



FINDING

HOPE

WHEN LIFE IS HARD

If life is hard...

If your whole world is broken...

If it is hard to keep going...

Where does my help come from?
My help comes from the LORD, the
Maker of heaven and earth.

— Psalm 121:1-2

*Let God's words
bring you hope.*



WHO CARES?

There is no one to help me,
no one to protect me. No
one cares for me.

Psalm 142:4

God cares for you, so turn all your
worries over to him.

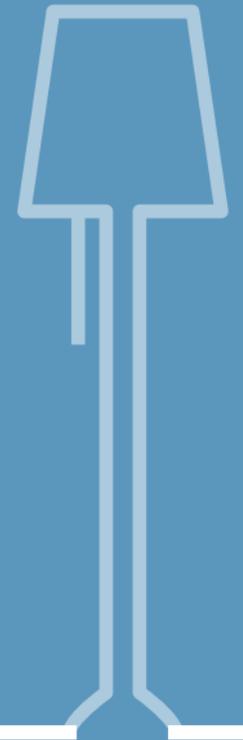
1 Peter 5:7

The LORD is good. He protects those
who trust him in times of trouble.

Nahum 1:7

**Free me from my
anguish.**

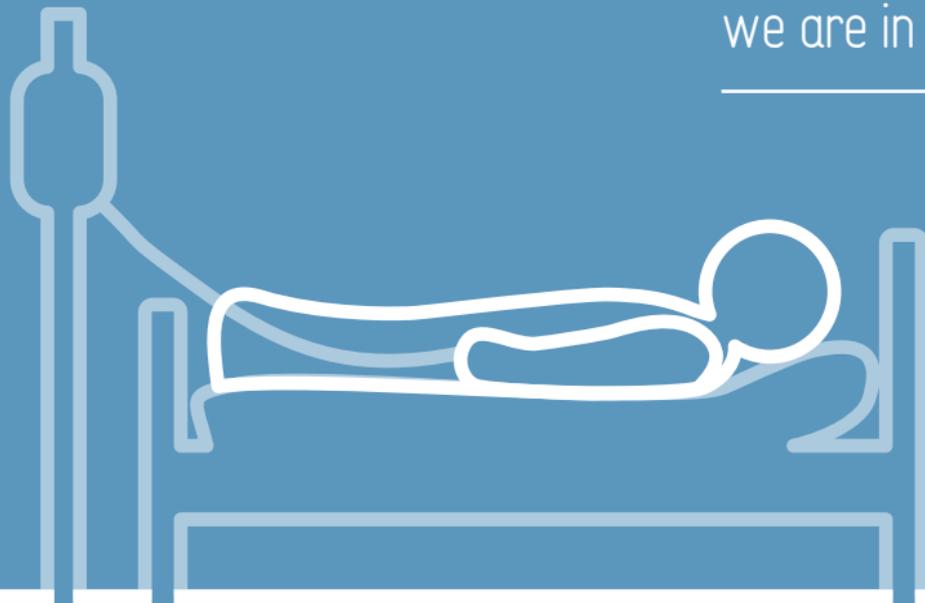
Psalm 25:17



WHERE'S GOD?

Why are you so far
away, o LORD? Why do
you hide yourself when
we are in trouble?

Psalm 10:1



I am the LORD, your God, who takes
hold of your right hand and says to
you, Do not fear; I will help you.

Isaiah 41:13

God has said, "I will never leave you;
I will never abandon you."

Hebrews 13:5

My hope is in you.

Psalm 39:7



HOW CAN I COPE?

What strength do I have,
that I should still hope?
What prospects, that I
should be patient?

Job 6:11



The Lord's answer was, "My grace
is all you need, for my power is
greatest when you are weak."

2 Corinthians 12:9

Christ gives me the strength to face
anything.

Philippians 4:13

"Lord, come to my aid!"

Isaiah 38:14



GOD CAN BE TRUSTED

Safety

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

Psalm 46:1

Support

The LORD is near to those who
are discouraged; he saves
those who have lost all hope.

Psalm 34:18

Love

How precious, o God, is your
constant love! We find protection
under the shadow of your wings.

Psalm 36:7

Family

Think how much the Father loves
us. He loves us so much that he lets
us be called his children.

1 John 3:1

**It is better to trust
in the LORD than to
depend on people.**

Psalm 118:8

GOD IS HOPE

Praise God, the Father of our Lord Jesus Christ. God is so good, and by raising Jesus from death, he has given us new life and a hope that lives on.

God has something stored up for you in heaven, where it will never decay or be ruined or disappear.

1 Peter 1:3-4

I put my trust in you.

Psalm 56:3

*This hope is certain
for all who believe in
and follow Jesus.*



WHAT NEXT?

*All of the quotes are from
the Bible. Read more of the
Bible to find out how God can
help you when life is hard.*



Guide me in your truth and
teach me, for you are God
my Saviour, and my hope is
in you all day long.

Psalm 25:5



Finding hope © 2020 Lifewords

Bible text taken from:
NIV © 2011, by Biblica Inc.®
CEV © ABS/BFBS, 1997
GNB © ABS/BFBS, 2004

There is surely a future
hope for you, and your hope
will not be cut off.

Proverbs 23:18



LIFEWORDS
www.lifeworlds.global

ISBN 978-0-7213-1052-7
English FH

God's Word for each day:
www.LCWords.com

