

Comforting Scripture

For worries about appearance:

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalms 139:14

"The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."

1 Samuel 16:7

"Charm is deceptive, and beauty is fleeting, but a woman who fears the Lord is to be praised."

Proverbs 31:30

When you don't know what to do next:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a future and a hope."

Jeremiah 29:11

"Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight."

Proverbs 4:6-7

Coping with anxiety

"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."

Philippians 4:6-7

*gathered from Second Chance Springtime
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