

God's Promises in Times of Trouble

2/24/2026

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? (Psalm 27:1)

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. (Deuteronomy 31:8)

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)

He sets on high those who are lowly, and those who mourn are lifted to safety. (Job 5:11)

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. (Lamentations 3:22–23)

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)

God is our refuge and strength, a very present help in trouble. (Psalm 46:1)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort. (2 Corinthians 1:3)

Let your steadfast love comfort me according to your promise to your servant. (Psalm 119:76)

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. (John 16:33)

If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you. (Psalm 139:11–12)

Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the Lord has comforted his people and will have compassion on his afflicted. (Isaiah 49:13)

Blessed are those who mourn, for they shall be comforted. (Matthew 5:4)

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. (Psalm 55:22)

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor

powers, 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. (Romans 8:37–39)

I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and forevermore. (Psalms 121:1-8)

- Guardianship
- Help
- Protection
- Alert watchfulness
- Presence
- Eternal

Psalms 121 context:

- One of the "Songs of Ascent" on dangerous roads
- Sung and recited by Israelite pilgrims traveling up to Jerusalem for major festivals
- Physical journey to Jerusalem and spiritual journey
- Movement and direction

From distress and fear to confident worship

- Distress, describes hazards, titled "Deliver Me, O Lord" —Psalms 120
- Realization of God's help, titled, "My Help Comes from the Lord" — Psalms 121
- Arrival, worship, thanksgiving, blessing, peace, continued trust and seeking from the Lord, acknowledging their troubles —Psalms 122-134
- The shift from fear to confident worship

But now, this is what the Lord says — he who created you, Jacob, he who formed you, Israel: Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; The flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Savior. (Isaiah 43:1-3)

- Creator
- Former
- Redeemer
- Caller
- Relational
- You are Mine

Isaiah 43 context:

- Judean exiles in Babylon in 6th century BC
- Displacement
- Imperial Wrath
- Reminders of God's intervention (Red Sea)

Discussion Questions:

Think about God's nature:

- Omnipotent (all powerful), Omniscient (all knowing), and Omnipresent (everywhere)
- That He is the Creator of the Universe

1. When you go through struggles, where do you go for help? Is there anything preventing you from going to God?
2. Do you ever doubt or forget about God's ability and desire to help you in your troubles? What might help you remember to take heart in God's presence and protection?
3. Do you cry out to God with raw emotions, unfiltered honesty, and imperfection, or do you try to "clean up" yourself before going to Him? What do the Psalmists do?