

**CHEER UP!
GOD IS
WITH
YOU**



Ellen G. White left many promises for each of us, and for the different situations we could go through. She left promises for young and old, for the poor and sick, for sinners and afflicted, for the lonely and tempted, etc.

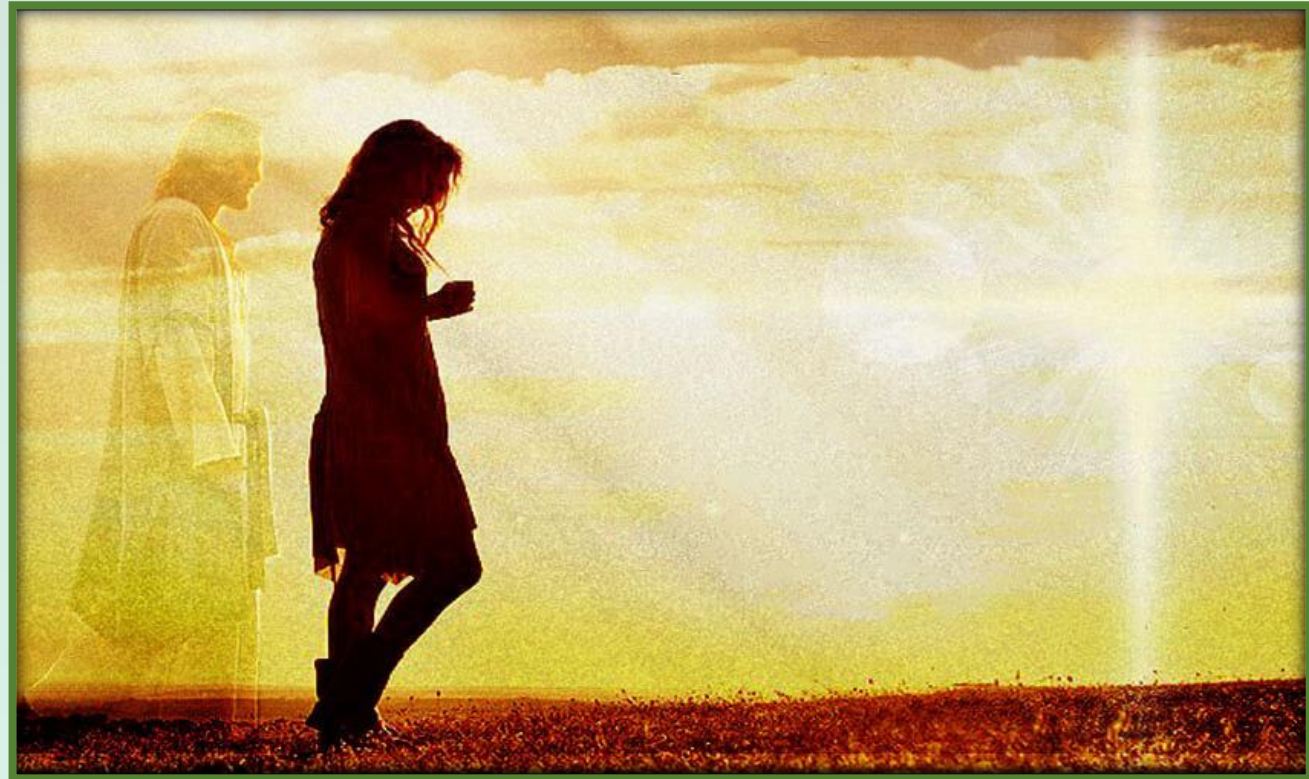
This presentation is based on the book: "Promises for the Last Days" (a collection of promises compiled by JR and Phyllis Bailey). You can read the Spanish version in full at <https://egwwritings.org/read?panels=p12382.2&index=0>.

I encourage you to make these promises your own and when you have to go through any of these stages of life or you are in a situation, you can remember that God loves you and is with you always.

“To the full extent of our path God sows the flowers of his promises to illuminate and beautify our journey. In this way he has made our route to heaven very pleasant.”

“When we contemplate the promises of God we can find comfort, hope, and joy, for they are the words of the Infinite.” (PUD, 5 in Spanish).

Will you not trust in your heavenly Father?... We pray that you will allow your trembling faith to recapture God's promises. Lay upon them all your burdens with firm faith; for they will not fail, they cannot fail” (2T, 497 in Spanish).



To make it more enjoyable, you have an index on slide number 3 in which you can choose the words of encouragement that interest you. Clicking on the promise box will take you directly to the slide where it is located. Remember that there are two slides on each topic. To return to the table of contents, click on the house icon 🏠

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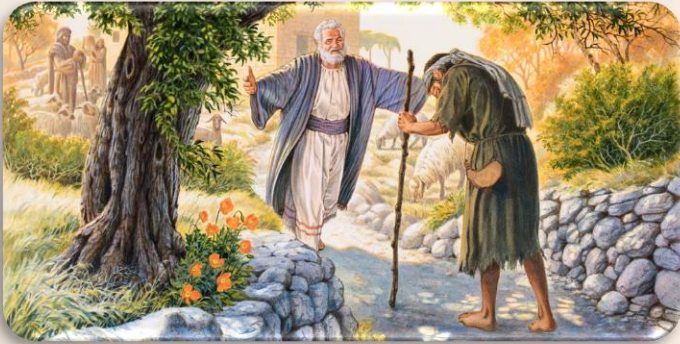
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**WORDS OF
ENCOURAGEMENT
FOR:**

THOSE WHO WANDER FAR FROM GOD

Have you wandered far from God?... Arise and go to your Father. He will meet you a great way off. If you take even one step toward Him in repentance, He will hasten to enfold you in His arms of infinite love. His ear is open to the cry of the contrite soul. The very first reaching out of the heart after God is known to Him. Never a prayer is offered, however faltering, never a tear is shed, however secret, never a sincere desire after God is cherished, however feeble, but the Spirit of God goes forth to meet it. Even before the prayer is uttered or the yearning of the heart made known, grace from Christ goes forth to meet the grace that is working upon the human soul. (COL 206)

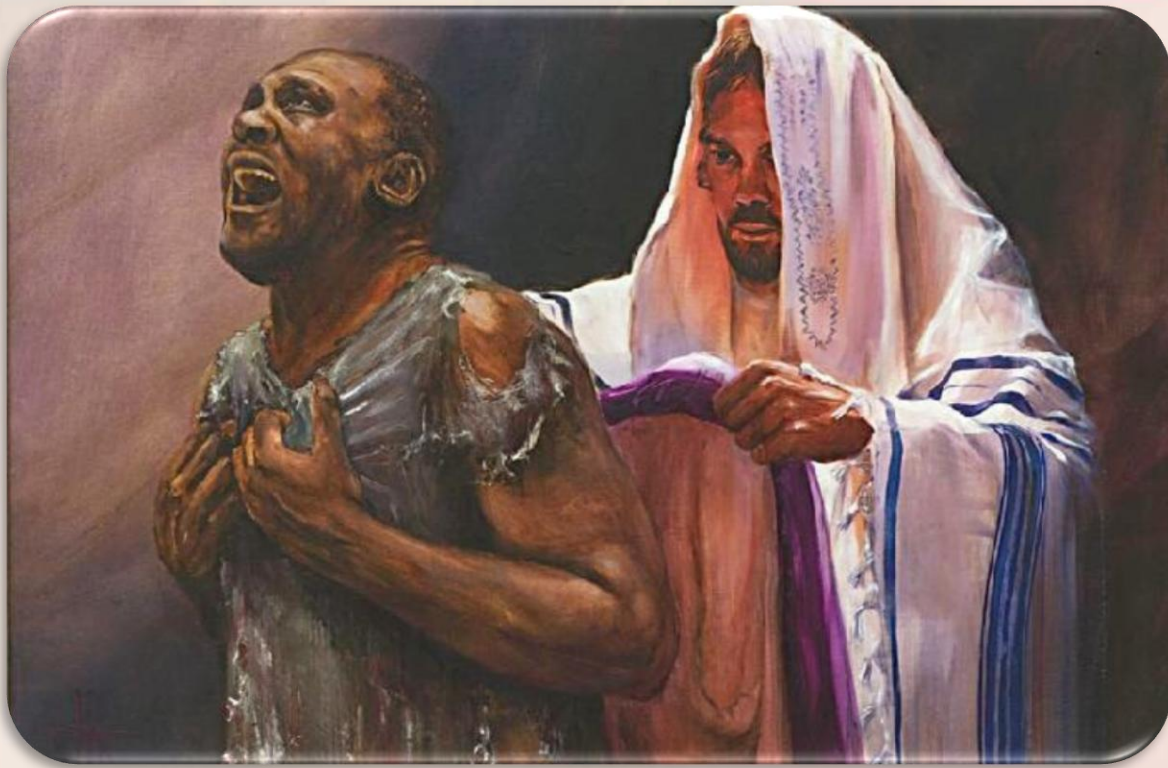


What sins are too great for His pardon? He is merciful, and as such is infinitely more ready and more pleased to pardon than to condemn. He is gracious, not looking for wrong in us; He knoweth our frame; He remembereth that we are but dust. In His boundless compassion and mercy He heals all our backslidings, loving us freely while we are yet sinners. (2SM 231)



Whatever may have been your past experience, however discouraging your present circumstances, if you will come to Jesus just as you are, weak, helpless, and despairing, our compassionate Saviour will meet you a great way off, and will throw about you His arms of love and His robe of righteousness. (MB 8)





The love of God still yearns over the one who has chosen to separate from Him, and He sets in operation influences to bring him back to the Father's house... A golden chain, the mercy and compassion of divine love, is passed around every imperiled soul. (COL 202)

Do not listen to the enemy's suggestion to stay away from Christ until you have made yourself better, until you are good enough to come to God. If you wait until then you will never come. When Satan points to your filthy garments, repeat the promise of the Saviour, "Him that cometh to Me I will in no wise cast out." John 6:37. Tell the enemy that the blood of Jesus Christ cleanses from all sin. (PK 320)

The angels of glory find their joy in giving,—giving love and tireless watchcare to souls that are fallen and unholy. Heavenly beings woo the hearts of men; they bring to this dark world light from the courts above; by gentle and patient ministry they move upon the human spirit, to bring the lost into a fellowship with Christ which is even closer than they themselves can know. (DA 21).

Now he [God] invites you. Now, right now, he asks you to return to him without delay, and he will forgive you and mercifully heal all your deviations. (1T431)

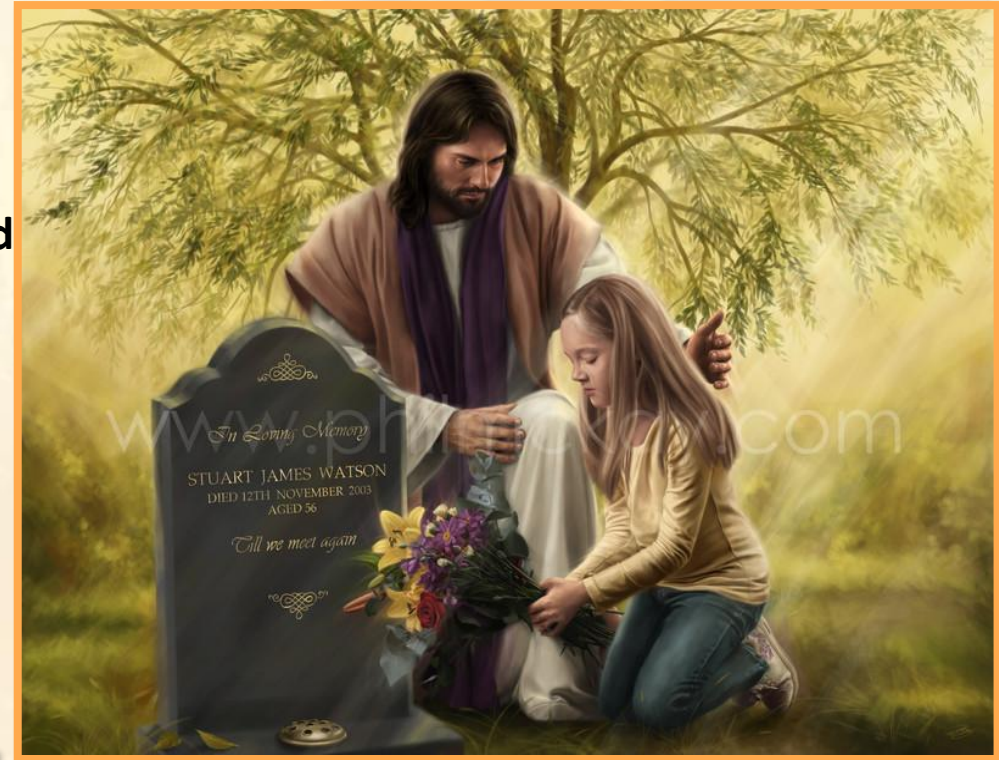


**WORDS OF
ENCOURAGEMENT
FOR:**

**THOSE WHO HAVE
LOST A LOVED ONE**

And we know that to those who love God, all things work together for good (Rom. 8:28). If your eyes could be opened, you would see your heavenly Father bowing over you in love, and if you could hear His voice, it would be in tones of compassion toward you who are prostrate with suffering and affliction. Persist in your strength; there is rest for you. (IHP 272)

When our friends go down to the grave, they are precious to us. It may be that the one we bury is our father or our mother; but when he comes out of the grave, those wrinkles will have disappeared, and his identity will be unmistakable and we will recognize them... (IHP 353).



The consolation that Scripture gives is very great; it abounds in expressions of consolation for the afflicted and the mourning, for the sick and the mourning. I seem to see Jesus say to you: ... 'Lean on me and lean heavily. I will make you take courage. My arm will never fail you. He will be strong to sustain you in all rough and difficult places. Only trust in me, and you will be led safely and held firmly' (2MS 297,298).



Our fondest hopes are often blighted here. Our loved ones are torn from us by death. We close their eyes and habit them for the tomb, and lay them away from our sight. But hope bears our spirits up. We are not parted forever, but shall meet the loved ones who sleep in Jesus. They shall come again from the land of the enemy. The Life-giver is coming. Myriads of holy angels escort Him on His way. He bursts the bands of death, breaks the fetters of the tomb, the precious captives come forth in health and immortal beauty. (Heaven 45).

