

## HOW TO COPE WHEN YOU FEEL ANXIOUS, ALONE OR AFRAID

*"The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, LORD, have never forsaken those who seek you."* **Psalms 9:9-10**

"Think on these things" – The Names and Characteristics of Almighty GOD.  
Those of us who know God's NAME find it easier to trust His heart.

### 1. Elohim – God, mighty, strong and prominent

- *"In the beginning, Elohim created the heavens and the earth."* **Gen 1:1** (Foundation for Trinity)
- *"The heavens are telling of the glory of God; and their expanse is declaring the work of His hands."* **Psalms 19:1**
- *"Fear NOT, 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."* **Isaiah 41:10**
- *"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."* **Psalms 73:26**
- *"I can do all things through Him who strengthens me."* **Phil 4:13**

### 2. Jehovah-Jireh – The Lord will provide.

- *"So Abraham called that place 'The Lord Will Provide.' And to this day it is said, 'On the mountain of the Lord it will be provided.'"* **Genesis 22:14**
- *"The LORD will not allow the righteous to hunger"* **Proverbs 10:3**
- *"And my God shall supply all your needs according to His riches in glory in Christ Jesus."* **Phil 4:19**

### 3. Yahweh-Shalom – The Lord is our PEACE

- *"Thou will keep him in perfect peace whose mind is stayed on Thee because he trusts in Thee."* **Isaiah 26:3**
- *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."* **John 16:33**
- *"For God is not a God of confusion but of peace."* **1 Corinthians 14:33**
- *"Now the God of peace be with you all. Amen."* **Romans 15:33**

### 4. Jehovah-Rohi – The Lord is my Shepherd

- *"The Lord is my Shepherd, I shall not want."* **Psalms 23:1**
- *"Then he blessed Joseph and said, 'May the God before whom my fathers Abraham and Isaac walked faithfully, the God who has been my shepherd all my life to this day'"* **Gen 48:15**
- *"Out of you will come a ruler who will shepherd my people Israel"* **Matt 2:6 (from Mic. 5:2)**

### 5. God is FAITHFUL

- *"The LORD'S loving kindness indeed never cease, For His compassions never fail. They are new every morning; Great is Your faithfulness."* **Lamentations 3:22-23**
- *"If we are faithless, He remains faithful, for He cannot deny Himself."* **2 Timothy 2:13**
- *"I entrust my spirit into your hand. Rescue me, LORD, for you are a faithful God."* **Psalms 31:5**
- *"Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations."* **Deuteronomy 7:9**
- *"Your faithfulness endures to all generations; you have established the earth, and it stands fast."* **Psalms 119:90**

## 6. El Shaddai – All-Sufficient One, Lord God Almighty

- *“When Abram was ninety-nine years old the Lord appeared to him and said, “I am El-Shaddai, God Almighty. Serve me faithfully and live a blameless life.”* **Genesis 17:1**
- *“And God said to him, “I am God Almighty: be fruitful and multiply.”* **Genesis 35:11**
- *“‘I am the Alpha and the Omega,’ says the Lord God, ‘who is and who was and who is to come, the Almighty.’”* **Revelation 1:8**

## 7. God is LOVE!

- *Give thanks to the LORD, for He is good; His love endures forever.* **Psalm 118:1**
- *Taste and see that the LORD is good; blessed is the one who takes refuge in him.* **Psalm 34:8**
- *“God is love”* **1 John 4:8**
- *But because of his great love for us, God, who is rich in mercy, made us alive with Christ.* **Ephesians 2:4–5**

Remember: FEAR is contagious – but so are faith, hope and love.  
**WE ARE FAITH SPREADERS ... LOVE GIVERS ... AND HOPE SPREADERS.**  
**Love God. Love Others.**