:22 All people will hate you because you follow Me, but those people who keep their faith until the end will be saved.

Joshua 1:9 Remember that I commanded you to be strong and brave. Don't be afraid, because the Lord your God will be with you everywhere you go.

Romans 8:34-35, 37-39 Who then will condemn us? No one - for Christ Jesus died for us and was raised to life for us, and He is sitting in the place of honor at God's right hand, interceding for us. Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Psalms 23:1-6 The Lord is my shepherd; I shall not want (for anything). He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the 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 Your staff, they comfort me. You

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prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely Your goodness and unfailing love will pursue me all the days of my life, and I will dwell in the house of the Lord forever.

Psalms 27:1 The Lord is my light and my salvation - so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

Matthew 19:26 Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."

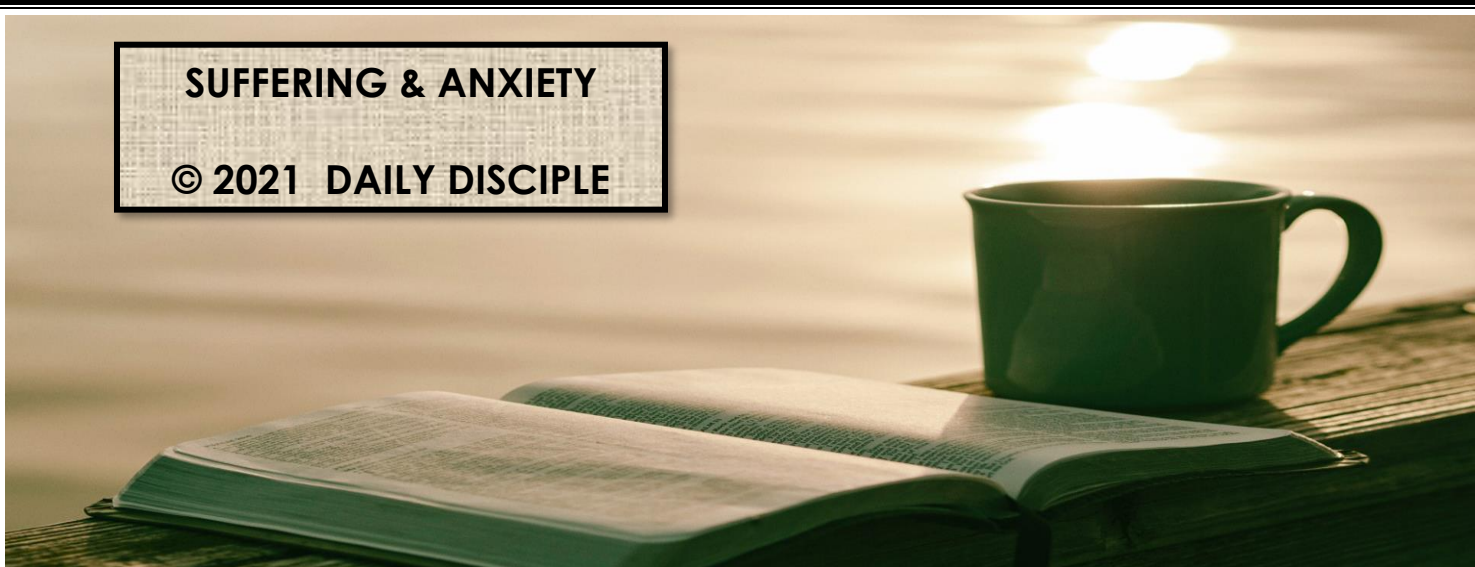
John 14:1-3 Jesus said, "Don't let your hearts be troubled. Trust in God, and trust in Me. There are many rooms in My Father's house; I would not tell you this if it were not true. I am going there to prepare a place for you. After I go and prepare a place for you, I will come back and take you to be with Me so that you may be where I am."

Matthew 5:10-12 God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are My followers. Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way.

