

# Encouragement

## during difficult days:



**R**= *Recognize God's presence is always with you.*

Where can I go from Your Spirit? Or where can I flee from Your presence? Nowhere!  
(Psalm 139:7-10)

“Blessed are the pure in heart for they will see God.” (Matthew 5:8)

**E**= *Entrust God with your family, friends, and future.*

The Lord has good plans for you, to give you a future and a hope (Jeremiah 29:11).

“Into Your hand I entrust my spirit; You have redeemed me, Lord, God of truth.”  
(Psalm 31:5)

**S**= *Stand firm in your faith.*

“The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to him.” (2 Chronicles 16:9a)

Do not trust in human wisdom, but the power of God (1 Corinthians 2:5).

In all these things, we are more than conquerors through Him who loved us  
(Romans 8:37).

**T**= *Trust God*

Genuinely trusting God plants our roots of faith deep allowing us to be unafraid as we surrender our hearts to a trustworthy God (Jeremiah 17:7-8).

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”  
(2 Corinthians 3:17)