



FINDING HOPE

WHEN LIFE IS HARD

**IF LIFE IS HARD
IF YOUR WHOLE WORLD IS BROKEN
IF IT IS HARD TO KEEP GOING**

Where does my help come from? My help
comes from the LORD, the Maker of heaven
and earth.

Psalm 121:1-2

**LET THIS GOD OF THE BIBLE
BRING YOU HOPE.**

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WHO CARES?

There is no one to help me,
no one to protect me. No one
cares for me.

Psalm 142:4

No one cares for me.

God cares for you, so turn all your
worries over to him.

1 Peter 5:7

The LORD is good. He protects those
who trust him in times of trouble.

Nahum 1:7

Free me from my anguish.

Psalm 25:17

WHERE'S GOD?

I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

Isaiah 41:13

God has said, "I will never leave you; I will never abandon you."

Hebrews 13:5

Why do you hide yourself when we are in trouble?

Why are you so far away, O LORD?
Why do you hide yourself when we are in trouble?

Psalms 10:1

My hope is in you.

Psalms 39:7

HOW CAN I COPE?

“What strength do I have?”

What strength do I have, that I should still hope? What prospects, that I should be patient?

Job 6:11

“Lord, come to my aid!”

Isaiah 38:14

The Lord’s answer was, “My grace is all you need, for my power is greatest when you are weak.”

2 Corinthians 12:9

Christ gives me the strength to face anything.

Philippians 4:13

GOD CAN BE TRUSTED

GOD IS SAFETY

God is our shelter and strength, always ready to help in times of trouble.

Psalm 46:1

GOD IS SUPPORT

The LORD is near to those who are discouraged; he saves those who have lost all hope.

Psalm 34:18

GOD IS LOVE

How precious, O God, is your constant love! We find protection under the shadow of your wings.

Psalm 36:7

GOD IS FAMILY

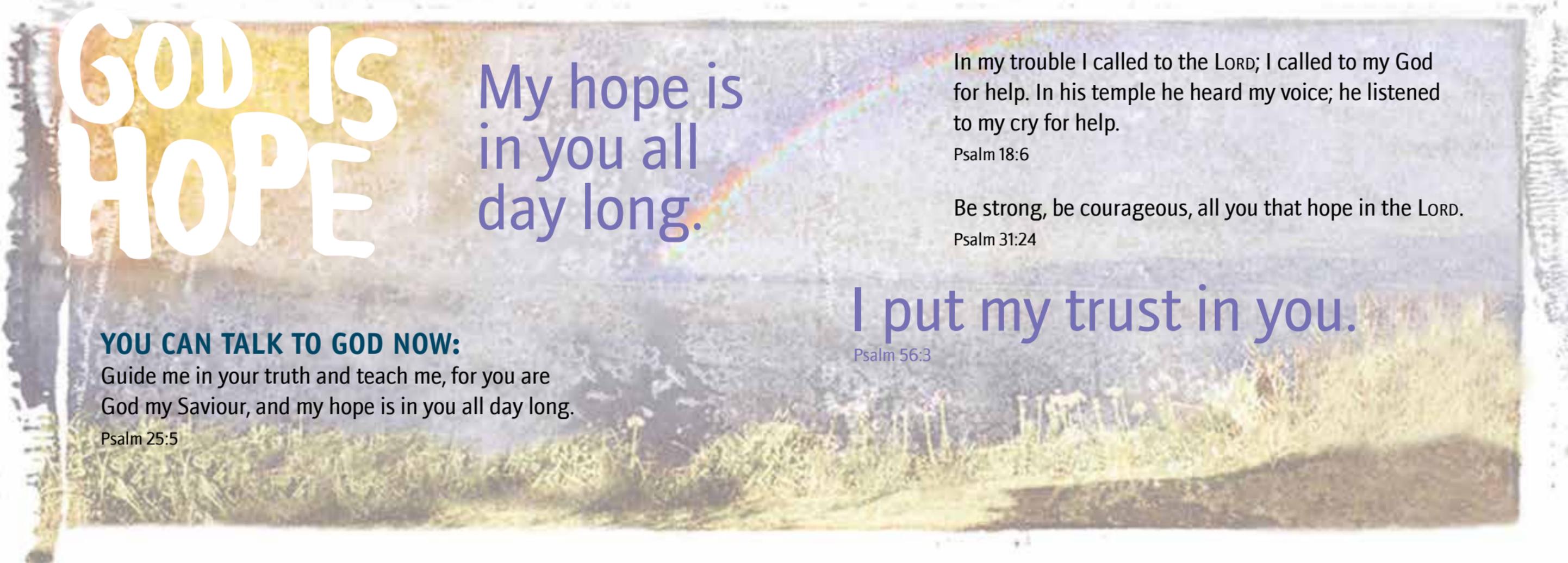
Think how much the Father loves us. He loves us so much that he lets us be called his children.

1 John 3:1

It is better to trust in the LORD than to depend on human beings.

Psalm 118:8

GOD IS HOPE

A landscape photograph of a field with a rainbow in the sky. The foreground shows a dirt path leading through tall grass. The background is a vast, open field under a blue sky with a vibrant rainbow arching across it.