“But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words.” (1 Thessalonians 4:13-18).



**WORDS OF
ENCOURAGEMENT
FOR:**

THOSE WHO ARE BURDENED

Each day has its burdens, its cares and perplexities; and when we meet how ready we are to talk of our difficulties and trials. So many borrowed troubles intrude, so many fears are indulged, such a weight of anxiety is expressed, that one might suppose we had no pitying, loving Saviour ready to hear all our requests and to be to us a present help in every time of need. (SC 121).



Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The way will be opened for you to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer. (DA 329).

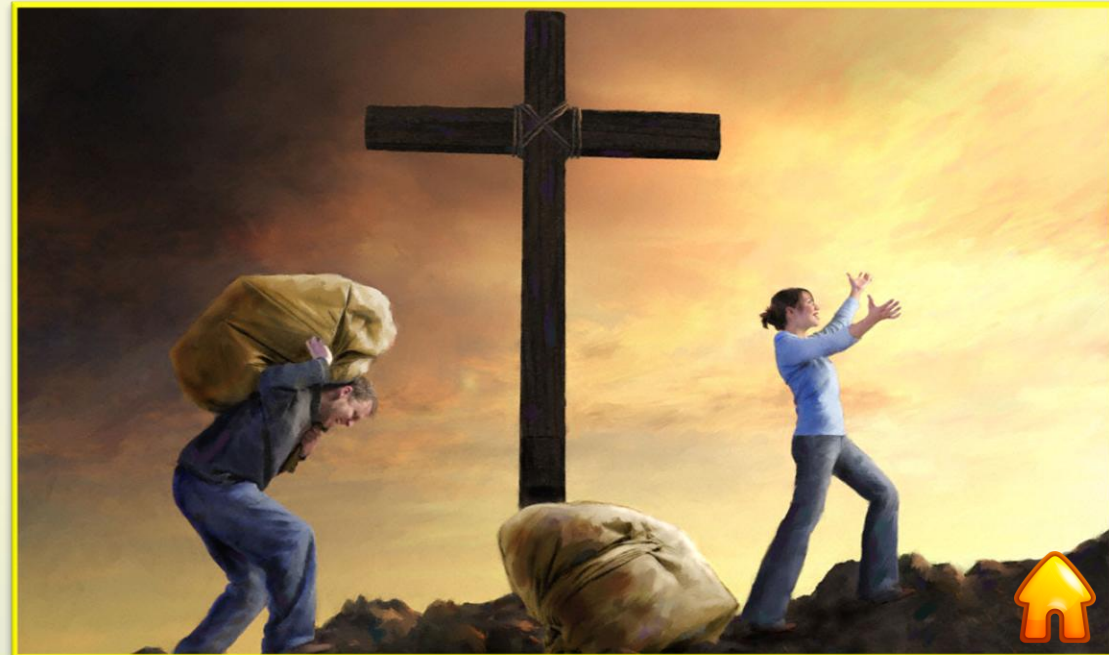
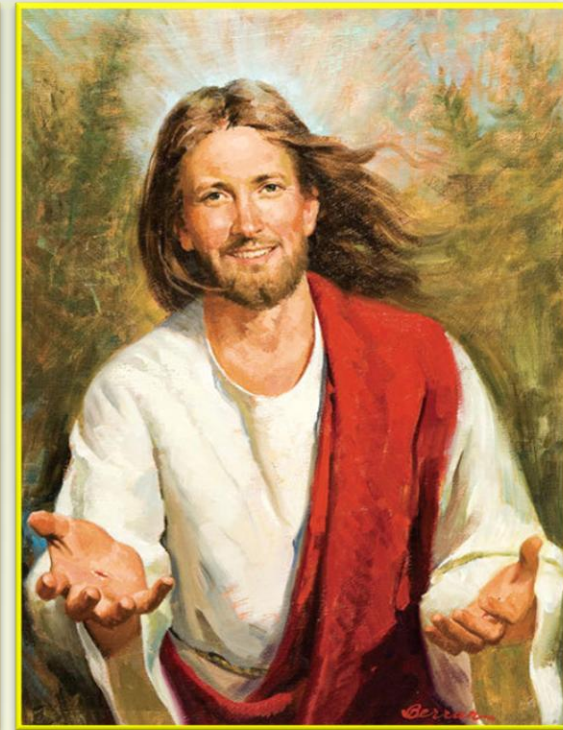
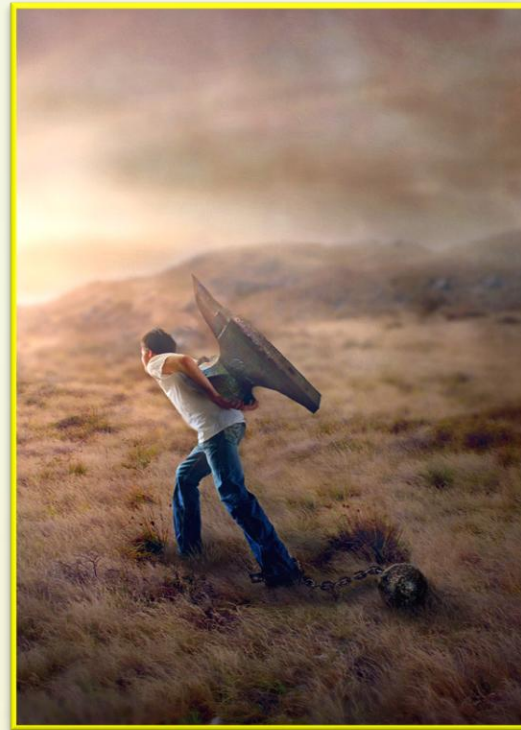


It should not be difficult to remember that the Lord desires you to lay your troubles and perplexities at His feet, and leave them there. Go to Him, saying: “Lord, my burdens are too heavy for me to carry. Wilt Thou bear them for me?” And He will answer: “I will take them. ‘With everlasting kindness will I have mercy on thee.’ (TM 519).



Let us not do as we have done, make ourselves miserable over some supposed future tomorrow's burden. Carry your duties of today cheerfully. Today's faith, today's trust in Jesus, we must have. Today I may look and live. Today I will put my trust in God. Today I will rest in quietude and peace kept by the power of God. Say, “The Lord will be glorified by my being cheerful and happy in His assurance of His love—today.” (UL 180).

Whether they know it or not, all are weary and heavy-laden. All are weighed down with burdens that only Christ can remove. The heaviest burden that we bear is the burden of sin. If we were left to bear this burden, it would crush us. But the Sinless One has taken our place. “The Lord hath laid on Him the iniquity of us all.” Isaiah 53:6. He has borne the burden of our guilt. He will take the load from our weary shoulders. He will give us rest. The burden of care and sorrow also He will bear. He invites us to cast all our care upon Him; for He carries us upon His heart. (DA 328).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE FOLLOWERS OF CHRIST

The soul that has given himself to Christ is more precious in His sight than the whole world. The Saviour would have passed through the agony of Calvary that one might be saved in His kingdom. He will never abandon one for whom He has died. Unless His followers choose to leave Him, He will hold them fast (DA 480).



The enemy can never separate from the hand of Christ the one who simply trusts in his promises. If the soul trusts and acts obediently, the mind is susceptible to divine impressions, and the light shines inwardly illuminating the understanding. What a privilege we have in Christ Jesus! (7BC 959).

If there is any one who should be continually grateful, it is the follower of Christ. If there is any one who enjoys real happiness, even in this life, it is the faithful Christian.... (OHC 201).

But even here Christians may have the joy of communion with Christ; they may have the light of His love, the perpetual comfort of His presence. Every step in life may bring us closer to Jesus, may give us a deeper experience of His love, and may bring us one step nearer to the blessed home of peace (SC 125).



Do not feel that you are sufficient in your own strength. Only in the name of the mighty Conqueror can you gain the victory. In conversation with others dwell upon the mercy, goodness, and love of God instead of upon His strict judgment and justice. Cling fast to His promises. You can do nothing in your own strength, but in the strength of Jesus you can do all things. If you are in Christ, and Christ is in you, you will be transformed, renewed, and sanctified. (4T 259).

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. (Pr 11)

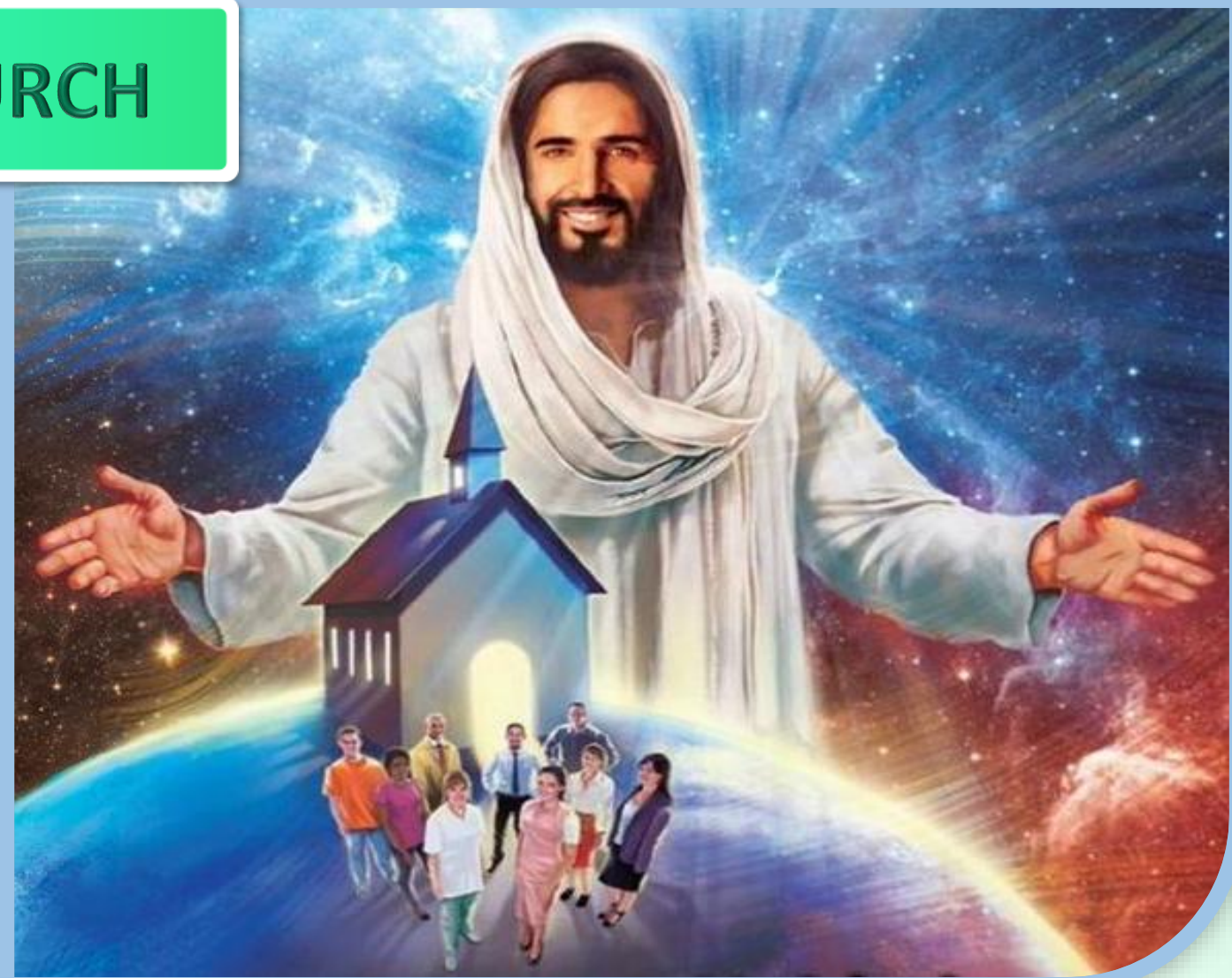
To pray as Nehemiah prayed in his hour of need is a resource at the command of the Christian under circumstances when other forms of prayer may be impossible. Toilers in the busy walks of life, crowded and almost overwhelmed with perplexity, can send up a petition to God for divine guidance. Travelers by sea and land, when threatened with some great danger, can thus commit themselves to Heaven's protection. In times of sudden difficulty or peril the heart may send up its cry for help to One who has pledged Himself to come to the aid of His faithful, believing ones whenever they call upon Him. (PK 631).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE CHURCH

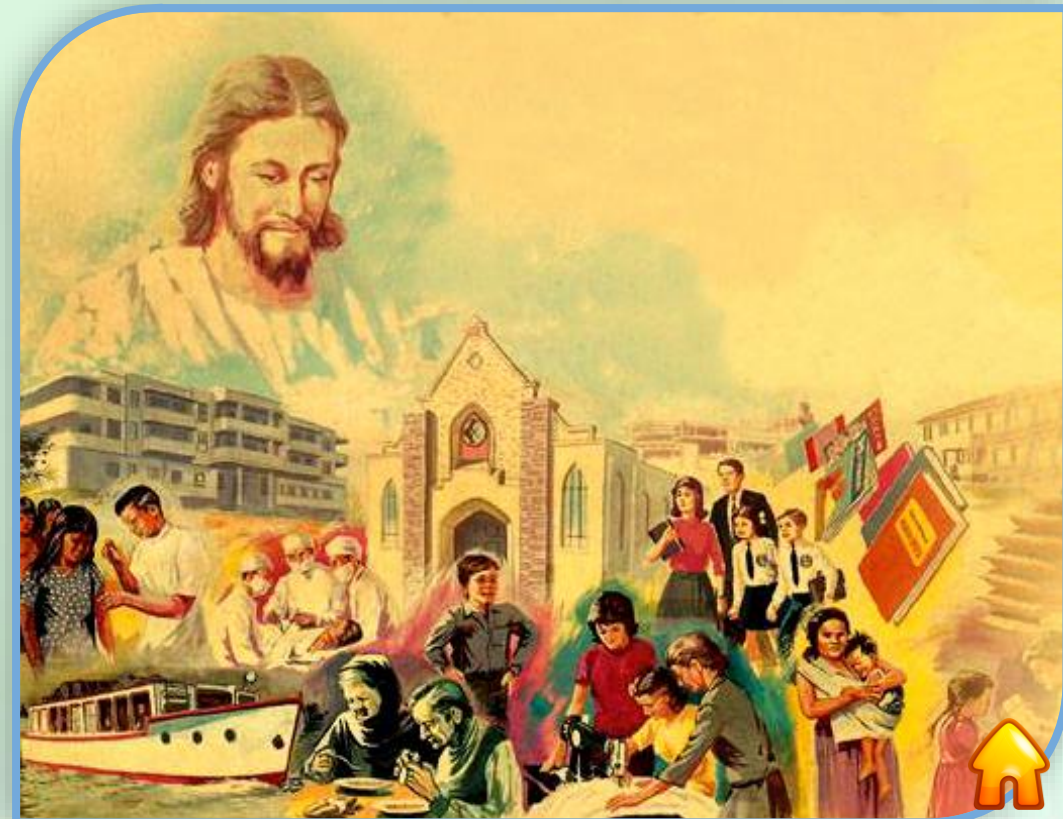
We should remember that the church, enfeebled and defective though it be, is the only object on earth on which Christ bestows His supreme regard. He is constantly watching it with solicitude, and is strengthening it by His Holy Spirit.—Selected Messages 2:396 (1902). (LDE 58).



