

A medieval sword in a scabbard is the central focus, resting on a piece of brown leather armor. To the left, a metal gauntlet with chainmail is visible. The scene is lit with dramatic, low-key lighting, highlighting the textures of the leather, metal, and chainmail. The overall mood is one of readiness and historical authenticity.

A Sword

at the

Ready

Truth:

What God says about me:

I am a child of God (John 1:12) who will never be rejected or condemned (Romans 8:1). In fact, I am so deeply loved by God (Isaiah 43:4; Romans 8:33-39) that he calls me friend (John 15:15). This will never change (John 10:28-29), despite my imperfect performance (Romans 4:4-5).

Exhaustion and Anxiety:

When I am worried I will remember God is in control and I can give my worries to him: Psalm 127:1-2; Matthew 6:26; Philippians 4:6-7; Hebrews 13:5; 1 Peter 5:6-7

When I am tired and need sleep I will go to sleep because God is in control: Psalm 4:8; 127:2

When I am tired of my sin and tired of fighting sin I will remember I can depend on God for strength: Isaiah 30:15; Matthew 11:28-30; Romans 8:13

When I am tired of living as a Christian I will remember it will be worth it: 1 Corinthians 15:58; Galatians 6:9

Approval:

When I'm not sure if God likes me or approves of me I will remember he loved me before I ever did anything good: Romans 5:8

When people's approval of me seems more important than God's I will remember God is the eternal all-powerful judge and people's opinions are momentary: Isaiah 2:22; Matthew 10:28; Hebrews 13:6; 1 Peter 4:3-5

Fear:

When I am scared of disaster I will remember God is my refuge: Psalm 46:1-3

When I am scared I cannot do God's will I will remember God will help me: Exodus 4:11-12; Joshua 1:5; Isaiah 41:10; Matthew 28:18-20

When I am scared of mistreatment or persecution for following Jesus I will remember it is a privilege to be mistreated for my Lord and Savior: Matthew 5:11-12; 1 Peter 4:12-16

Pride:

When I think I'm so strong I can't be tempted I will be extra careful so that I don't fall: 1 Corinthians 10:12-14

When I think I'm better than others I will remember that I am deceived, because I am actually nothing: Galatians 6:3

Loneliness:

When I think no one loves me I will choose to love others instead of focusing on myself: 1 Peter 1:22-25; 4:8-10

When I think God has abandoned me I will remember that he is faithful to me as long as the sun, moon, and stars are in the sky: Jeremiah 31:35-37

When I think I must have a spouse I will trust God's sovereign plan: 1 Peter 4:19

Temptation:

When I am tempted to despair or suicide I will remember my body does not belong to me and that God is a god of hope: 1 Corinthians 6:19-20; 2 Corinthians 1:8-9

When I am tempted toward other religions I will remember there is only one God and I will worship him alone: Deuteronomy 6:4; Matthew 4:10; 1 Corinthians 10:14, 20

When I am tempted toward lust and sexual sin I will choose to love as I am loved by God: Ephesians 5:1-5

When I am tempted toward resentment and unforgiveness I will remember I have been forgiven by God: Matthew 6:14-15; Ephesians 4:31-32

When I am tempted toward selfish anger I will get angry at my own sinfulness and ask God for a tender heart toward others: Ephesians 4:26-27, 31-32

When I am tempted toward laziness I will remember Jesus wants me to work hard: 2 Thessalonians 3:10-12

When I am tempted toward selfishness and greed I will remember God will care for me and money is fleeting: 1 Timothy 6:17-19; Hebrews 13:5

When I am tempted to lie I will remember I am united to the body of Christ and I have put away falsehood: Ephesians 4:25

When I am tempted to gossip or slander I will remember my words need to build up not tear down: Ephesians 4:29-30

Scripture:

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What God says about me:

John 1:12 - But to all who did receive him, who believed in his name, he gave the right to become children of God.

Romans 8:1 - There is therefore now no condemnation for those who are in Christ Jesus.

