

*the* NLT  
BIBLE  
PROMISE  
BOOK  
*for tough times*



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*The NLT Bible Promise Book for Tough Times*

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## ❧ INTRODUCTION ❧

**I**t might surprise you to hear that the Bible promises us that tough times will come. As long as we live in a sinful world, troubles will be part of our human experience. So what can we do? Just deal with it? grin and bear it? put a smile on our faces and pretend to ignore the pain? Or perhaps do the opposite and wallow in self-pity?

Along with the Bible's promise that tough times will come, God's Word also promises that there is present help and future hope as we live with pain and adversity. In every trouble, there is potential triumph. In every pain, we can find the very power of God to combat it. In all our suffering, we can find salvation, both in this life and for the next.

There is no better place than God's Word to discover this help and hope that we so desperately need. Isaiah 40:8 says, "The grass withers and the flowers fade, but the word of our God stands forever." This means we can trust that when God promises hope to those who believe in him, this hope will not end in disappointment. When God promises to comfort those who mourn, comfort will be supplied in perfect measure. When

God assures us that he loves us and that he has plans for our lives, we can know he is telling the truth. God is truth, and his Word has stood the tests of time and will continue to be trustworthy throughout eternity. So whatever you're going through, no matter your problems, you have God's forever promises to cling to while you're facing life's trials.

This book may be small in size, but it carries with it the powerful, eternal vows that God speaks to his people. These promises were delivered to people in other times who were struggling, but they were also meant for you. God's promises in this book are arranged in alphabetical order by topic, so they are easy to find. And you will find over three hundred of them here. Can you imagine anyone who can make that many promises and keep them perfectly? God can and does. He is always faithful to carry out his plans and to fulfill his promises.

As you read God's promises for tough times, picture God speaking directly to you. You will be amazed at how personal and deeply compassionate our God is. Our desire is that you will find new hope, be encouraged, and find rest in God's almighty presence in your life. Even when it feels as if the world you know is changing, you can feel secure in the arms of your everlasting God, the Alpha and the Omega, who was, is, and is to come. May God bless you for seeking him in your troubled times, and may you find that God is indeed with you always.



## « ABANDONMENT

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**When you feel as if God has left you . . .**

Those who know your name trust in you, for you, O LORD,  
do not abandon those who search for you.

*Psalm 9:10*

## « ABUSE

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**When you've been harmed . . .**

We are hunted down, but never abandoned by God. We get  
knocked down, but we are not destroyed.

*2 Corinthians 4:9*

### **When you wonder if God understands your pain . . .**

It was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

*Isaiah 53:4-5*

### **When healing seems impossible . . .**

He heals the brokenhearted and bandages their wounds.

*Psalms 147:3*

For you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.

*Malachi 4:2*

A vast crowd brought to him people who were lame, blind, crippled, those who couldn't speak, and many others. They laid them before Jesus, and he healed them all.

*Matthew 15:30*

## ACCUSATIONS

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### **When you've been falsely accused . . .**

Be careful to live properly among your unbelieving neighbors. Then even if they accuse you of doing wrong, they will see your honorable behavior, and they will give honor to God when he judges the world.

*1 Peter 2:12*

Even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats.

*1 Peter 3:14*

Keep your conscience clear. Then if people speak against you, they will be ashamed when they see what a good life you live because you belong to Christ.

*1 Peter 3:16*

### **When you've jumped to false conclusions about someone else . . .**

Don't make judgments about anyone ahead of time—before the Lord returns. For he will bring our darkest secrets to light and will reveal our private motives. Then God will give to each one whatever praise is due.

*1 Corinthians 4:5*

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

*Colossians 3:13*

# ADDICTION

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## **When you've lost all control . . .**

Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

*Romans 6:12-14*

Letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

*Romans 8:6*

## **When you doubt that God can free you from your sinful habits . . .**

He sent out his word and healed them, snatching them from the door of death. Let them praise the LORD for his great love and for the wonderful things he has done for them.

*Psalms 107:20-21*

If the Son sets you free, you are truly free.

*John 8:36*

Because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

*Romans 8:2*

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

*Galatians 5:22-23*

### **When someone you love struggles with addiction . . .**

[Paul says,] “I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. . . . This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.”

*1 Timothy 2:1, 3-4*

## ADVERSITY

### **When it seems that nothing good could come of your circumstances . . .**

[God says,] “Call on me when you are in trouble, and I will rescue you, and you will give me glory.”

*Psalms 50:15*

We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

*Romans 8:28*

Our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!

*2 Corinthians 4:17*

### **When you need divine help . . .**

God is our refuge and strength, always ready to help in times of trouble.

*Psalm 46:1*

[God says,] “When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the LORD, your God, the Holy One of Israel, your Savior.”

*Isaiah 43:2-3*

### **When it feels like you're on a slippery slope . . .**

Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.

*Psalm 55:22*

## **ADVICE**

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### **When you need advice for the mess you find yourself in . . .**

Plans go wrong for lack of advice; many advisers bring success.

*Proverbs 15:22*

Get all the advice and instruction you can, so you will be wise the rest of your life.

*Proverbs 19:20*

# ANGER

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## **When you're furious with someone . . .**

“Don't sin by letting anger control you.” Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

*Ephesians 4:26-27*

## **When you're holding on to a grudge . . .**

When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

*Mark 11:25*

If someone says, “I love God,” but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see?

*1 John 4:20*

## **When your anger is making the situation worse . . .**

A gentle answer deflects anger, but harsh words make tempers flare.