Although God dwells not in temples made with hands, yet He honors with His presence the assemblies of His people. He has promised that when they come together to seek Him, to acknowledge their sins, and to pray for one another, He will meet with them by His Spirit (PK 50).



The church of Christ is God's agency for the proclamation of truth; she is empowered by Him to do a special work; and if she is loyal to God, obedient to His commandments, there will dwell within her the excellence of divine power. If she will honor the Lord God of Israel, there is no power that can stand against her. If she will be true to her allegiance, the forces of the enemy will be no more able to overpower her than is the chaff to resist the whirlwind (8T 11).



A congregation may be the poorest in the land. It may be without the attractions of any outward show; but if the members possess the principles of the character of Christ, angels will unite with them in their worship. The praise and thanksgiving from grateful hearts will ascend to God as a sweet oblation (PK 566).

There is nothing in this world that is so dear to God as His church. There is nothing that he guards with more zeal care (2MS 381 in Spanish).

Enfeebled and defective as it may appear, the church is the one object upon which God bestows in a special sense His supreme regard. It is the theater of His grace, in which He delights to reveal His power to transform hearts (AA 12).

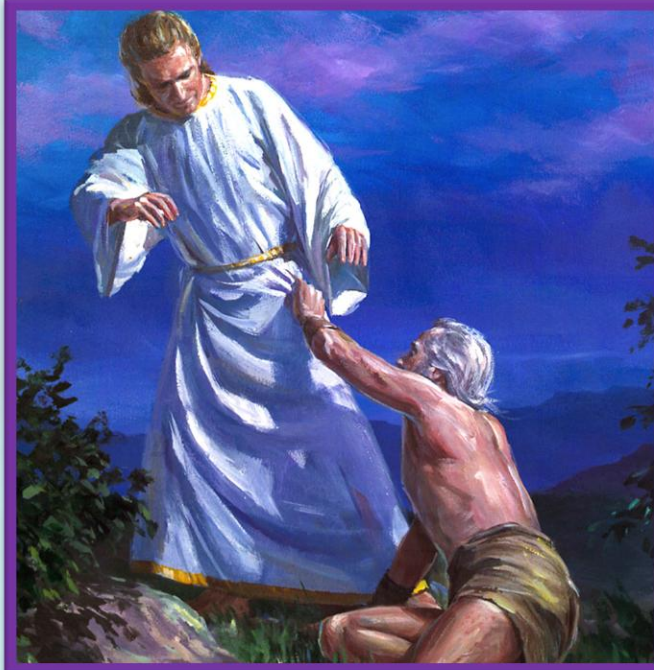
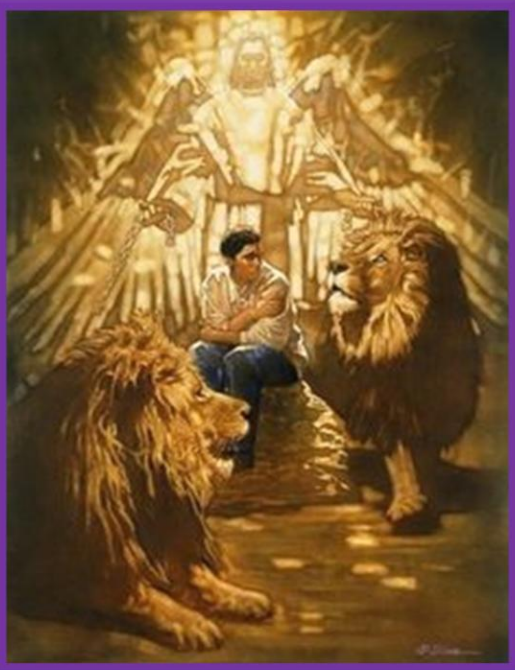
**WORDS OF
ENCOURAGEMENT
FOR:**

THE DISCOURAGED

It is difficult to exercise living faith when we are plunged into darkness and despondency. It is precisely in these moments, more than in any other, that we must exercise faith.... When we learn to walk by faith and not by feeling, we shall have help from God just when we need it, and His peace will come into our hearts. (HS 133).



In everyone's experience there are moments of deep discouragement and deep dejection. These are days when sadness dominates us, and it is difficult to believe that God is still the kind benefactor of his earthly children; days when tribulations torment the soul to the point that death is desired. That's when many turn away from God and fall into the bondage of doubt and the yoke of unbelief. If, on such occasions, by spiritual perception, we could discern the meaning of divine providences, we should see that the angels are trying to save us from ourselves, and struggling to establish our foot on a foundation firmer than the eternal hills; then new life and faith would arise in our being (MeM 338 in Spanish).



Angels are ever present where they are most needed, with those who have the hardest battle with self to fight, and whose surroundings are the most discouraging (DA 440).

When in faith we take hold of His strength, He will change, wonderfully change, the most hopeless, discouraging outlook. (8T 12).

Instead of thinking of your discouragements, think of the power you can claim in Christ's name (MH 488).

In the hour of greatest need, when discouragement overwhelms the soul, then it is that Jesus comes very near. The hour of man's necessity is God's opportunity. He sees our danger and provides help for us (HP 262)

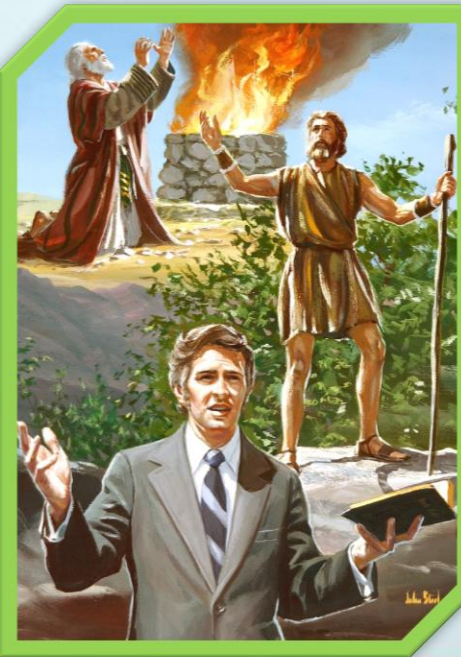
None need abandon themselves to discouragement and despair. But there is hope for you in Christ. God does not bid us overcome in our own strength. He asks us to come close to His side. Whatever difficulties we labor under, which weigh down soul and body, He waits to make us free.—The Ministry of Healing, 249 (1905). (2MCP 630)



**WORDS OF
ENCOURAGEMENT
FOR:**

THE FAITHFUL

The very strongest incentives to faithfulness are set before us, the highest motives, the most glorious rewards. Christians are to be Christ's representatives, sons and daughters of God. They are His jewels, His peculiar treasures. Of all who will maintain their steadfastness He declares: "They shall walk with Me in white: for they are worthy." Those who reach the portals of eternal bliss will not count that any sacrifice which they have made was too great. (5T 368).



It is the faithfulness, the loyalty to God, the loving service, that wins the divine approval. Every impulse of the Holy Spirit leading men to goodness and to God, is noted in the books of heaven, and in the day of God the workers through whom He has wrought will be commended. (COL 361).

The Lord does not reward the large amount of labor. He does not regard the greatness of the work so much as the fidelity with which it is done. The good and faithful servant is rewarded. As we cultivate the powers God has given us, we shall increase in knowledge and perception (CT 513).



Again and again have angels talked with men as a man speaketh with a friend, and led them to places of security. Again and again have the encouraging words of angels renewed the drooping spirits of the faithful and, carrying their minds above the things of earth, caused them to behold by faith the white robes, the crowns, the palm branches of victory, which overcomers will receive when they surround the great white throne. (AA 153).

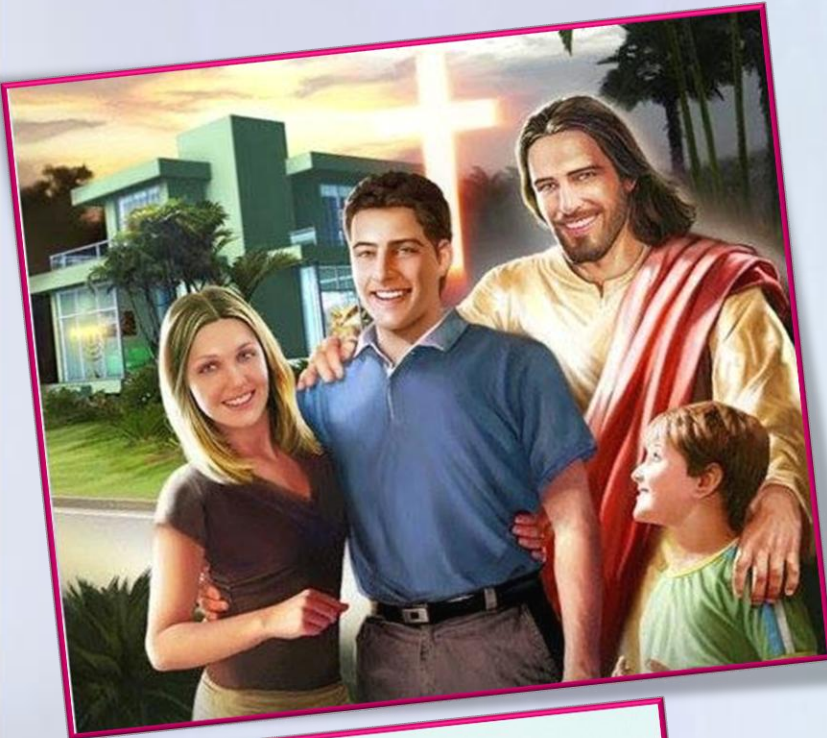
But if we do what we can on our part to be ready for the conflict that is just before us, God will do His part, and His all-powerful arm will protect us. He would sooner send every angel out of glory to make a hedge about faithful souls, than have them deceived and led away by the lying wonders of Satan. (EW 262).

There stand the host of the redeemed, the palm branch of victory in their hand, the crown upon their head. These are the ones who by faithful, earnest labor have obtained a fitness for heaven. The lifework performed on earth is acknowledged in the heavenly courts as a work well done (CG 569).



**WORDS OF
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FOR:**

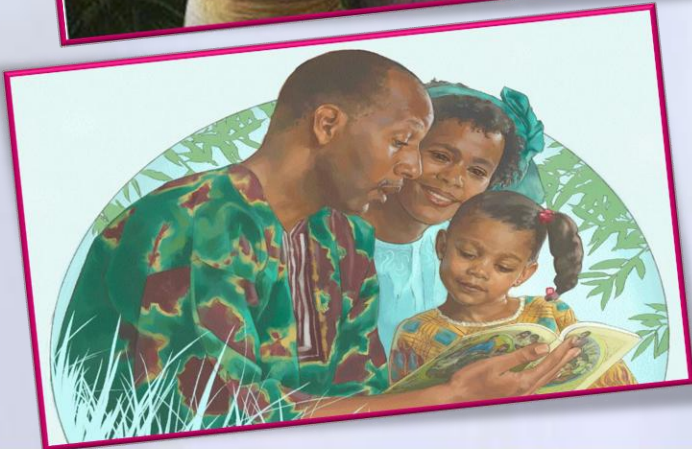
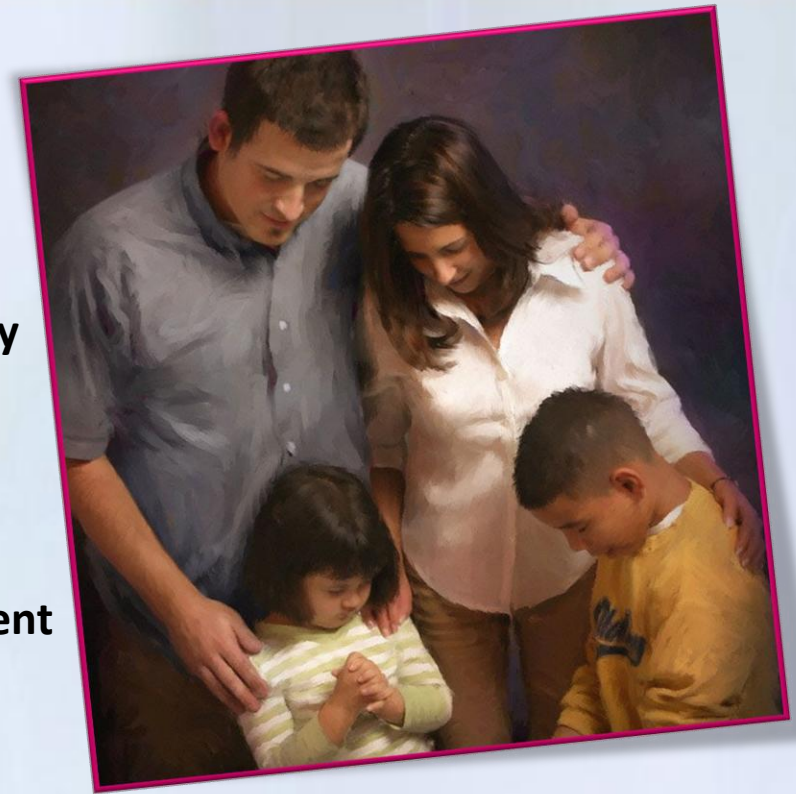
THE FAMILY



Angels are commissioned to watch in every family. Each one has the watchcare of a holy angel. These angels are invisible, but sometimes they let their light shine so distinctly that it is recognized.... All of us should be thankful at all times for the truth that heavenly angels are watching us moment by moment. Very many, had they seen the light you have seen, would rejoice and be thankful. (TDG 160).

