

When you need to move

Verse Journeys



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Life gets to all of us. When you need to work through something, go through the verse journeys.

There are three verses or short readings for each situation. They're arranged like this:

- 1st - know you're not alone
- 2nd - shift your mindset
- 3rd - plan your move

The first verse in each group is from a time someone in the Bible went through a situation like yours so you can know it's not just you.

The second is about getting perspective on the situation.

The third will help with what to do about that situation.

I hope this guide encourages you. If there's something else you'd like to see here or if you have feedback, please reach out to me on my website:

www.heathertabata.wordpress.com.



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confrontation!



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1. Facing Change

The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. ~ Psalms 18:2

...while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. ~ II Corinthians 4:18

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ~ Philippians 4:6



2. Fear of Failure

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. ~ 1 Corinthians 10:13

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.
~ Isaiah 41:10

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.
~ Ephesians 6:13



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3. Fear of Success

And when they had done this, they caught a great number of fish, and their net was breaking... When Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord!" For he and all who were with him were astonished at the catch of fish which they had taken.
~ Luke 5:6, 8-9

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. ~ Jeremiah 29:11

Commit your works to the LORD, And your thoughts will be established. ~
Proverbs 16:3



4. Feeling Lonely

Turn Yourself to me, and have mercy
on me, For I am desolate and afflicted.
~ Psalms 25:16

If I say, "Surely the darkness shall fall
on me," Even the night shall be light
about me; Indeed, the darkness shall
not hide from You, But the night
shines as the day; The darkness and
the light are both alike to You. ~
Psalms 139:11-12

Therefore comfort each other and
edify one another, just as you also are
doing. ~ 1 Thessalonians 5:11



5. Feeling Like You Don't Belong

But you have carefully followed my doctrine, manner of life, purpose, faith, longsuffering, love, perseverance, persecutions, afflictions, which happened to me at Antioch, at Iconium, at Lystra—what persecutions I endured. And out of them all the Lord delivered me. ~ II Timothy 3:10-11

If the world hates you, you know that it hated Me before it hated you. If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you. ~ John 15:18-19

Let your light so shine before men, that they may see your good works and glorify your Father in heaven. ~ Matthew 5:16



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6. Worrying About Someone

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. ~ Romans 10:1

Like a good shepherd, he takes care of his people. He gathers them like lambs in his arms. He holds them close, while their mothers walk beside him. ~ Isaiah 40:11 ERV

Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men ~ 1 Timothy 2:1



7. Feeling Guilty

For innumerable evils have surrounded me; My iniquities have overtaken me, so that I am not able to look up; They are more than the hairs of my head; Therefore my heart fails me. ~ Psalms 40:12

And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. ~ 1 Corinthians 6:11

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ~ 1 John 1:9



8. Facing Confrontation

For even if I made you sorry with my letter, I do not regret it; though I did regret it. For I perceive that the same epistle made you sorry, though only for a while. Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. ~ II Corinthians 7:8-9

A wrathful man stirs up strife, But he who is slow to anger allays contention.
~ Proverbs 15:18

Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. ~ Matthew 18:15



9. Wondering Why

Gideon said to Him, "O my lord, if the LORD is with us, why then has all this happened to us? And where are all His miracles which our fathers told us about, saying, 'Did not the LORD bring us up from Egypt?' But now the LORD has forsaken us and delivered us into the hands of the Midianites..." ~ Judges 6:13

And we know that all things work together for good to those who love God, to those who are called according to His purpose. ~ Romans 8:28

The name of the LORD is a strong tower; The righteous run to it and are safe. ~ Proverbs 18:10



10. Fearing the Future

I waited patiently for the LORD; And He inclined to me, And heard my cry. He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps. ~ Psalms 40:1-2

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah ~ Psalms 46:1-3

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. ~ Proverbs 3:5-6



I hope this guide has been helpful!
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inspirational blog, follow me at
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May God bless you!
~ Heather



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