Philippians 3:13-14 I have not achieved (perfection), but I focus on this one thing: forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

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Matthew 11:28-30 Then Jesus said, “Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For My yoke is easy to bear, and the burden I give you is light.”

Psalms 34:17-20 The Lord hears His people when they call to Him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; He rescues those whose spirits are crushed. The righteous person faces many troubles, but the Lord comes to the rescue each time. For the Lord protects the bones of the righteous; not one of them is broken!

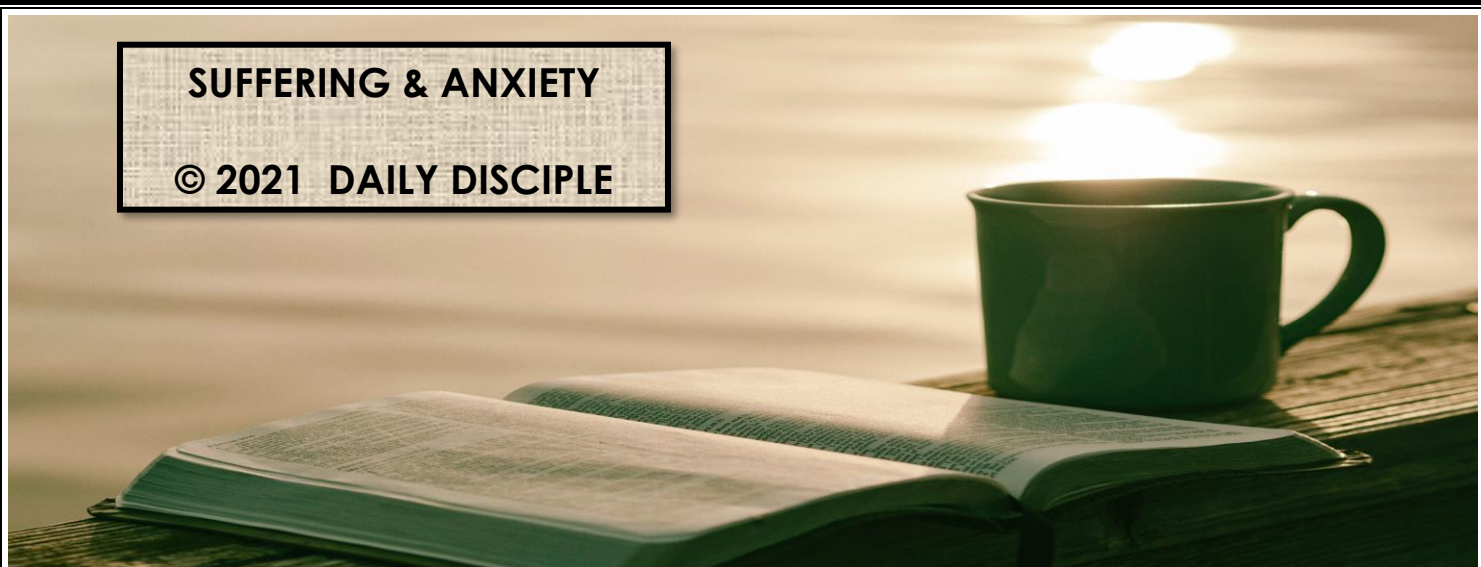
Romans 8:26-28 The Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit intercedes for us believers in harmony with God's own will. And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.

Philippians 4:8-9 Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me - everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:13 I can do all things through Christ who strengthens me.

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Psalms 27:13-14 Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

Psalms 34:4 I prayed to the Lord, and He answered me. He freed me from all my fears.

Proverbs 12:25 Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 17:22 A cheerful heart is good medicine, but a broken spirit saps a person's strength.

Psalms 73:26 My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever.

Romans 5:3-5 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.

Romans 8:17-18 And since we are His children, we are His heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share His glory, we must also share His suffering. Yet what we suffer now is nothing compared to the glory He will reveal to us later.

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Proverbs 29:25 Fearing people is a dangerous trap, but trusting the Lord means safety.