God dwells in every abode; He hears every word that is spoken, listens to every prayer that is offered, tastes the sorrows and disappointments of every soul, regards the treatment that is given to father, mother, sister, friend, and neighbor. He cares for our necessities, and His love and mercy and grace are continually flowing to satisfy our need.... In His care we may safely rest. (SD 16).

The Lord has a special interest in the families of His children here below. Angels offer the smoke of the fragrant incense for the praying saints. Then in every family let prayer ascend to heaven both at morning and at the cool sunset hour, in our behalf presenting before God the Saviour's merits. Morning and evening the heavenly universe takes notice of every praying household.—(My Life Today, 29.) (Pr 190).

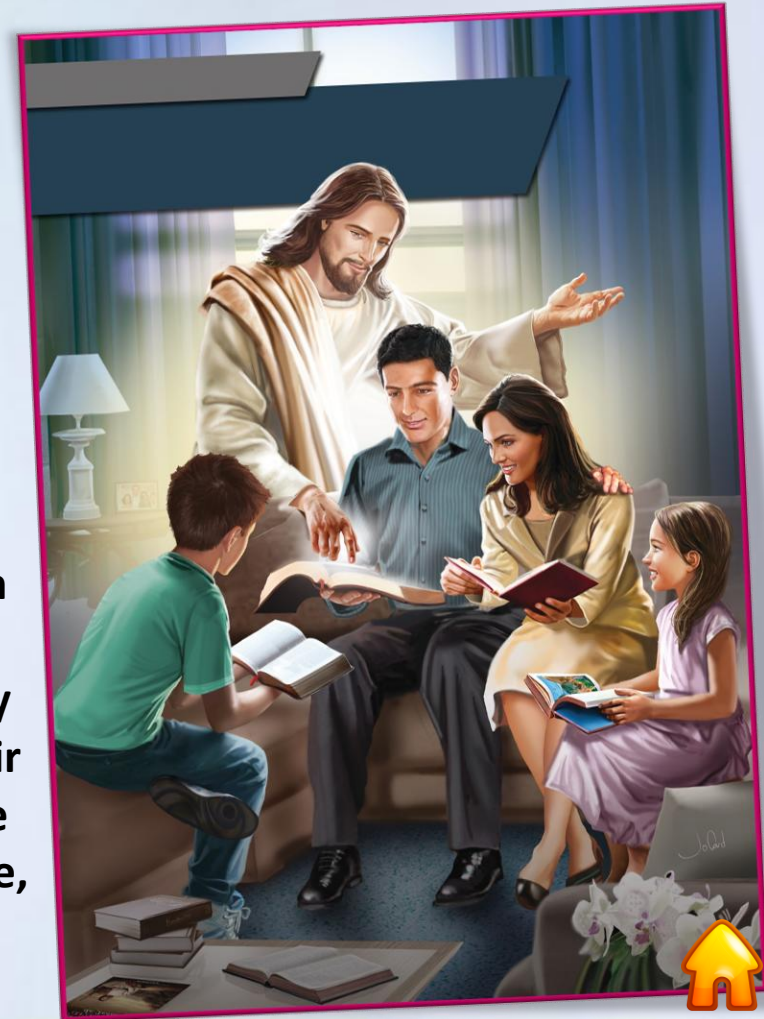




Jesus should be the honored Guest in the family circle. We should talk with Him, bring all our burdens to Him, and converse of His love, His grace, and His perfection of character. What a lesson may be daily given by godly parents in taking all their troubles to Jesus, the Burden Bearer, instead of fretting and scolding over cares and perplexities they cannot help (CG 486).

It is the privilege of parents to take their children with them to the gates of the city of God, saying, I have tried to instruct my children to love the Lord, to do His will, and to glorify Him.

To such the gates will be thrown open, and parents and children will enter in.... Every family that finds entrance to the city of God will have been faithful workers in their earthly homes, fulfilling the responsibilities that Christ has laid on them. (HP 216.). Fathers and mothers who make God first in their households, who teach their children that the fear of the Lord is the beginning of wisdom, glorify God before angels and before men by presenting to the world a well-ordered, well-disciplined family, a family that love and obey God instead of rebelling against Him. Christ is not a stranger in their homes; His name is a household name, revered and glorified. Angels delight in a home where God reigns supreme, and the children are taught to reverence religion, the Bible, and their Creator. Such families can claim the promise: "Them that honour Me I will honour." (AH 322).



**WORDS OF
ENCOURAGEMENT
FOR:**

FATHERS

To the man who is a husband and a father, I would say, Be sure that a pure, holy atmosphere surrounds your soul.... Take the word of God as the man of your counsel.



In the home live out the teachings of the word. Then you will live them out in the church and will take them with you to your place of business. The principles of heaven will ennoble all your transactions. Angels of God will cooperate with you, helping you to reveal Christ to the world. (AH 213).

In the daily life you will meet with sudden surprises, disappointments, and temptations... Look unto Jesus at all times and in all places, offering a silent prayer from a sincere heart that you may know how to do His will. Then when the enemy comes in like a flood, the Spirit of the Lord will lift up a standard for you against the enemy (Pr 68.4).

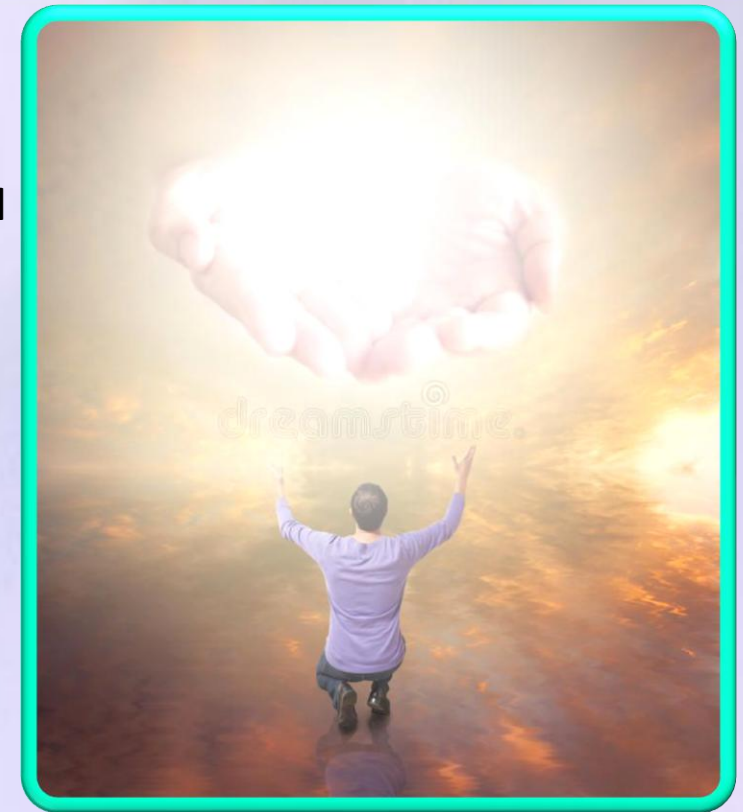
Parents may wonder, 'Who's enough for this? God alone is their sufficiency, and if they do not take Him into consideration, if they do not seek His help and counsel, their task is truly hopeless. But through prayer, Bible study, and earnest zeal on their part, they can nobly succeed in this important duty and be rewarded one hundred percent for all their time and care (4T 198).

In your work for your children take hold of the mighty power of God. Commit your children to the Lord in prayer. Work earnestly and untiringly for them. God will hear your prayers and will draw them to Himself. Then, at the last great day, you can bring them to God, saying, "Here am I, and the children whom Thou hast given me." (AH 536.).



Parents may understand that as they follow God's directions in the training of their children, they will receive help from on high.... The God of heaven marks your solicitude, your earnest work, your constant watchfulness. He hears your prayers. With patience and tenderness train your children for the Lord. All heaven is interested in your work.... God will unite with you, crowning your efforts with success. (AH 205). As you take up the work of saving your children and maintaining your position on the highway of holiness, the most provoking trials will come. But do not lose your hold. Cling to Jesus. He says, "Let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me." Difficulties will arise. You will meet with obstacles. Look constantly to Jesus. When an emergency arises, ask, Lord, what shall I do now?

Christ has made every provision that every parent who will be controlled by the Holy Spirit will be given strength and grace to be a teacher in the home. This education and discipline in the home will have a molding and fashioning influence. (AH 206).



The work of wise parents will never be appreciated by the world, but when the judgment shall sit and the books shall be opened, their work will appear as God views it and will be rewarded before men and angels. It will be seen that one child who has been brought up in a faithful way has been a light in the world. It cost tears and anxiety and sleepless nights to oversee the character building of this child, but the work was done wisely, and the parents hear the "Well done" of the Master. (AH 536).



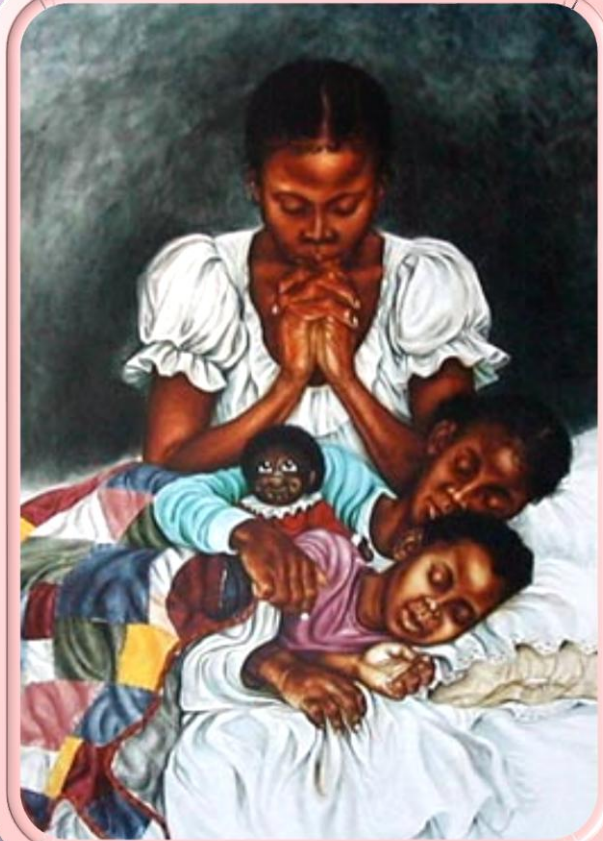
**WORDS OF
ENCOURAGEMENT
FOR:**

THE MOTHERS

The mother's work often seems to her an unimportant service. It is a work that is rarely appreciated. Others know little of her many cares and burdens. Her days are occupied with a round of little duties, all calling for patient effort, for self-control, for tact, wisdom, and self-sacrificing love; yet she cannot boast of what she has done as any great achievement. She has only kept things in the home running smoothly; often weary and perplexed, she has tried to speak kindly to the children, to keep them busy and happy, and to guide the little feet in the right path. She feels that she has accomplished nothing. But it is not so. Heavenly angels watch the care-worn mother, noting the burdens she carries day by day. Her name may not have been heard in the world, but it is written in the Lamb's book of life. (MH 376.2).



No work can equal that of the Christian mother. She takes up her work with a sense of what it is to bring up her children in the nurture and admonition of the Lord. How often will she feel her burden's weight heavier than she can bear; and then how precious the privilege of taking it all to her sympathizing Saviour in prayer! She may lay her burden at His feet and find in His presence a strength that will sustain her and give her cheerfulness, hope, courage, and wisdom in the most trying hours. How sweet to the careworn mother is the consciousness of such a friend in all her difficulties! (AH 204).



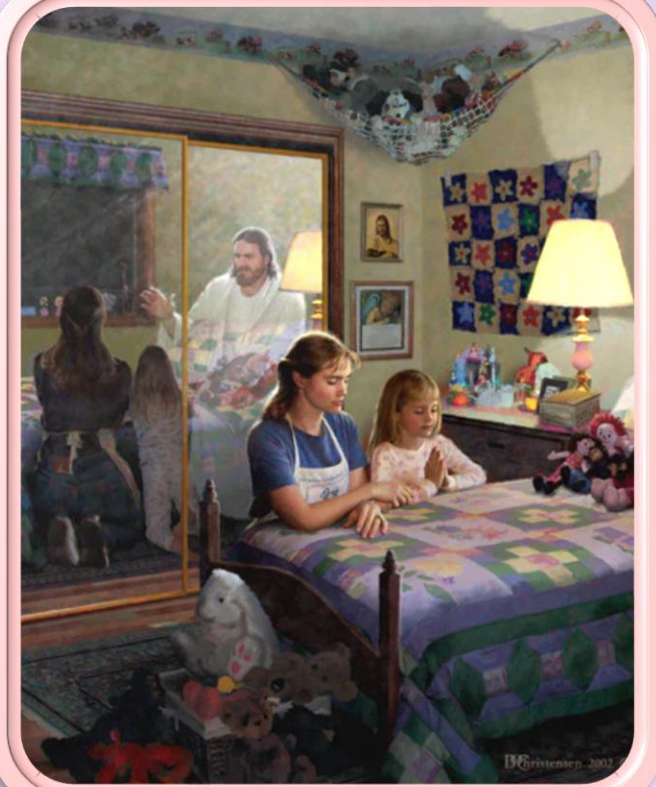
Mothers, remember that in your work the Creator of the universe will give you help. In His strength, and through His name, you can lead your children to be overcomers.... Your compassionate Redeemer is watching you in love and sympathy, ready to hear your prayers and render you the assistance which you need in your lifework (CG 173). There is a God above, and the light and glory from His throne rests upon the faithful mother as she tries to educate her children to resist the influence of evil. (AH 237)



The great encouragement to the laborious and burdensome mother should be that each child should be properly instructed, and that he should have the inward adornment, the ornament of a humble and quiet spirit, be fit for heaven, and shine forth in the courts of the Lord (3T 566 in Spanish ; PUD 99).