Isaiah 43:4 - Because you are precious in my eyes, and honored, and I love you, I give men in return for you, peoples in exchange for your life.

Romans 8:38-39 - For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

John 15:15 - No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

John 10:28-29 - I give them eternal life, and they will never perish, and no one will snatch them out of my hand. 29 My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

Romans 4:4-5 - Now to the one who works, his wages are not counted as a gift but as his due. 5 And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness.

Exhaustion and Anxiety:

Psalm 127:1-2 - Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Matthew 6:26 - Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Philippians 4:6-7 - do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 13:5 - Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

1 Peter 5:6-7 - Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

Psalm 4:8 - In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

Isaiah 30:15 - For thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Matthew 11:28-30 - Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

Romans 8:13 - For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

1 Corinthians 15:58 - Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

Galatians 6:9 - And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Approval:

Romans 5:8 - but God shows his love for us in that while we were still sinners, Christ died for us.

Isaiah 2:22 - Stop regarding man in whose nostrils is breath, for of what account is he?

Matthew 10:28 - And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.

Hebrews 13:6 - So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

1 Peter 4:3-5 - For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry. 4 With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you; 5 but they will give account to him who is ready to judge the living and the dead.

Fear:

Psalms 46:1-3 - God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth

gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.

Exodus 4:11-12 - Then the LORD said to him, “Who has made man’s mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the LORD? 12 Now therefore go, and I will be with your mouth and teach you what you shall speak.”

Joshua 1:5 - No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you.

Isaiah 41:10 - fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Matthew 28:18-20 - And Jesus came and said to them, “All authority in heaven and on earth has been given to me. 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Matthew 5:11-12 - Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

1 Peter 4:12-16 - Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed. 14 If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you. 15 But let none of you suffer as a murderer or a thief or an evildoer or as a meddler. 16 Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name.

Pride:

1 Corinthians 10:12-14 - Therefore let anyone who thinks that he stands take heed lest he fall. 13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 14 Therefore, my beloved, flee from idolatry.

Galatians 6:3 - For if anyone thinks he is something, when he is nothing, he deceives himself.

Loneliness:

1 Peter 1:22-25 - Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart, 23 since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; 24 for "All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, 25 but the word of the Lord remains forever." And this word is the good news that was preached to you.

1 Peter 4:8-10 - Above all, keep loving one another earnestly, since love covers a multitude of sins. 9 Show hospitality to one another without grumbling. 10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

Jeremiah 31:35-37 - Thus says the LORD, who gives the sun for light by day and the fixed order of the moon and the stars for light by night, who stirs up the sea so that its waves roar—the LORD of hosts is his name: 36 "If this fixed order departs from before me, declares the LORD, then shall the offspring of Israel cease from being a nation before me forever." 37 Thus says the LORD: "If the heavens above can be measured, and the foundations of the earth below can be explored, then I will

cast off all the offspring of Israel for all that they have done, declares the LORD.”

1 Peter 4:19 - Therefore let those who suffer according to God’s will entrust their souls to a faithful Creator while doing good.

Temptation:

1 Corinthians 6:19-20 - Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

2 Corinthians 1:8-9 - For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. 9 Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

Deuteronomy 6:4 - Hear, O Israel: The LORD our God, the LORD is one.

Matthew 4:10 - Then Jesus said to him, “Be gone, Satan! For it is written, ““You shall worship the Lord your God and him only shall you serve.””

1 Corinthians 10:14, 20 - Therefore, my beloved, flee from idolatry...No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons.

Ephesians 5:1-5 - Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. 3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. 5

For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.

Matthew 6:14-15 - For if you forgive others their trespasses, your heavenly Father will also forgive you, 15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Ephesians 4:31-32 - Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:26-27 - Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

2 Thessalonians 3:10-12 - For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. 11 For we hear that some among you walk in idleness, not busy at work, but busybodies. 12 Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.

Ephesians 4:28 - Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

Ephesians 4:25 - Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

Ephesians 4:29-30 - Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.