Psalms 112:4, 7-8 Light shines in the darkness for the godly. They are generous, compassionate, and righteous. They do not fear bad news; they confidently trust the Lord to care for them. They are confident and fearless and can face their foes triumphantly.

Psalms 119:67-68, 71 I used to wander off until You disciplined me; but now I closely follow Your word. You are good and do only good; teach me Your decrees. My suffering was good for me, for it taught me to pay attention to Your decrees.

Psalms 138:8 The Lord will work out His plans for my life - for Your faithful love, O Lord, endures forever. Don't abandon me, for You made me.

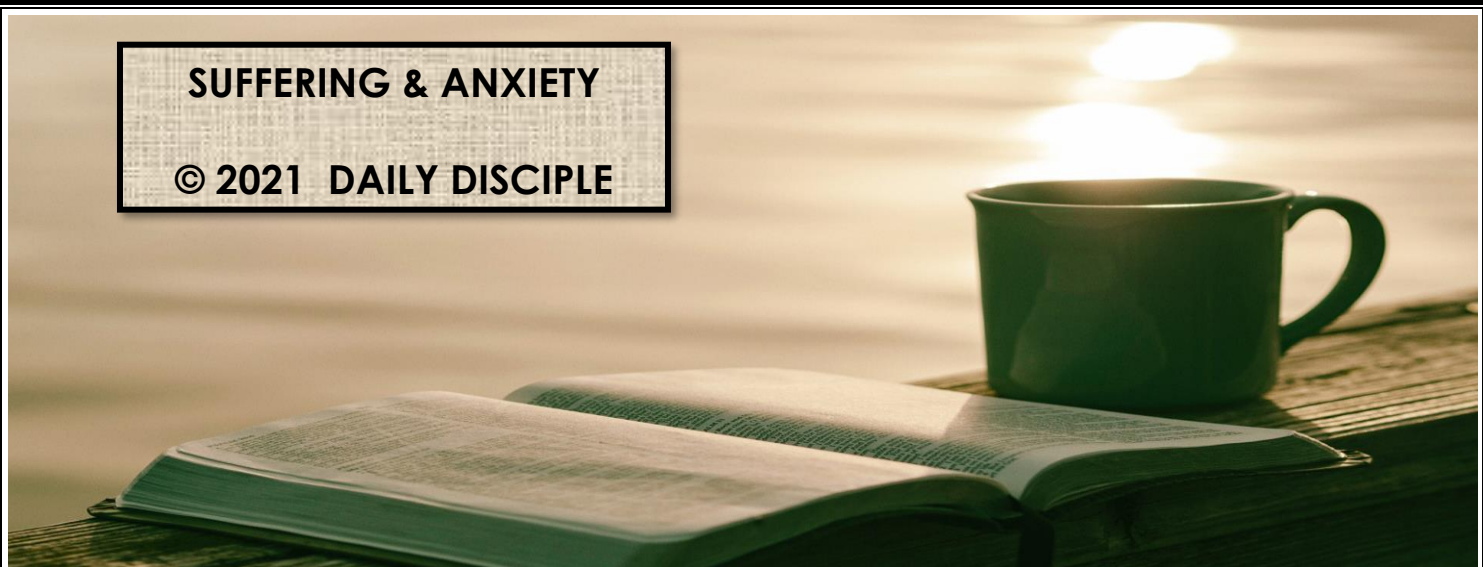
Psalms 34:6-8 In my desperation I prayed, and the Lord listened; He saved me from all my troubles. For the angel of the Lord is a guard; He surrounds and defends all who fear Him. Taste and see that the Lord is good. Oh, the joys of those who take refuge in Him!

Psalms 46:1 God is our refuge and strength, always ready to help in times of trouble.

Philippians 4:19 And my God shall supply all your needs according to His riches in glory by Christ Jesus.