We need to trust in Jesus daily, hourly. He has promised that as our day is, our strength shall be. By His grace we may bear all the burdens of the present and perform its duties. (2TT 59).

When the judgment shall sit, and the books shall be opened; when the “well done” of the great Judge is pronounced, and the crown of immortal glory is placed upon the brow of the victor, many will raise their crowns in sight of the assembled universe and, pointing to their mother, say, “She made me all I am through the grace of God. Her instruction, her prayers, have been blessed to my eternal salvation.”—Messages to Young People, 330 (1881). (LDE 294).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE CHILDREN

Jesus was interested in children. He did not step into our world a fully matured man. Had He done this, children would not have had His example to copy. Christ was a child; He had the experience of a child; He felt the disappointments and trials that children feel; He knew the temptations of children and youth. But Christ was in His child life and youthful life an example to all children and youth.

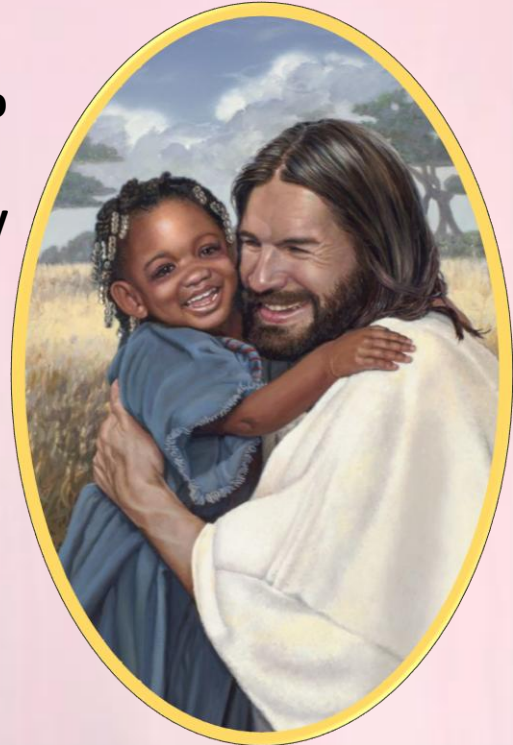


He lived their example, and all children and youth may find in Jesus one to whom they can carry all their griefs and all their disappointments, and in Him they will find a Friend who will help them. (CSW 54).

God wants every child of tender age to be His child, to be adopted into His family. Young though they may be, the youth may be members of the household of faith and have a most precious experience. They may have hearts that are tender and ready to receive impressions that will be lasting. They may have their hearts drawn out in confidence and love for Jesus, and live for the Saviour. Christ will make them little missionaries. (CT 169).



He who was the adored of angels, who had listened to the music of the heavenly choir, was ever touched, while upon this earth, with the sorrows of children, ever ready to listen to the story of their childish woe. He often dried their tears, cheering them with the tender sympathy of His words, which seemed to hush their sorrows and make them forget their grief. (2SM 238).





Whenever God has given a promise, let the children and youth turn it into a petition, and beg the Lord to do those things for them in their experience, that He did for Jesus, His only begotten Son, when in human necessity He looked to God, asking for the things which He needed. Every blessing the Father has provided for those of more mature experience, has been provided for children and youth through Jesus Christ. (SD 128).



The soul of the little child that believes in Christ is as precious in His sight as are the angels about His throne. (TMK 40).



In the closing scenes of this earth's history many of these children and youth will astonish people by their witness to the truth, which will be borne in simplicity, yet with spirit and power. They have been taught the fear of the Lord, and their hearts have been softened by a careful and prayerful study of the Bible. In the near future many children will be endued with the Spirit of God, and will do a work in proclaiming the truth to the world. (CT 166)



**WORDS OF
ENCOURAGEMENT
FOR:**

YOUNG PEOPLE

God's invitation comes to each youth, "My son, give Me thine heart; I will keep it pure; I will satisfy its longings with true happiness." God loves to make the youth happy,



and that is why He would have them give their hearts into His keeping, that all the God-given faculties of the being may be kept in a vigorous, healthful condition. They are holding God's gift of life. He makes the heart beat; He gives strength to every faculty. (AH 497).

Jesus loves the youth. He died to save them.... Oh, if they could only know how God loves them! He wants to make them good and pure, noble and kind and courteous, that they may ever live with the pure, holy angels throughout eternity. (HP 218).

Amid the perils of these last days, the only safety of the youth lies in ever-increasing watchfulness and prayer. The youth who finds his joy in reading the Word of God, and in the hour of prayer, will be constantly refreshed by drafts from the fountain of life. He will attain a height of moral excellence and a breadth of thought of which others cannot conceive. (SD 136).





“I wish that all young people could realize how precious is the offering of a young heart given to God. How lovingly the angels watch over the steps of young people who love and fear the Lord. Jesus knows them by name, and their example helps other young people to do what is right. The young man who has stored up in his heart and mind God’s words of encouragement and warning, the precious pearls of His promises, to which he can draw at any moment, will be a living channel of light. He is in direct relation to the Source of all light.” (MeM 165-PUD 158).

When young people find themselves suffering trials, let them open the Divine Word before their eyes and with humble faith and heart, seek the Lord asking for wisdom to find the path of God and receive strength to walk in it.... (MeM 325).



Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. “The Lord is very pitiful, and of tender mercy.” James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. (SC 100).

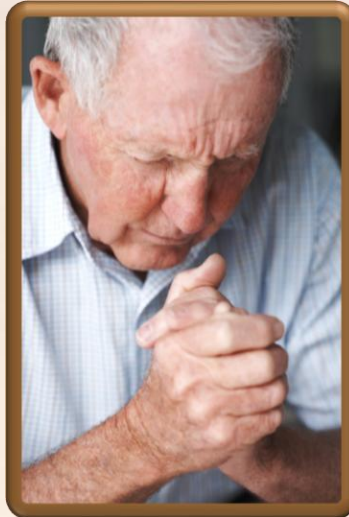


**WORDS OF
ENCOURAGEMENT
FOR:**

THE ELDERLY

Prayer moves the arm of Omnipotence. He who marshals the stars in order in the heavens, whose word controls the waves of the great deep, the same infinite Creator will work in behalf of His people if they call upon Him in faith. (2TT 152).

Have there not been some bright spots in your experience? Have you not had some precious seasons when your heart throbbed with joy in response to the Spirit of God? When you look back into the chapters of your life experience do you not find some pleasant pages? Are not God's promises, like the fragrant flowers, growing beside your path on every hand? Will you not let their beauty and sweetness fill your heart with joy? (SC 117).



Every earnest petition for grace and strength will be answered.... Ask God to do for you those things that you cannot do for yourselves. Tell Jesus everything. Lay open before Him the secrets of your heart; for His eye searches the inmost recesses of the soul, and He reads your thoughts as an open book. When you have asked for the things that are necessary for your soul's good, believe that you receive them, and you shall have them. Accept His gifts with your whole heart; for Jesus has died that you might have the precious things of heaven as your own, and at last find a home with the heavenly angels in the kingdom of God. (Pr 100).

Forgetting our own difficulties and annoyances, let us praise God for the opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. As you open your eyes in the morning, thank God for having kept you during the night. Thank Him for the peace with which He fills your heart. Morning, noon, and evening, let your thanksgiving rise to heaven like a sweet perfume. (MC 195 in Spanish).



When we are brought into strait places, we are to depend on God. In every emergency we are to seek help from Him who has infinite resources at His command. (MH 48).

[God] He would have us understand how earnestly and tenderly His heart yearns over us. He invites us to take our trials to His sympathy, our sorrows to His love, our wounds to His healing, our weakness to His strength, our emptiness to His fullness. Never has one been disappointed who came unto Him. (MB 84).

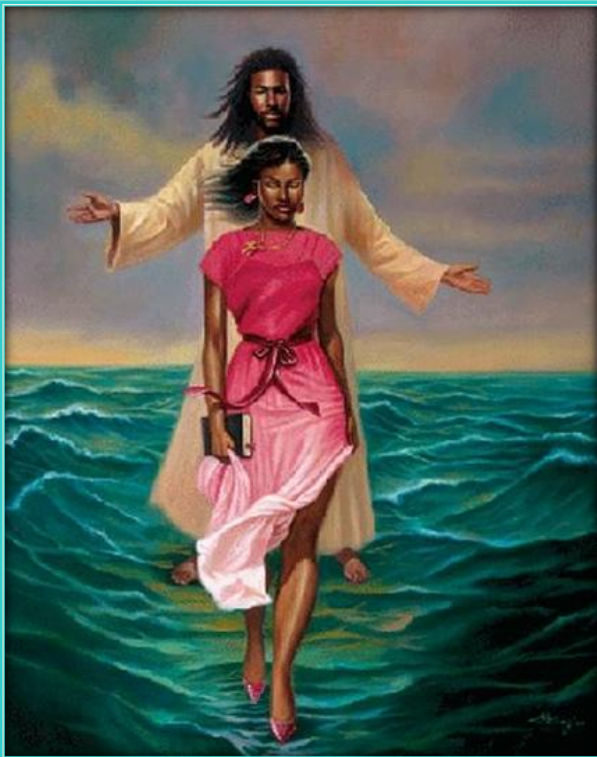
Now when you can no longer be active, and infirmities press upon you, all that God requires of you is to trust Him. Commit the keeping of your soul to Him as unto a faithful Creator. His mercies are sure, His covenant is everlasting. Happy is the man whose hope is in the Lord his God, who keepeth truth forever. Let your mind grasp the promises and hold to them. He will give you grace to be patient, He will give you grace to be trustful, He will give you grace to overcome restlessness, He will warm your heart with His own sweet Spirit, He will revive your soul in its weakness. Only a few days more to be as pilgrims and strangers in this world, seeking for a better country, even an heavenly. Our home is in heaven. Then stay your soul in confidence upon God. Roll all your burdens upon Him. (2SM 231).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE LONERS

We need never feel that we are alone. Angels are our companions. The Comforter that Christ promised to send in His name abides with us. In the way that leads to the City of God there are no difficulties which those who trust in Him may not overcome. There are no dangers which they may not escape. There is not a sorrow, not a grievance, not a human weakness, for which He has not provided a remedy. (MH 249)



God will not suffer one of His truehearted workers to be left alone, to struggle against great odds and be overcome. (MH 488).

Whatever be our condition in life, our business, we have a sure Guide. Whatever be our condition, He is our counselor. Whatever be our loneliness, He is our friend in whom we may ever trust. (OHC 56).

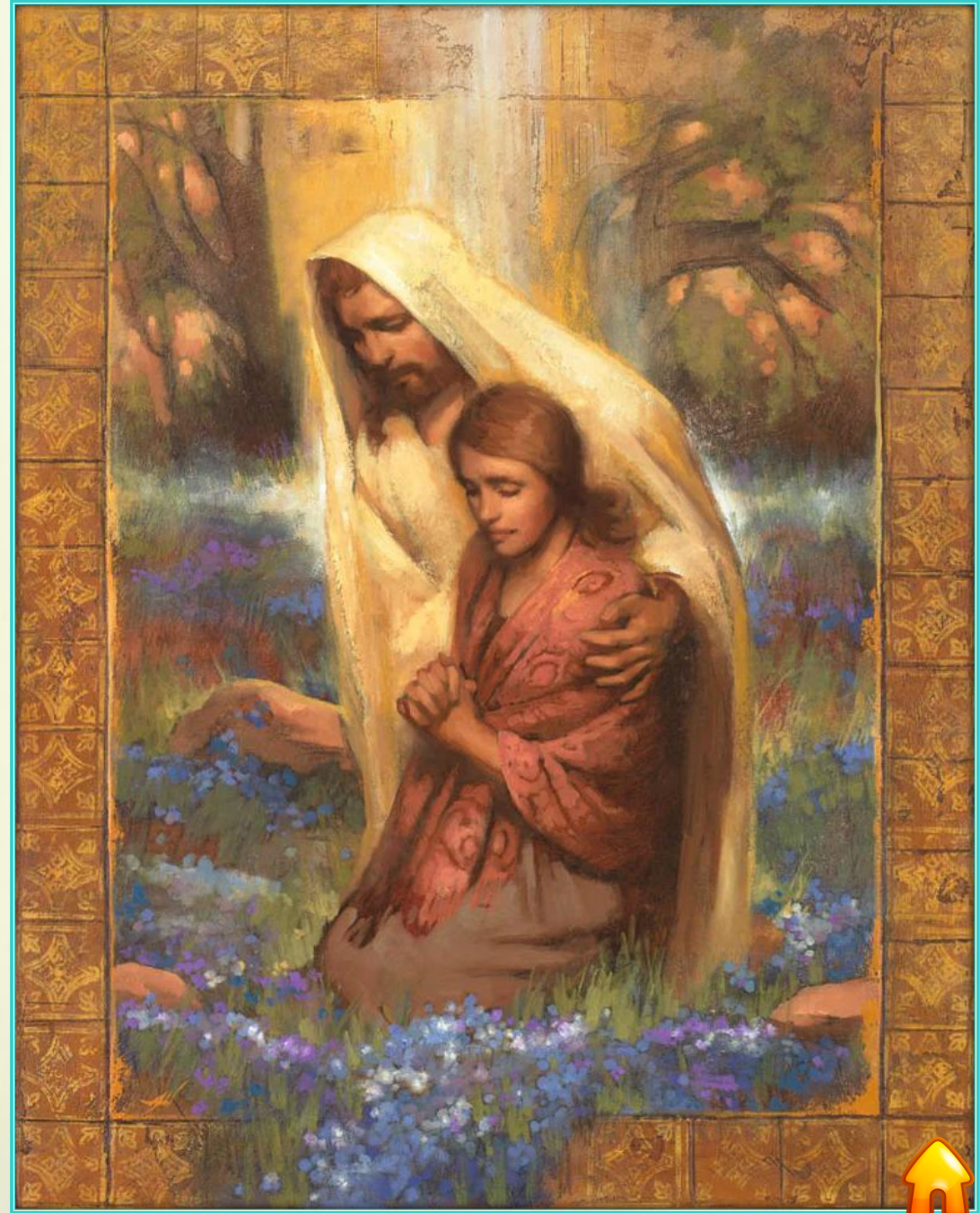


You may never be lonesome, never feel that you are alone, if you will take Jesus as your Companion and your Everlasting Friend.—Letter 4, 1885. (2MCP 632).