My hope is
in you all
day long.

In my trouble I called to the LORD; I called to my God for help. In his temple he heard my voice; he listened to my cry for help.

Psalm 18:6

Be strong, be courageous, all you that hope in the LORD.

Psalm 31:24

I put my trust in you.

Psalm 56:3

YOU CAN TALK TO GOD NOW:

Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.

Psalm 25:5

GOD IS HOPE

God is so good, and by raising Jesus from death, he has given us new life and a hope that lives on. God has something stored up for you in heaven, where it will never decay or be ruined or disappear.

1 Peter 1:3-4

THIS HOPE IS CERTAIN FOR ALL WHO BELIEVE IN AND FOLLOW JESUS.

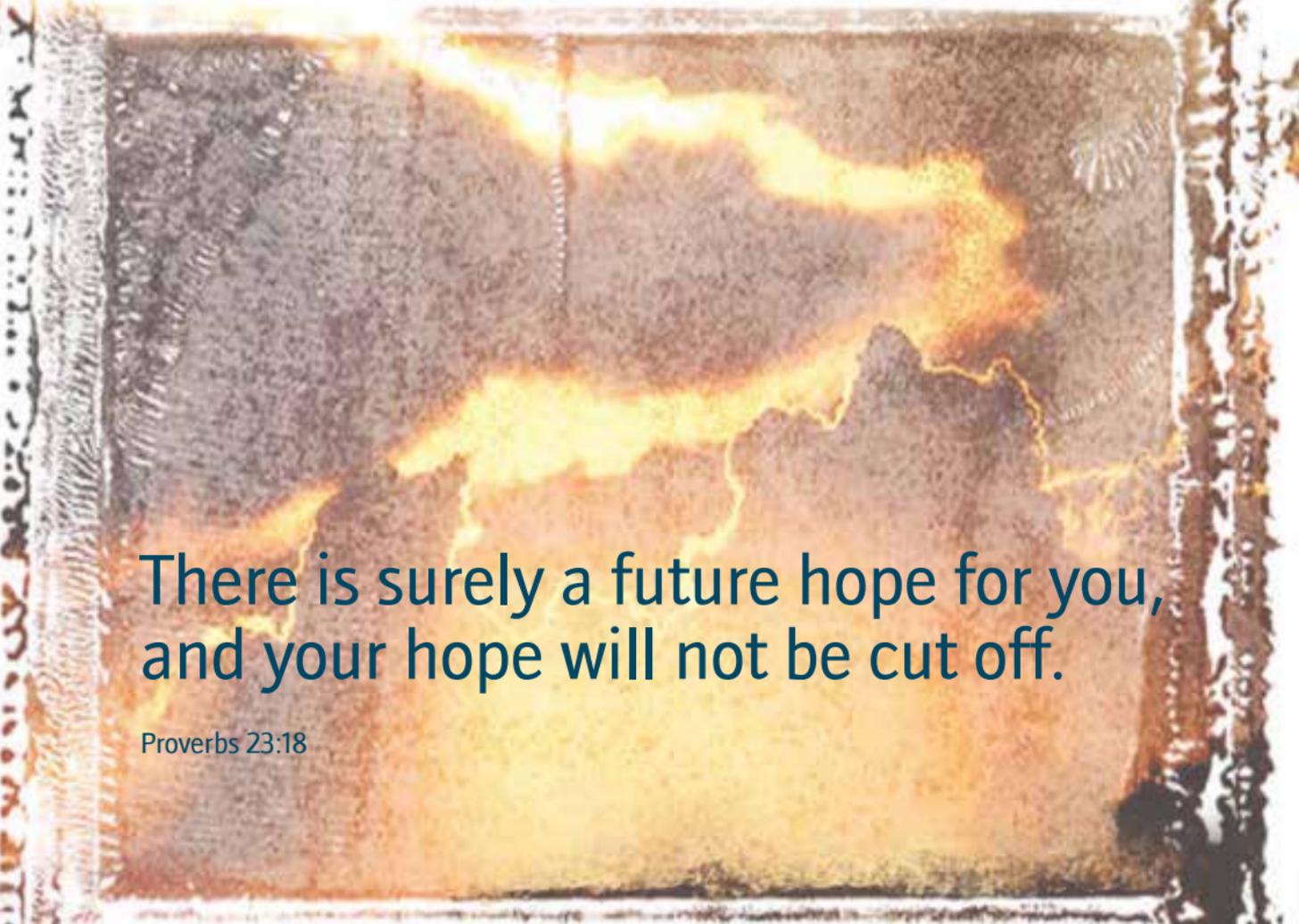
PRAYER:

Jesus, I trust you,
help me to find hope.

WHAT DO YOU THINK?

All of the quotes are from the Bible. Read more of the Bible to find out how God can help you when life is hard.

Talk to the person who gave you this book or another Christian. Ask them how Jesus can give you hope.



There is surely a future hope for you,
and your hope will not be cut off.

Proverbs 23:18