" Help in Trouble and Hard Times



...MY HEART TRUSTED HIM, AND I AM HELPED.

PSALMS 28:7

MANY ARE THE AFFICTIONS OF THE RIGHTEOUS BUT THE LORD DELIVERETH HIS OUT OF THEM ALL.

PSALMS 34:19

BUT THE SALVATION OF THE RIGHTEOUS IS OF THE LORD, HE IS THEIR STRENGTH IN TIME OF TROUBLE. PSALMS 37:39

PS. 32:7 - NAH. 1:7 - PS.46:1

Comfort

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COME UNTO ME ALL YE THAT LABOR AND ARE HEAVY LAYDEN AND I WILL GIVE YOU REST.

MATTHEW 11:28

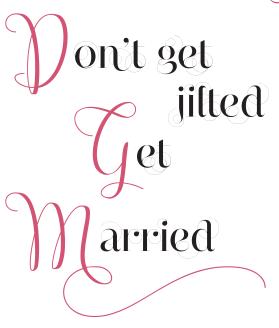
THE LORD IS MY ROCK AND MY FORTRESS.
PSALMS 18:2

THE LORD ALSO WILL BE A REFUGE FOR THE OPPRESSED, A REFUGE IN TIMES OF TROUBLE. **PSALMS 9:9**

II COR. 1:3,4 - PS. 138:7 - I THES.4:18

It is not what we Eat but what we Digest that makes us Strong Not what we Gain but what we Save that makes us Rich Not what we Read but what we Remember that makes us Learned Not what we Profess, but what we Practice that makes us Christians

Notes



A DEVOTIONAL PAMPLET BY AWARD-WINNING AUTHOR **DR. LAVERNE ADEKUNLE**

OBA SOPEIN ASORE



"The past is history, the future is a Mystery, and this moment is a gift. That is why this moment is coalled the Present!"

Because of the word, the trials and test of life I've become a better person. During a time of great adversity the Lord sent angels to surround me with love, support and the word of God. He sent His Word, and Healed them... Psalms 107:20

Dedication: To Oba Sopein Asore who authored the book "Don't Get Jitted" which he has committed to empowering singles. To my parents, siblings, sons, lifelong friends, my sweetheart Brent,

Lorraine Spencer and all the singles and sweet couples in a marriage for keeps! Thank you for being a part of my life and

f love you!

Study to show theyself approved... II Timathy 2.14



Anger



THE LORD IS GRACIOUS, AND FULL OF COMPASSION SLOW TO ANGER, AND OF GREAT MERCY.

PSALMS 145.8

BE NOT HASTY IN THY SPIRIT TO BE ANGRY: FOR ANGER RESTETH IN THE BOSOM OF FOOLS. ECCLESIASTES 7:9

BE ANGRY AND SIN NOT...

EPHESIANS 4:26

NEH. 9:16,17 - PROV. 14:17; - 15:1

Faith

NOW FAITH IS THE SUBSTANCE OF THINGS HOPED FOR AND THE EVIDENCE OF THINGS NOT SEEN.

HEBREWS 11:1

SO THEN FAITH COMETH BY HEARING, AND HEARING THE WORD OF GOD.

ROMANS 10:17

FOR WE WALK BY FAITH AND NOT BY SIGHT. ISAIAH 40:31

HEB. 11:6 - CAL. 5:22 - JAS. 1:5,6

Protection



THE NAME OF THE LORD IS A STRONG TOWER THE RIGHTEOUS RUNNETH INTO IT AND IS SAFE.

PROVERBS 18:10

THE LORD SHALL PRESERVE THEE FROM EVIL; HE SHALL PRESERVE THY SOUL.

PSALMS 121:7,8

WHEN THOU LIEST DOWN THOU SHALT NOT BE AFRAID. PROVERBS 3:24.25

I PETER. 3:13

Forgiveness



AND BE YE KIND ONE TO ANOTHER TENDERHEARTED FORGIVING ONE ANOTHER EVEN AS GOD FOR CHRIST'S SAKE HATH FORGIVEN YOU.

EPHESIANS 4:32

FOR IF YE FORGIVE MEN THEIR TRESPASSES YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU.

MATTHEW 6:14

MK. 11:25,26 - PROV. 20:22 - LK. 35,38

Courage and Strength



WAIT ON THE LORD BE OF GOOD COURAGE, AND HE SHALL STRENGTHEN THINE HEART WAIT I SAY ON THE LORD.

PSALMS 27:4

BE OF GOOD COURAGE AND HE SHALL STRENGTHEN YOU HEART ALL YE THAT HOPE IN THE LORD

PSALMS 31:24

BUT THEY THAT WAIT UP ON THE LORD SHALL RENEW THEIR STRENGTH...

ISAIAH 40:31

PS. 73:26 - JOSH.1:9

Love



AND THOU SHALT LOVE THE LORD THY GOD WITH ALL THINE HEART AND WITH ALL THY SOUL AND WITH ALL THY MIGHT.

EPHESIANS 4:32

BEARETH ALL THINGS, BELIEVETH ALL THINGS, HOPETH ALL THINGS, ENDURETH ALL THINGS, LOVE NEVER FAIL!...

I CORINTHIANS 13:7,8

EPH. 5:2 - I COR. 13:4-8