Your only safety and happiness are in making Christ your constant counselor. You can be happy in Him if you had not another friend in the wide world. Your feelings of unrest and homesickness or loneliness may be for your good. Your heavenly Father means to teach you to find in Him the friendship and love and consolation that will satisfy your most earnest hopes and desires.... (OHC 64).



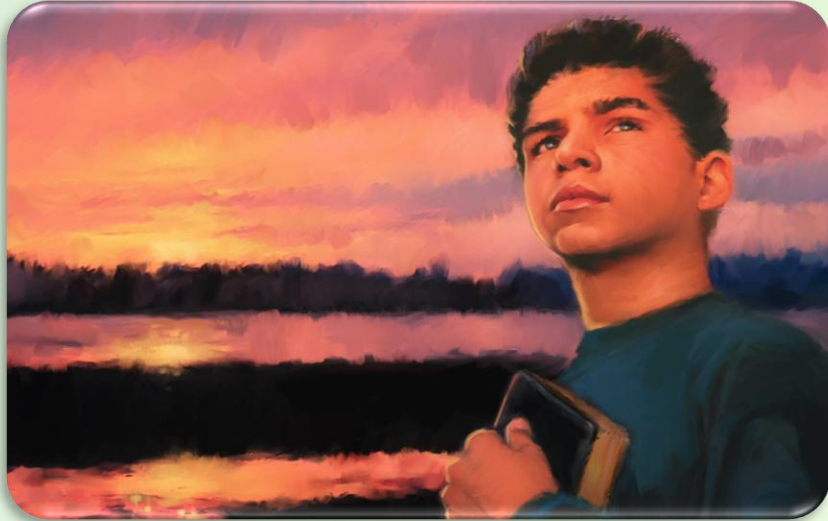
At all times and in all places, in all sorrows and in all afflictions, when the outlook seems dark and the future perplexing, and we feel helpless and alone, the Comforter will be sent in answer to the prayer of faith. Circumstances may separate us from every earthly friend; but no circumstance, no distance, can separate us from the heavenly Comforter. Wherever we are, wherever we may go, He is always at our right hand to support, sustain, uphold, and cheer. (DA 669).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE OBEDIENT

When the heart yearns to obey God, when efforts are made to this end, Jesus accepts that longing and effort as the best service that man can offer, and makes up for the deficiency with his own divine merits (MeM 258- PUD 100 in Spanish).



The Lord has determined that every soul who obeys His word shall have His joy, His peace, His continuous keeping power. Such men and women are brought near Him always, not only when they kneel before Him in prayer, but when they take up the duties of life. He has prepared for them an abiding place with Himself (HP 53).

Precious promises are upon record on condition of our obedience to God's requirements. Heaven is full of the richest of blessings, all waiting to be communicated to us. If we feel our need, and come to God in sincerity and in earnest faith, we shall be brought into close connection with heaven and shall be channels of light to the world. (1TT 434)

God will honor and uphold every true-hearted, earnest soul who is seeking to walk before Him in the perfection of Christ's grace. He will never leave nor forsake one humble, trembling soul. (SD 192).



God requires that we surrender our will to His; however, He does not ask us to abandon anything that would benefit us. No one can be happy who devotes his life to the enjoyment of selfish pleasures. The wisest course to follow is to obey God, because it brings peace, contentment, and happiness as a sure result. (MeM 185-PUB 102 in Spanish).

There is no safety except in strict obedience to the word of God. All His promises are made upon condition of faith and obedience, and a failure to comply with His commands cuts off the fulfillment to us of the rich provisions of the Scriptures. (PP 621).

A faithful, steady obedience to the words of Christ makes men pure in mind, resolute in purpose, and faithful in every station of life. (UL 129).



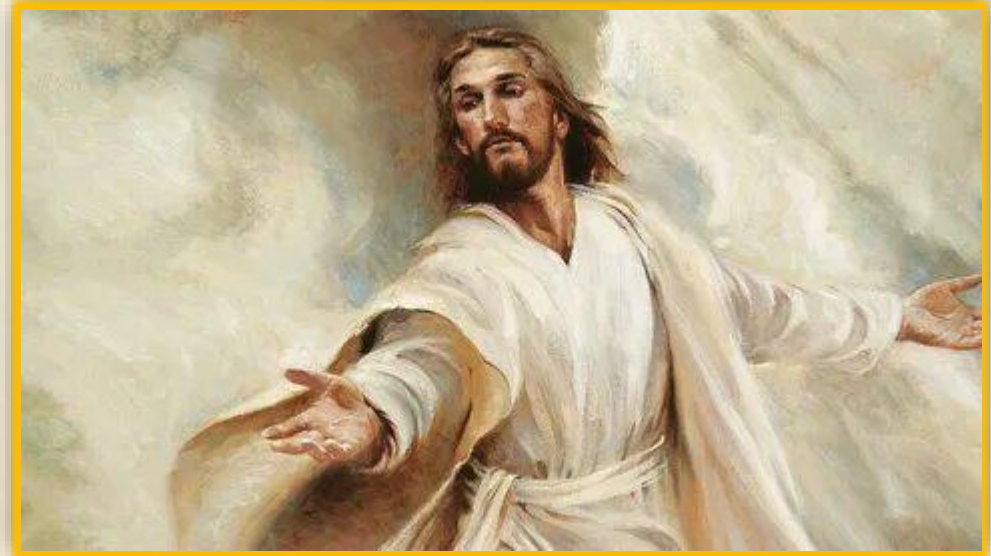
Obedience to God's commands will enroll our names in the Lamb's book of life (TDG 87).

... The people must be made to understand that it is not the hearers, but the doers of the word, who will gain eternal life. (CS 105).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE FEARFUL



The absence of this faith and trust is what causes us perplexity, disturbing fears, and submission to evil. God will do great things for His people when they put their complete trust in Him. (2T 140 in Spanish).

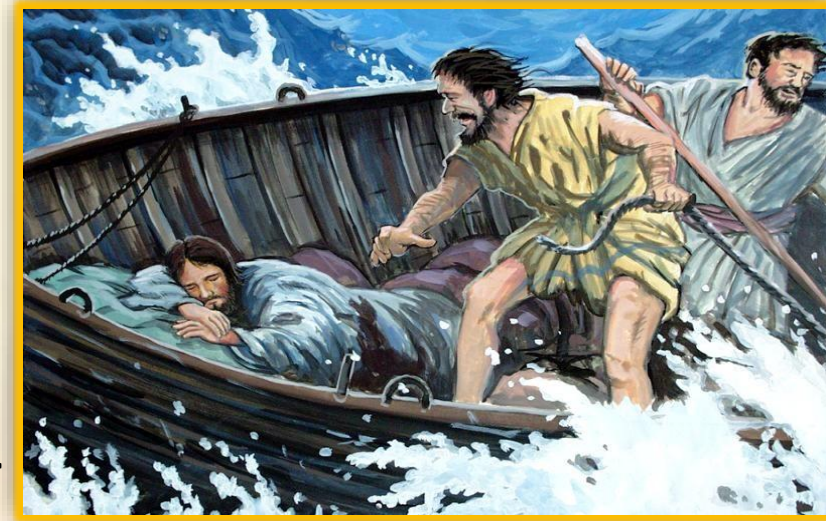


It is not the will of God that His people should be weighed down with care. But our Lord does not deceive us. He does not say to us, “Do not fear; there are no dangers in your path.” He knows there are trials and dangers, and He deals with us plainly. He does not propose to take His people out of a world of sin and evil, but He points them to a never-failing refuge. (SC 122).

If we take counsel with our doubts and fears, or try to solve everything that we cannot see clearly, before we have faith, perplexities will only increase and deepen. But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, He can and will attend to our cry, and will let light shine into our hearts. (SC 96)

When Jesus was awakened to meet the storm, He was in perfect peace. There was no trace of fear in word or look, for no fear was in His heart. But He rested not in the possession of almighty power. It was not as the “Master of earth and sea and sky” that He reposed in quiet. That power He had laid down, and He says, “I can of Mine own self do nothing.” John 5:30. He trusted in the Father's might. It was in faith—faith in God's love and care—that Jesus rested, and the power of that word which stilled the storm was the power of God.

Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear. Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He knows to be best. (DA 336).



Faith takes God at His word, not asking to understand the meaning of the trying experiences that come. But there are many who have little faith. They are always fearing and borrowing trouble. Every day they are surrounded by the tokens of God's love, every day they enjoy the bounties of His providence; but they overlook these blessings. And the difficulties they encounter, instead of driving them to God, separate them from Him, by arousing unrest and repining.... Jesus is their friend. All heaven is interested in their welfare, and their fear and repining grieve the Holy Spirit. Not because we see or feel that God hears us are we to believe. We are to trust His promises. (GW 261).

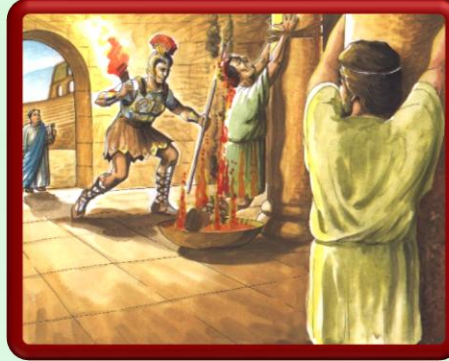
Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. Let self be lost in Him. Put away all doubt; dismiss your fears.... He is able to keep that which you have committed to Him. If you will leave yourself in His hands, He will bring you off more than conqueror through Him that has loved you. (SC 71).



**WORDS OF
ENCOURAGEMENT
FOR:**

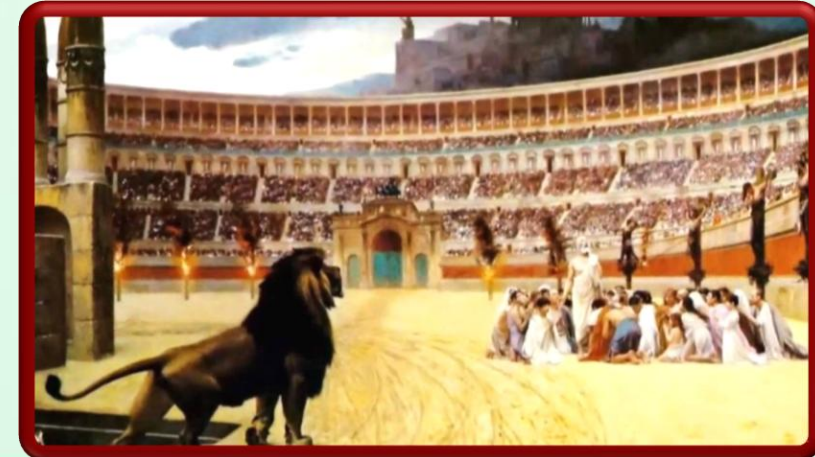
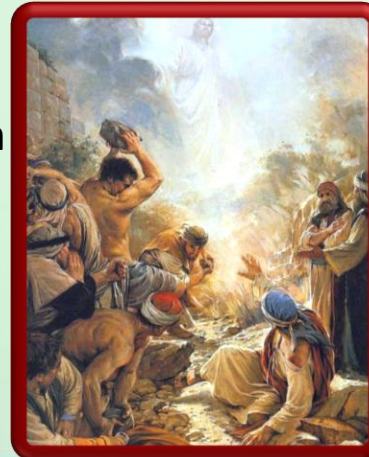
THE PERSECUTED

In all ages Satan has persecuted the people of God. He has tortured them and put them to death, but in dying they became conquerors. They bore witness to the power of One mightier than Satan. Wicked men may torture and kill the body, but they cannot touch the life that is hid with Christ in God. They can incarcerate men and women in prison walls, but they cannot bind the spirit. (AA 576).



Heaven is very near those who suffer for righteousness' sake. Christ identifies His interests with the interests of His faithful people; He suffers in the person of His saints, and whoever touches His chosen ones touches Him. The power that is near to deliver from physical harm or distress is also near to save from the greater evil, making it possible for the servant of God to maintain his integrity under all circumstances, and to triumph through divine grace. (PK 545).

What was the strength of those who in the past have suffered persecution for Christ's sake? It was union with God, union with the Holy Spirit, union with Christ. Reproach and persecution have separated many from earthly friends, but never from the love of Christ. Never is the tempest-trying soul more dearly loved by his Saviour than when he is suffering reproach for the truth's sake. (AA 85).



The people of God will not be free from suffering; but while persecuted and distressed, while they endure privation and suffer for want of food they will not be left to perish. That God who cared for Elijah will not pass by one of His self-sacrificing children. He who numbers the hairs of their head will care for them, and in time of famine they shall be satisfied. (GC 629).

But many of all nations and of all classes, high and low, rich and poor, black and white, will be cast into the most unjust and cruel bondage. The beloved of God pass weary days, bound in chains, shut in by prison bars, sentenced to be slain, some apparently left to die of starvation in dark and loathsome dungeons. GC 626... angels will come to them in lonely cells, bringing light and peace from heaven. (GC 627).

Fearful tests and trials await the people of God... But in the midst of the time of trouble that is coming,—a time of trouble such as has not been since there was a nation,—God's chosen people will stand unmoved. Satan and his host cannot destroy them, for angels that excel in strength will protect them. (3TT 285).



