

“DO NOT LET YOUR HEARTS BE TROUBLED OR AFRAID” (JOHN 14:27)

Whenever I have felt afraid, I have turned to these quotes from Sacred Scripture to help center me and move me forward in faith. Perhaps you will find these quotes helpful as well. Together we are better. In the New Testament we hear the words “one-another” fifty-eight times. Let’s pray for one another and carry one another’s burdens. My blessing is to be your pastor now and for years to come. I love you! Father Tim

Old Testament

“I sought the Lord, and he answered me, delivered me from all my fears” (Psalm 34:5).

“God is our refuge and our strength, an ever-present help in distress” (Psalm 46:2). “Be still and know that I am God” (Psalm 46:11)! All of Psalm 46 is recommended.

“Cast your care upon the Lord, who will give you support. He will never allow the righteous to stumble” (Psalm 55:23).

“My soul rests in God alone, from whom comes my salvation. God alone is my rock and salvation, my fortress; I shall never fall” (Psalm 62: 2-23).

“I sought the Lord, and he answered me, delivered me from all my fears” (Psalm 34:5).

“I command you: be strong and steadfast! Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go” (Joshua 1:9).

“With firm purpose you maintain peace; in peace, because of our trust in you. Trust in the Lord forever! For the Lord is an eternal Rock” (Isaiah 26:3-4).

“They that hope in the Lord will renew their strength, and will soar on eagles’ wings; they will run and not grow weary, walk and not grow faint” (Isaiah 40:31).

New Testament

“Do not let your hearts be troubled. You have faith in God; have faith also in me” (John 14:1).

“Peace I leave you, my peace I give you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid” (John 14:27).

“Peace be with you”...And when he had said this, he breathed on them and said to them, “Receive the holy Spirit” (John 20:21-22).

“I came that you might have life and have it more abundantly” (John 10:10).

“Come to me all you who labored and are burdened, and I will give you rest. Take my yoke upon you and learn from me for I am meek and humble of heart, and you will find rest for yourself. For my yoke is easy and my burden is light” (Matthew 11:28-30).

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you” (Matthew 7:7).

Mark 4:35-41: The Calming of a Storm at Sea.

“For God did not give us a spirit of cowardice, but rather of power, and love and self-control” (2Timothy 1:7).

“For in him we live and move and have our being” (Acts 17:28).

“If God is for us, who can be against us” (Romans 8:31).

“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your request known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus...I have the strength for everything through him who empowers me” (Philippians 4:6-7, 13).

“Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away” (Revelation 21:3-4).

Prayer to Our Lady from Pope Francis

*O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick,
who at the cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.*

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.
Amen.

From the Chaplet of Divine Mercy

For the sake of His sorrowful passion, have mercy on us and on the whole world.