

Bible Study:

Overcoming in Times of Trouble

Finding Peace in Troubled Times

During troubled times, we have the assurance that God is with us, comforting, guiding, and strengthening us.

1. **Psalm 46:1-2** *“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way, and the mountains fall into the heart of the sea.”*

Declaration: God is my refuge and strength. I will not fear the troubles that surround me because He is with me always.

2. **John 16:33** *“I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.”*

Declaration: I am filled with peace because Jesus has overcome the world. His victory is my victory, and I choose to take heart in troubled times.

- 3 **Philippians 4:6-7** *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

Declaration: I give my anxieties, my worries and concerns to God through prayer and thanksgiving. His peace guards my heart and mind, and I choose to trust Him.

- 4 **Isaiah 41:10** *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

Declaration: I am not afraid because God is with me. Even in my weakest moments I am strengthened and upheld by His mighty hand.

5 2 Corinthians 1:3-4 *“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles.”*

Declaration: I thank God, the Father of compassion, for comforting me in my troubles. I receive His comfort and share it with others.

6 Romans 8:28 *“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

Declaration: I know that God is working all things, everything together for my good. I trust in His purpose and plan for my life, even in difficult times.

7 1 Peter 5:7 *“Cast all your anxiety on him because he cares for you.”*

Declaration: I release all my anxieties, all my fears, all my worries to God. I know He cares for me. I find peace knowing I am loved and valued by Him.

8 Psalm 34:17-18 *“The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.”*

Declaration: I cry out to the Lord, and He hears me. He is close to me in my brokenness. He brings healing and deliverance.

9 James 1:2-4 *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”*

Declaration: I [choose] to find joy in my trials, for they are producing perseverance [steadfastness, determination, endurance] in me. I trust the process and know that I am growing stronger.

10 Matthew 11:28-30 *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

Declaration: I come to Jesus with my burdens, and I receive His rest [comfort, peace]. I learn from Him and find peace for my soul.

11 Psalm 30:5 *“Weeping may stay for the night, but rejoicing comes in the morning.”*

Declaration: My current struggles are temporary. Joy is coming, and I will stand firm in faith until it manifests.

12 Isaiah 43:2 *“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”*

Declaration: I am not alone in my trials. God is with me in every situation, in every circumstance. He is guiding me through the waters and flames without harm, through my trials and tribulations unharmed.

13 2 Timothy 1:7 *“For God has not given us a spirit of fear, but of power, love, and a sound mind.”*

Declaration: I reject fears ability to control my life. I embrace the power, I embrace the love, and I embrace the sound mind that God has given me. I choose courage in every challenge I face.

14 Lamentations 3:22-23 *“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”*

Declaration: Each day brings new mercies from the Lord. I trust in His unwavering love and faithfulness. My strength is renewed every morning.

15 Romans 5:3-4 *“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”*

Declaration: I rejoice in my sufferings, knowing that they are building my perseverance and character. I hold onto hope for a brighter future.

16 Psalm 55:22 *“Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.”*

Declaration: I cast all my burdens onto the Lord. I trust that He will hold me up and support me sustain me. He will see me through every trial.

17 Hebrews 13:5-6 *“Never will I leave you; never will I forsake you. So we say with confidence, ‘The Lord is my helper; I will not be afraid.’”*

Declaration: I stand confidently in the truth that God will never leave me. I find courage in knowing He is always my helper. I will not fear!

18 Matthew 6:34 *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

Declaration: I will not focus or worry about tomorrow; I will focus on today. God provides for me in every moment, and I know He will provide.

191 Chronicles 16:11 *“Look to the LORD and his strength; seek his face always.”*

Declaration: I actively seek the Lord’s strength today, right now. He fills me with power as I focus on His presence and guidance.

20 Revelation 21:4 *“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”*

Declaration: I look forward to the promise of a future without pain or sorrow. I hold onto this hope that God will ultimately restore all things. I will praise Him all the days of my life!

Conclusion:

In times of trouble, we can take comfort in God’s Word that assures us of

His presence, strength, and faithfulness. This Bible study encourages us to declare His promises over our lives and find hope in His unfailing love.