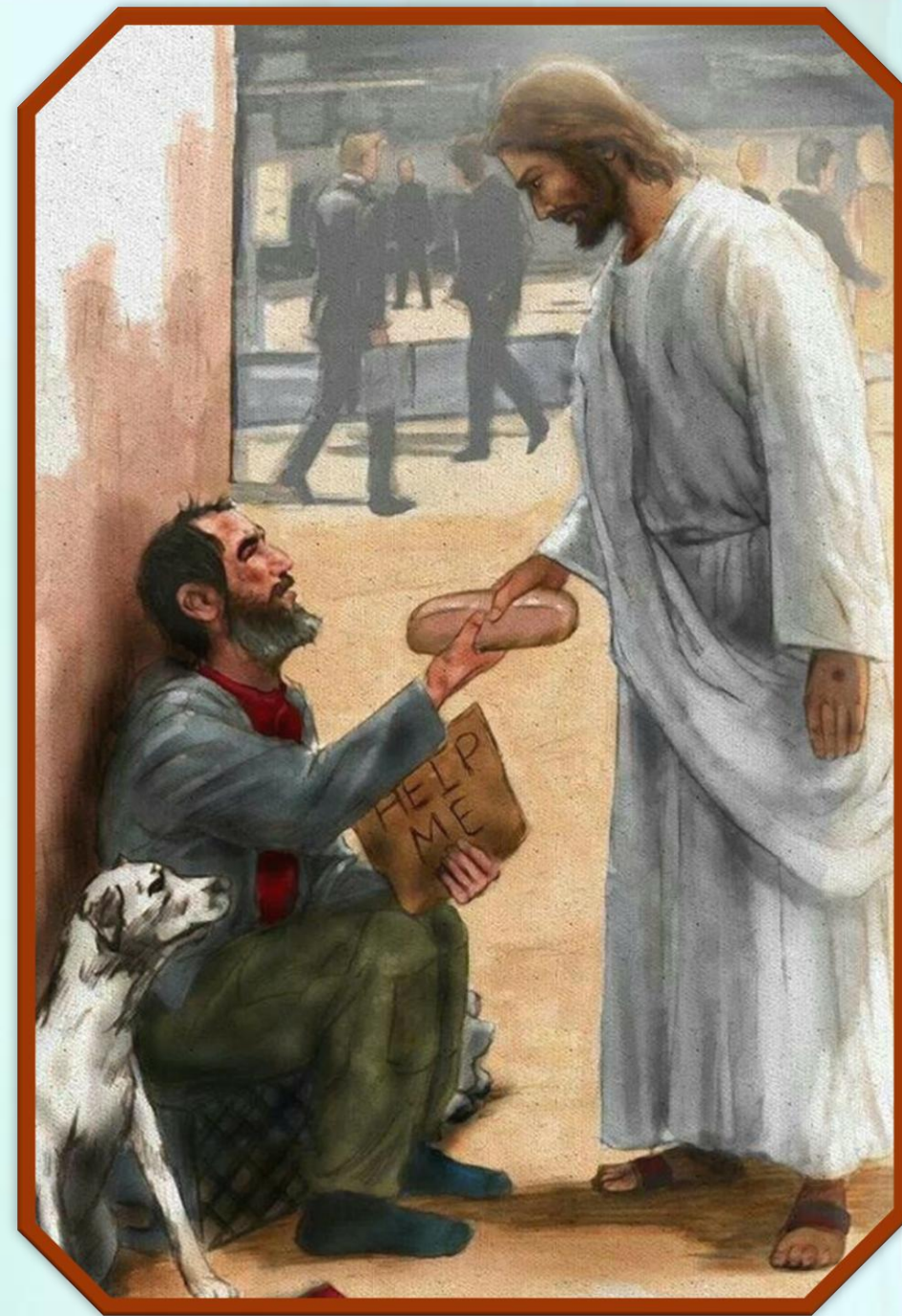
**WORDS OF
ENCOURAGEMENT
FOR:**

THE POOR

The Saviour has not promised His followers the luxuries of the world; their fare may be plain, and even scanty; their lot may be shut in by poverty; but His word is pledged that their need shall be supplied, and He has promised that which is far better than worldly good,—the abiding comfort of His own presence. (DA 367).

The angels of God are ascending, bearing the prayers of the needy and distressed to the Father above, and descending, bringing blessing and hope, courage, help, and life, to the children of men. (DA 142).

There are multitudes struggling with poverty, compelled to labor hard for small wages, and able to secure but the barest necessities of life. Toil and deprivation, with no hope of better things, make their burden very heavy. When pain and sickness are added, the burden is almost insupportable. Careworn and oppressed, they know not where to turn for relief. Sympathize with them in their trials, their heartaches, and disappointments. This will open the way for you to help them. Speak to them of God's promises, pray with and for them, inspire them with hope. MH 158.4 Words of cheer and encouragement spoken when the soul is sick and the pulse of courage is low—these are regarded by the Saviour as if spoken to Himself. As hearts are cheered, the heavenly angels look on in pleased recognition. (MH 159).





Christ has shown us that there is a time coming when the positions of the rich who have not made God their dependence, and the poor who have made God their dependence, will be reversed. Those who are poor in this world's goods, yet who are patient in suffering, and who trust in God, will one day be exalted above many of those who hold the highest positions this world can give . (TDG 183.6).

Christ has ever been the poor man's friend. He chose poverty, and honored it by making it His lot... He took His position with the poor that He might lift from poverty the stigma that the world had attached to it. (WM 172.3).

It was to be impressed upon the minds of all that the poor have as much right to a place in God's world as have the more wealthy. (WM 174.1).

And God cares for everything and sustains everything that He has created. He who upholds the unnumbered worlds throughout immensity, at the same time cares for the wants of the little brown sparrow that sings its humble song without fear. When men go forth to their daily toil, as when they engage in prayer; when they lie down at night, and when they rise in the morning; when the rich man feasts in his palace, or when the poor man gathers his children about the scanty board, each is tenderly watched by the heavenly Father. No tears are shed that God does not notice. There is no smile that He does not mark. (SC 85.4).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE SICK

Our Lord has given us definite instruction, through the apostle James, as to our duty in case of sickness. When human help fails, God will be the helper of His people.



“Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up.” James 5:14, 15. (CH 457.1).

Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity. His disciples in this time are to pray for the sick as verily as the disciples of old prayed. And recoveries will follow; for “the prayer of faith shall save the sick.” (MH 226).

The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon His strength. Through faith and prayer the sickroom may be transformed into a Bethel... And God hears prayer. Christ has said, “If ye shall ask anything in My name, I will do it.” Again He says, “If any man serve Me, him will My Father honor.” John 14:14; 12:26.... If we live according to His word, every precious promise He has given will be fulfilled to us. (MH 226.3).



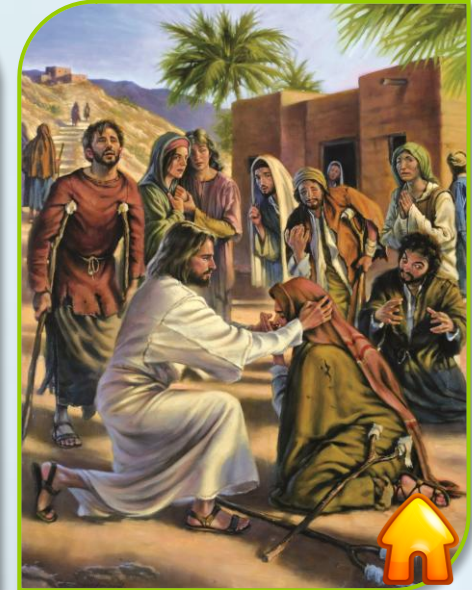
Oh, how grateful we should be that Jesus is willing and able to bear all our infirmities and strengthen and heal all our diseases if it will be for our good and for His glory. MM 16.4 Some died in the days of Christ and in the days of the apostles because the Lord knew just what was best for them.—Letter 35, 1890. (MM 17.1).

And never does our merciful God turn from the soul that in sincerity seeks Him for help. He is our refuge in sickness as in health. (CCh 303.1).

You may be depressed with bodily infirmities, but that is not evidence that the Lord is not working in your behalf every day. He will pardon you, and that abundantly. Gather to your soul the sweet promises of God. Jesus is our constant, unfailing friend, and He wants you to trust in Him.... Look away from yourself to the perfection of Christ. (TMK 285.5).

There is no comforter like Christ, so tender and so true. He is touched with the feeling of our infirmities. (TMK 171.5).

The same power that Christ exercised when He walked visibly among men is in His word. It was by His word that Jesus healed disease and cast out demons... So with all the promises of God's word. In them He is speaking to us individually, speaking as directly as if we could listen to His voice. It is in these promises that Christ communicates to us His grace and power. (MH 122.3).



**WORDS OF
ENCOURAGEMENT
FOR:**

SINNERS

None are so low, so corrupt and vile, that they cannot find in Jesus, who died for them, strength, purity, and righteousness, if they will put away their sins, cease their course of iniquity, and turn with full purpose of heart to the living God. (Mar 53.5).

Jesus loves to have us come to Him just as we are, sinful, helpless, dependent. We may come with all our weakness, our folly, our sinfulness, and fall at His feet in penitence. It is His glory to encircle us in the arms of His love, and to bind up our wounds, to cleanse us from all impurity. (FLB 134.3).



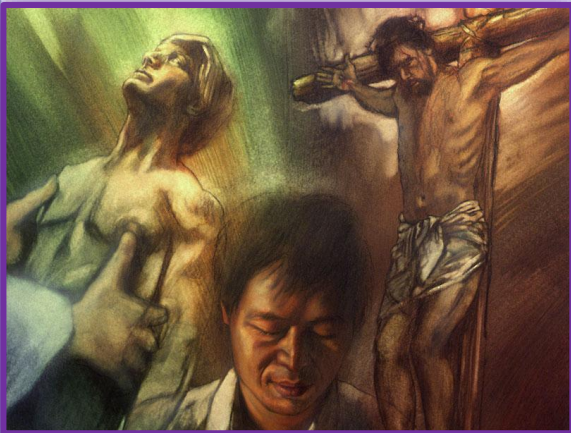
It is only he who knows himself to be a sinner that Christ can save. (COL 158).

... Christ came to the world to seek and save the lost... He is wooing by His tender love the hearts of His erring children. No earthly parent could be as patient with the faults and mistakes of his children, as is God with those He seeks to save. No one could plead more tenderly with the transgressor. No human lips ever poured out more tender entreaties to the wanderer than does He. All His promises, His warnings, are but the breathing of unutterable love. (SC 35).



We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes, but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God. No; Christ is at the right hand of God, who also maketh intercession for us. (SC 64.1).

How careful is the Lord Jesus to give no occasion for a soul to despair. How He fences about the soul from Satan's fierce attacks. If through manifold temptations we are surprised or deceived into sin, He does not turn from us and leave us to perish. No, no, that is not our Saviour.... He was tempted in all points like as we are; and having been tempted, He knows how to succor those who are tempted. Our crucified Lord is pleading for us in the presence of the Father at the throne of grace. His atoning sacrifice we may plead for our pardon, our justification, and our sanctification. The Lamb slain is our only hope. Our faith looks up to Him, grasps Him as the One who can save to the uttermost, and the fragrance of the all-sufficient offering is accepted of the Father. OHC 49.2).



Christ takes the sinner from the lowest degradation, and purifies, refines, and ennobles him. By beholding Jesus as He is, the sinner is transformed and elevated to the very summit of dignity, even to a seat with Christ upon his throne.... (TMK 96).

If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ's character stands in place of your character, and you are accepted before God just as if you had not sinned. (SC 62).



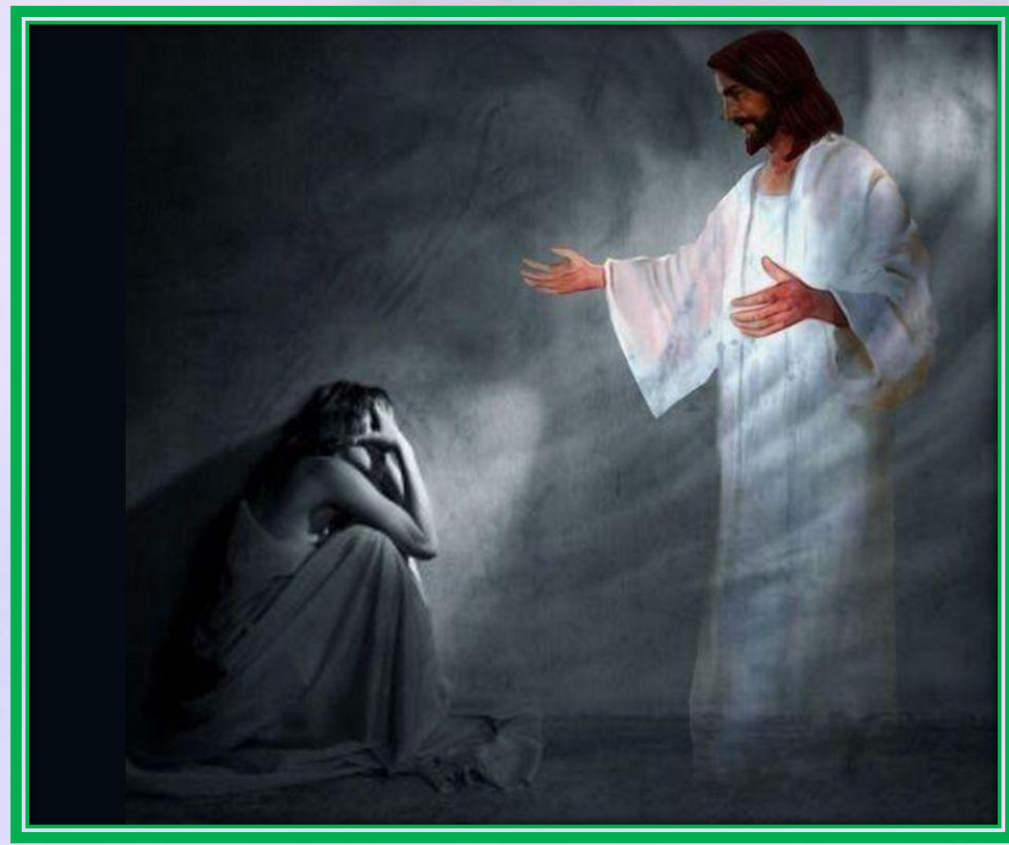
**WORDS OF
ENCOURAGEMENT
FOR:**

THE AFFLICTED

God would not have any of us remain pressed down by dumb sorrow, with sore and breaking hearts. He would have us look up to catch the rainbow of promise, and reflect light to others.

Oh, the blessed Saviour stands by many whose eyes are so blinded by tears that they do not discern Him. He longs to clasp our hands firmly, while we cling to Him in simple faith, imploring Him to guide us. It is our privilege to rejoice in God. If we will let the comfort and peace of Jesus into our lives, we shall be kept close to His great heart of love.—The Review and Herald, November 25, 1884. (2SM 257).

