



# Bible Emergency Contact Numbers for difficult situations



## How are you feeling today?



### ANGRY

Upset? Sorry?

John 14



### ANXIOUS

Worried? Troubled? Tempted?

Philippians 4:4-9 / Matthew 6:19-34 / Peter 5:6-7 / Psalm 46 / Philippians 4:6 / Peter 5:6-7 / Matthew 8:19-31 / 2 Corinthians 1:3-5 / Romans 8:26-28 / Matthew 8:19:31 / Philippians 4:8-9 / 2 Corinthians 1:3-5 / Romans 8:26-28



### DEALING WITH LOSS

Lost someone? Bereaved?

Luke 15 / Matthew 5:4 / John 14:27-28 / 1 Corinthians 13 / Psalm 27



### DISCOURAGED

Feeling hopeless? Unkind?

Psalm 126 / Matthew 11:28-29 / Psalm 23:1-6 / Job 19:25-26 / 1 Corinthians 1:18-25 / Jeremiah 29:11-13 / Revelation 21:1-7 / Joshua 1 / John 15 / 1 Corinthians 13



### IN DANGER

Feeling at risk

Psalm 91:1-16 / Psalm 121:1-8 / Psalm 121:3 / Psalms 107:23-29



### FINANCIAL STRUGGLES

Struggling with money?

Psalm 37  
Mark 10



### LACKING FAITH

Losing your way?

Exodus 14 / Psalm 42:5 / Hebrews 11 / Galatians 5:19-21 / Hebrews 10:26-31 / Psalm 90 / Corinthians 5:15-19 / Psalm 37 / Psalm 145:18 / Hebrews 10:26-31 / Galatians 5:19-21 / Psalm 67



### LEAVING ON A TRIP

Going on a Journey? Travelling?

Psalm 121 / Matthew 10:16-20 / Psalms 107:23-29



### LONELY

Feeling alone? Unloved?

Psalm 22 / Psalm 23 / Hebrews 13:5-6 / Luke 15:11-32 / John 3:16 / Psalm 139 / Romans 8:38-39 / Romans 12 / Psalm 27



### NEED DIRECTION

Tempted? Backsliding?

Psalm 73:21-26 / Matthew 8:26 / Hebrews 11 / Psalm 32:8 / Proverbs 3:5-6 / James 1:5-6 / John 14:6 / Acts 16:31 / Romans 10:9 / Psalm 1 / Psalm 139 / Romans 8:81-39 / Isaiah 55 / Psalm 37 / Psalm 19 / Psalm 145:18 / Psalm 67



### NEED COURAGE

Joshua 1 / Hebrews 13:5-6 / Ephesians 6:10-18 / James 1:12-16 / 1 Corinthians 10:6-13 / John 15 / Isaiah 1:18 / 1 John 1:7-9 / Psalms 107:23-29



### SAD

Unhappy? Depressed?

Colossians 3:12-17 / 2 Corinthians 12:8-10 / Hebrews 12:3-13 / John 14 / Psalm 27 / Psalm 121

*My presence will go with you, and I will give you rest*

Exodus 33:14

**AVAILABLE 24/7. NO OPERATOR OR PHONE REQUIRED. NEVER A BUSY TONE.**

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## SEEKING PEACE

Need forgiveness?

Matthew 11:25-30 / John 14:1-4 / John 16:33 / Romans 5:1-5 /  
Philippians 4:6-7 / Isaiah 26: 3-4 / Isaiah 1:18 / 1 John 1:7-9 /  
Matthew 11:25-30 / 2 Corinthians 12:8-10 / Hebrews 12:3-13 /  
Colossians 3:12-17



## SCARED

Sick, in pain, scared?

Psalms 34:4 / Matthews 10:28 / Il Tim 1:7 / Hebrews 13:5-6  
/ John 14:1-6 / Psalm 23 / Psalm 34:7 / Psalms 107:23-29



## SINFUL

Psalm 51 / Jesus Prayer / Proverbs 28:13



## WEAK

Psalm 18:1-26 / Psalm 16 / Psalm 31 / John 14:1-4 / Hebrews 7:25 / Psalm  
90 / Matthew 11:28-30 / 1 Corinthians 15:58 / Gal 6:9-10 / Isaiah 40:28-31 /  
Philippians 4:8-9 / Romans 8:31-39



## HATRED

Loathing? Full of hate?

1 John 4:19-20 / 1 John 2:8-11 / 1 John 1:6 / 1 John 3:14-15 /  
Leviticus 19:17-18 / Psalm 97:10 / Romans 12:9 / Proverbs 13:5 /  
Proverbs 8:13 / Proverbs 10:12 / 1 Peter 4:8 / John 4:7 / Matthew  
5:23-24 / Hebrews 12:15 / Ephesians 4:31 / Matthew 10:22 /  
Matthew 24:9



## LAZINESS

Feeling lazy?

Colossians 3:17 / Colossians 3:23 / Ecclesiastes 9:10 / 1  
Timothy 5:8 / Genesis 2:15 / Proverbs 10:4 / Proverbs 10:5  
/ Proverbs 12:11 / Proverbs 12:24 / Proverbs 13:4 /  
Proverbs 14:23 / Proverbs 19:15 / Proverbs 20:4 / Proverbs  
6:6 / Proverbs 26:15 / Ephesians 5:15-17 / Proverbs 6:9-12  
/ 2 Thessalonians 3:6-10 / Proverbs 24:30-34 / Matthew  
25:24-29



## TEMPTED

Temptation consuming you?

1 John 2:1-2 / James 1:13 / 1 Corinthians 10:13 / James  
1:13-18 / Proverbs 6:28 / Luke 22:40 / Matthew 6:13 /  
Matthew 26:41< / James 1:12 / Hebrews 4:15 / Ephesians  
6:13 / 2 Peter 2:9 / Romans 13:14



## THANKFUL

Grateful? Feeling Blessed?

1 Thessalonians 5:16-18 / Psalm 103:1-4 / Colossians 2:6-7 / Isaiah 12:4-5 /  
James 1:17 / 1 Chronicles 16:34 / Hebrews 12:28 / Psalm 95:1-5 / Philippians  
4:4-7 / Psalm 118:24 / Colossians 3:15-17 / 1 Chronicles 29:13 / Ephesians  
5:18-20 / Psalm 107:1-3 / Hebrews 13:15 / Psalm 119:1-8 / 2 Corinthians  
9:15



## JEALOUS

Envious? Full of jealousy?

James 4:2-3 / Proverbs 27:4 / Romans 12:21 / Philippians 2:3 /  
Psalms 37:1-3 / James 3:14-16 / Song of Songs 8:6-7 / Galatians  
5:14-15 / Proverbs 6:34 / Exodus 20:17

*Be strong in the Lord and in the strength of his power.  
Put on the whole armor of God.*

Ephesians 6:10-18

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