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Psalms 37:7-9 Be still in the presence of the Lord, and wait patiently for Him to act. Don't worry about evil people who prosper or fret about their wicked schemes. Stop being angry! Turn from your rage! Do not lose your temper - it only leads to harm. For the wicked will be destroyed, but those who trust in the Lord will possess the land.

Psalms 55:22 Give your burdens to the Lord, and He will take care of you. He will not permit the godly to slip and fall.

Psalms 94:19 When doubts filled my mind, Your comfort gave me renewed hope and cheer.

Revelation 2:10 Don't be afraid of what you are about to suffer. The devil will throw some of you into prison to test you... But if you remain faithful even when facing death, I will give you the crown of life.

Romans 12:14 Bless those who persecute you. Don't curse them; pray that God will bless them.

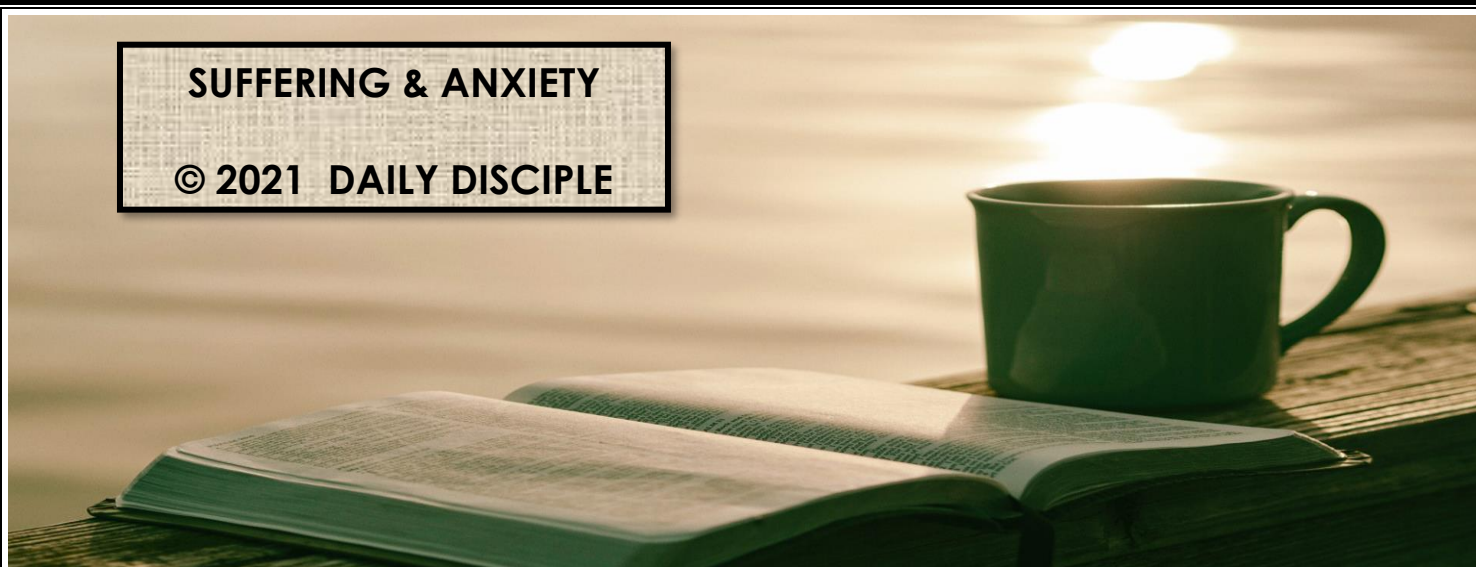
Psalms 34:14-15 Turn away from evil and do good. Search for peace, and work to maintain it. The eyes of the Lord watch over those who do right; His ears are open to their cries for help.

Romans 12:21 Don't let evil conquer you, but conquer evil by doing good.

Psalms 56:3-4 When I am afraid, I will put my trust in You. I praise God for what He has promised. I trust in God, so why should I be afraid? What can mere humans do to me?

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Romans 16:19b-20 I want you to be wise in doing right and to stay innocent of any wrong. The God of peace will soon crush Satan under your feet. May the grace of our Lord Jesus be with you.

