



## 'Healer of...My Challenges'

"You can bear sickness but a broken spirit who can bear?"  
~ Proverbs 18:14

### Five Timeless Truths in Times of Trouble

1. I must remember that **God is with me.**  
"When doubts filled my mind, Your comfort gave me renewed hope and cheer." ~ Psalm 94:19
2. I must remember that **God cares about me.**  
<sup>21</sup> "Yet this I call to mind and therefore I have hope:  
<sup>22</sup> Because of the LORD's great love we are not consumed, for His compassions never fail. <sup>23</sup> They are new every morning; great is Your faithfulness." ~ Lamentations 3:21-23
3. I must remember that **He knows my situation.**  
"You keep track of all my sorrows. You have collected all my tears in Your bottle. You have recorded each one in Your book." ~ Psalm 56:8
4. I must remember that **He has power that I don't have.**  
"So that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe."  
~ Philippians 2:15
5. I must remember that **He has promised to keep me.**  
"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." ~ Isaiah 43:2



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