*Proverbs 15:1*

## ASSURANCE

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### **When you find yourself in the gray areas of life . . .**

The instructions of the LORD are perfect, reviving the soul. The decrees of the LORD are trustworthy, making wise the simple. The commandments of the LORD are right, bringing joy to the heart. The commands of the LORD are clear, giving insight for living.

*Psalm 19:7-8*

All [God] does is just and good, and all his commandments are trustworthy. They are forever true, to be obeyed faithfully and with integrity.

*Psalm 111:7-8*

### **When you doubt whether God will really save you . . .**

[Jesus says,] “I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life.”

*John 5:24*

### **When you need to know that your faithfulness will be rewarded . . .**

If we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ.

*Hebrews 3:14*

## ATTITUDE

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**When circumstances have worn you down and you need an attitude adjustment . . .**

Be strong and courageous, and do the work. Don't be afraid or discouraged, for the LORD God . . . is with you. He will not fail you or forsake you. He will see to it that all the work . . . of the LORD is finished correctly.

*1 Chronicles 28:20*

My dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.

*1 Corinthians 15:58*

## BLESSINGS

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**When you need a blessing in troubled times . . .**

May the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you.

*2 Thessalonians 3:16*

**When you want to be a blessing in troubled times . . .**

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.

*1 Peter 3:9*

## ❧ BROKENHEARTED

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### **When your hopes end in disappointment . . .**

He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.

*Psalm 40:2*

When doubts filled my mind, your comfort gave me renewed hope and cheer.

*Psalm 94:19*

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

*Romans 15:13*

### **When you need your spirits lifted . . .**

I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.

*Psalm 31:7*

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

*Psalm 34:18*

As soon as I pray, you answer me; you encourage me by giving me strength.

*Psalm 138:3*

## « BURNOUT

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### **When you've been burning the candle at both ends . . .**

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

*Psalm 127:2*

### **When you feel overworked and overtired . . .**

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

*Psalm 91:1*

[God says,] "I have given rest to the weary."

*Jeremiah 31:25*

There is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world.

*Hebrews 4:9-10*

## « CHANGE

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### **When changes keep moving you from one place to another . . .**

O my Strength, to you I sing praises, for you, O God, are my refuge, the God who shows me unfailing love.

*Psalm 59:17*

I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

*Philippians 1:6*

### **When you need something stable to cling to . . .**

LORD, you remain the same forever! Your throne continues from generation to generation.

*Lamentations 5:19*

Jesus Christ is the same yesterday, today, and forever.

*Hebrews 13:8*

### **When one chapter closes and you're waiting for the next to begin . . .**

God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

*Ecclesiastes 3:11*

### **When you need wisdom that will stand the test of time . . .**

The grass withers and the flowers fade, but the word of our God stands forever.

*Isaiah 40:8*

## CHAOS

### **When it feels like the world is crumbling to pieces . . .**

The LORD is God, and he created the heavens and earth and put everything in place. He made the world to be lived in, not to be a place of empty chaos. "I am the LORD," he says, "and there is no other."

*Isaiah 45:18*

Through [Christ] God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see—such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through him and for him. He existed before anything else, and he holds all creation together.

*Colossians 1:16-17*

### **When there is just too much going on . . .**

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

*John 14:27*

God is not a God of disorder but of peace, as in all the meetings of God's holy people.

*1 Corinthians 14:33*

May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.

*2 Peter 1:2*

### **When you doubt God has a plan . . .**

God has now revealed to us his mysterious plan regarding Christ, a plan to fulfill his own good pleasure. And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth.

*Ephesians 1:9-10*

## CHARACTER

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**When you question whether God is who he says he is in the Bible . . .**

How amazing are the deeds of the LORD! All who delight in him should ponder them. Everything he does reveals his glory and majesty. His righteousness never fails. He causes us to remember his wonderful works. How gracious and merciful is our LORD!

*Psalm 111:2-4*

**When you doubt that having character matters . . .**

Endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

*Romans 5:4-5*

We can be sure that we know him if we obey his commandments.

*1 John 2:3*

## COMFORT

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**When you feel like a child who needs to be comforted . . .**

The LORD is like a father to his children, tender and compassionate to those who fear him.

*Psalm 103:13*

### **Whenever you need help and consolation . . .**

Let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

*Hebrews 4:16*

## ☺ COURAGE

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### **When you need to be strong in the face of big problems . . .**

I hold you by your right hand—I, the LORD your God. And I say to you, “Don’t be afraid. I am here to help you.”

*Isaiah 41:13*

## ☺ DEATH

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### **When you’ve lost someone you love . . .**

He will swallow up death forever! The Sovereign LORD will wipe away all tears. He will remove forever all insults and mockery against his land and people. The LORD has spoken!

*Isaiah 25:8*

When our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: “Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?”

*1 Corinthians 15:54-55*

### **When you doubt that there is life after death . . .**

Those who die in the LORD will live; their bodies will rise again! Those who sleep in the earth will rise up and sing for joy! For your life-giving light will fall like dew on your people in the place of the dead!

*Isaiah 26:19*

God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

*John 3:16*

### **When your life's end seems near . . .**

[Jesus says,] "I tell you the truth, anyone who obeys my teaching will never die!"

*John 8:51*

Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying."

*John 11:25*

[John says,] "I heard a voice from heaven saying, 'Write this down: Blessed are those who die in the Lord from now on. Yes, says the Spirit, they are blessed indeed, for they will rest from their hard work; for their good deeds follow them!'"

*Revelation 14:13*

## **DECISIONS**

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### **When you need to know where to begin . . .**

Seek his will in all you do, and he will show you which path to take.

*Proverbs 3:6*