Proverbs 15:24 Wise people's lives get better and better. They avoid whatever would cause their death.

Psalms 33:18 Behold, Lord, Your eye is on those who fear You, on those who hope for Your lovingkindness.

Psalms 33:19-22 My soul waits for You, You are my help and my shield. For my heart rejoices in You, because I trust in Your holy name. Let Your lovingkindness and mercy be upon me, just as I hope in You.

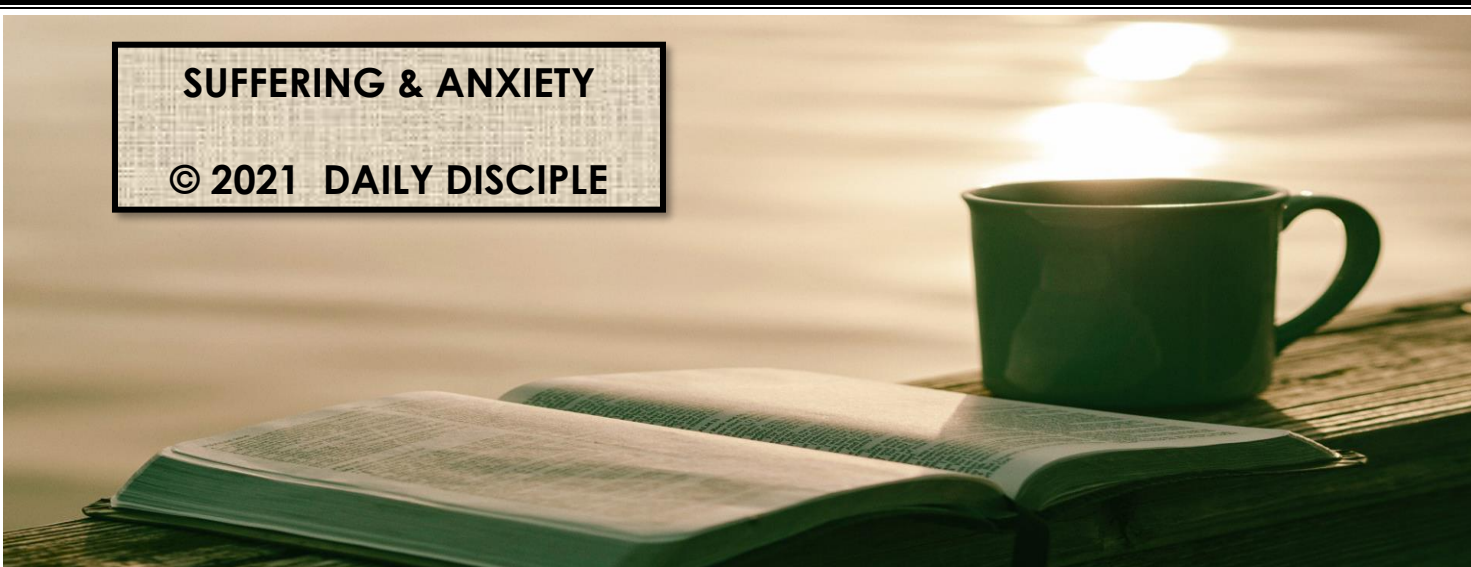
Psalms 34:1 I will bless You, Lord at all times; Your praise shall continually be in my mouth.

Proverbs 15:24, 30 Wise people's lives get better and better. They avoid whatever would cause their death. Good news makes you feel better. Your happiness will show in your eyes.

Psalms 32:7-10 You are my hiding place. You protect me from my troubles and fill me with songs of salvation. The Lord says, "I will make you wise and show you where to go. I will guide you and watch over you. So don't be like a horse or donkey, that doesn't understand. They must be led with bits and reins, or they will not come near you." Wicked people have many troubles, but the Lord's love surrounds those who trust Him.

SUFFERING & ANXIETY

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Romans 15:13 I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.