Jesus was the Man of Sorrows, enduring heart anguish such as no language can portray... His heart is open to our griefs, our sorrows, and our trials. He has loved us with an everlasting love and with loving-kindness compassed us about. We may keep the heart stayed upon Him and meditate upon His loving-kindness all the day. He will lift the soul above the daily sorrow and perplexity, into a realm of peace. (MB 12).



The Comforter is ours... at all times and in all places, in all sorrows and in all affliction, when the outlook seems dark and the future perplexing and we feel helpless and alone. These are times when the Comforter will be sent in answer to the prayer of faith. (TMK 171)



We must learn to believe in the promises, to have constant faith... Let us live in the sunlight of the cross of Calvary. Let us no longer dwell in the shadow, complaining of our sorrows, for this only deepens our trouble. Let us never forget, even when we walk in the valley, that Christ is as much with us when we walk trustingly there as when we are on the mountaintop. (HP 52).

Walk not in the shadow of the cross. Do not give expression to weeping, lamentation, and woe; but encourage your soul to hope and joy. The cross points upward to a living Saviour, who is your advocate, and is pleading in your behalf.... When you are deeply shadowed it is because Satan has interposed himself between you and the bright rays of the Sun of Righteousness. (HP 52).

Those who have borne the greatest sorrows are frequently the ones who carry the greatest comfort to others, bringing sunshine wherever they go. Such ones have been chastened and sweetened by their afflictions; they did not lose confidence in God when trouble assailed them, but clung closer to His protecting love. Such ones are a living proof of the tender care of God, who makes the darkness as well as the light, and chastens us for our good. (2MCP 464).

Go right forward as if every prayer offered was lodged in the throne of God and responded to by the One whose promises never fail. Go right along, singing and making melody to God in your hearts, even when depressed by a sense of weight and sadness. I tell you as one who knows, light will come, joy will be ours, and the mists and clouds will be rolled back. And we pass from the oppressive power of the shadow and darkness into the clear sunshine of His presence. (2SM 242).



**WORDS OF
ENCOURAGEMENT
FOR:**

THOSE WHO SUFFER

I urge you in your suffering to stay your soul upon God. The Lord will be your help, your strength, your comfort. Then look to Him and trust in Him. We must receive our consolation from Christ. (2SM 266).

God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as co-workers with Him. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honored than John the Baptist, who perished alone in the dungeon. “Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.” Philippians 1:29. And of all the gifts that Heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor. DA 224.5).



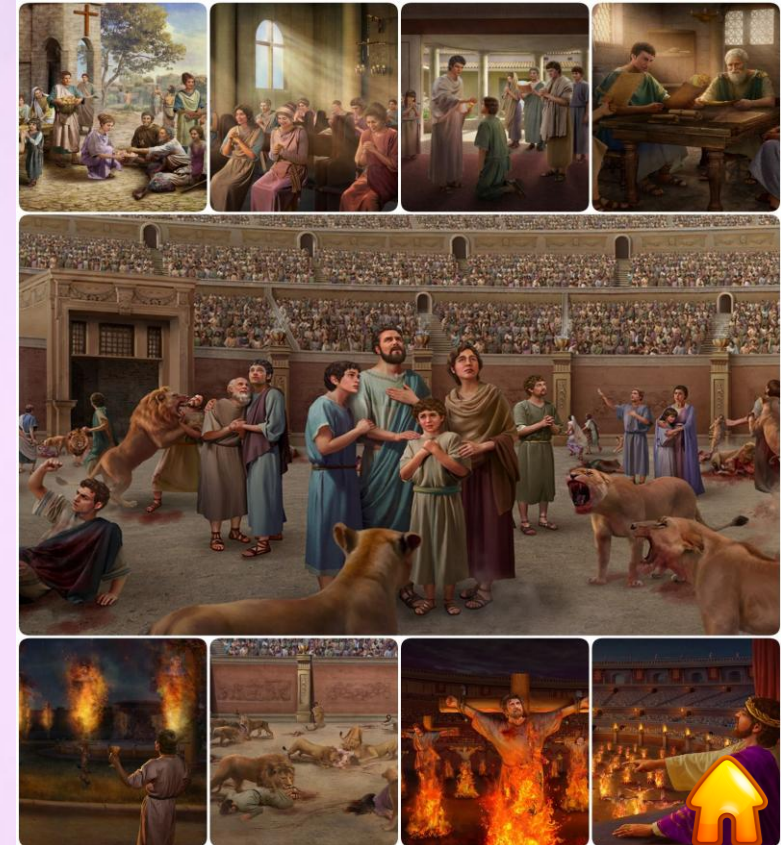
He who took humanity upon Himself knows how to sympathize with the sufferings of humanity. Not only does Christ know every soul, and the peculiar needs and trials of that soul, but He knows all the circumstances that chafe and perplex the spirit. His hand is outstretched in pitying tenderness to every suffering child. Those who suffer most have most of His sympathy and pity. He is touched with the feeling of our infirmities, and He desires us to lay our perplexities and troubles at His feet and leave them there. (MH 249.3).



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He who died for the sins of the world is opening wide the gates of Paradise to all who believe on Him. Soon the battle will have been fought, the victory won. Soon we shall see Him in whom our hopes of eternal life are centered. And in His presence the trials and sufferings of this life will seem as nothingness. (PK 731).

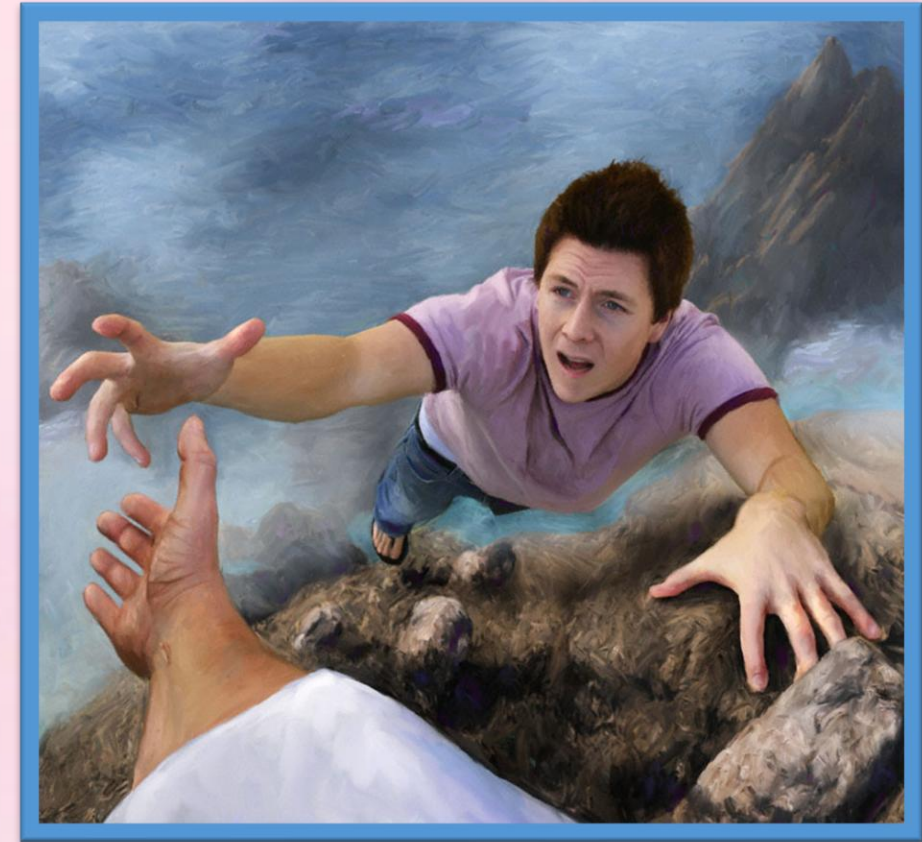
His sympathy with His people is without a parallel. He will not simply remain a spectator, indifferent to what His people may suffer, but identifies Himself with their interests and sorrows. If His people are wronged, maligned, treated with contempt, their sufferings are registered in the books of heaven as done unto Him. (HP 65).



**WORDS OF
ENCOURAGEMENT
FOR:**

THE TEMPTED

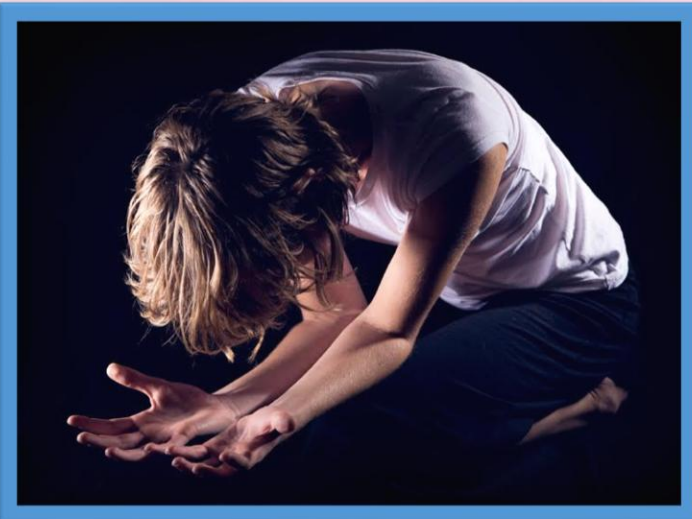
Christ will never abandon the soul for which He died. The soul may leave him, and fall in love with temptation; but Christ can never turn away from one whom He has purchased with His own life. If our spiritual vision could be revived, we should see souls oppressed and burdened with sorrow like a chariot oppressed under the weight of sheaves, and ready to die of discouragement. We would see angels flying swiftly to succor the tempted, who may be said to be standing on the edge of the precipice. The angels of heaven repel the hosts of evil that surround these souls, and lead them to set foot on a sure foundation. The wars between the two armies are as real as the battles fought between the armies of this world, and eternal destinies depend on the outcome of spiritual conflict (MeM 96, in Spanish).

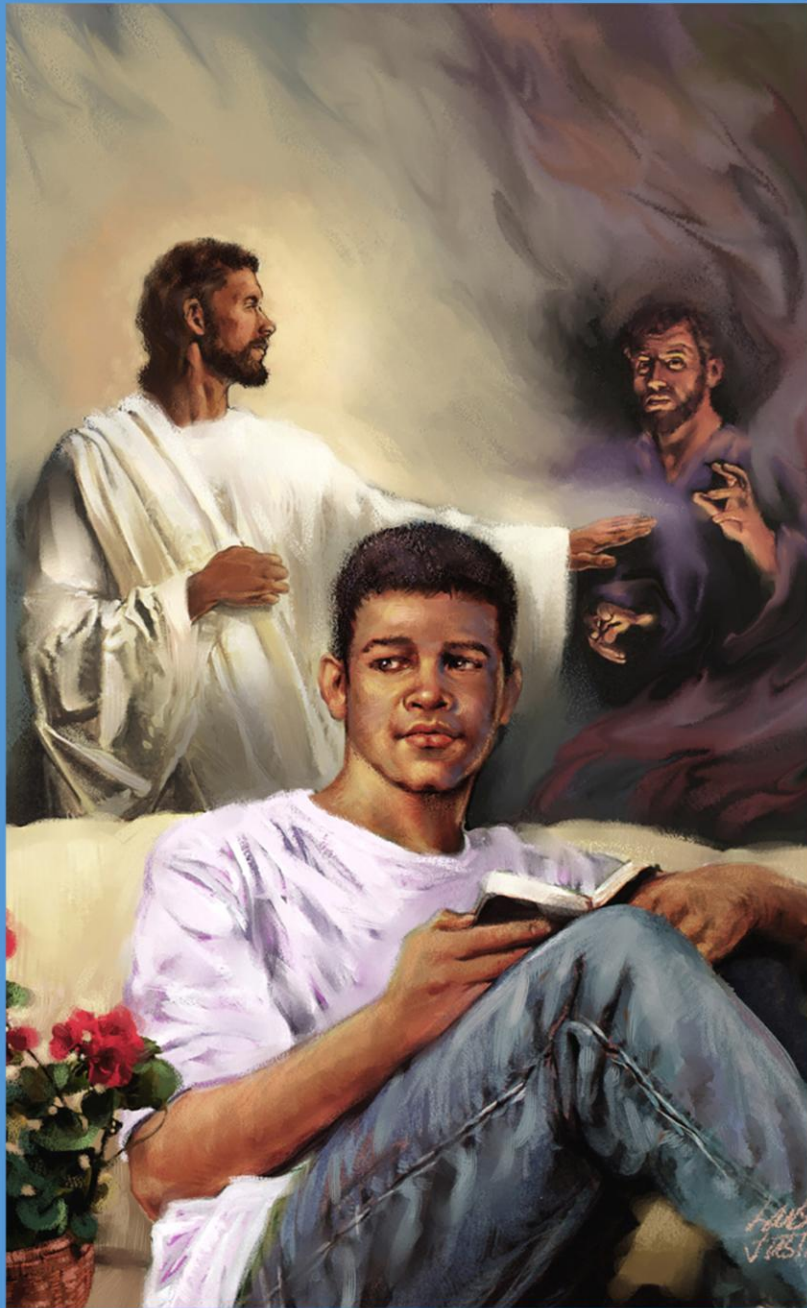


When temptations and trials rush in upon us, let us go to God and agonize with Him in prayer. He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy.—(Early Writings, 46.) (Pr 80).

Jesus pities our weakness, and He is ready to give strength to bear up in trial and to resist the temptations of Satan, if we will cast our burden upon Him. (3T 516.).

In Christ there is perfect and complete help for every tempted soul. Dangers beset every path, but the whole universe of heaven is standing on guard, that none may be tempted above that which he is able to bear. (OFC 67).





Jesus does not desire those who have been purchased at such a cost to become the sport of the enemy's temptations. He does not desire us to be overcome and perish. He who curbed the lions in their den, and walked with His faithful witnesses amid the fiery flames, is just as ready to work in our behalf to subdue every evil in our nature. Today He is standing at the altar of mercy, presenting before God the prayers of those who desire His help. He turns no weeping, contrite one away. (MH 90).

It is faith that connects us with heaven and brings us strength for coping with the powers of darkness. In Christ, God has provided means for subduing every evil trait and resisting every temptation, however strong... Let these souls, in their helpless unworthiness, cast themselves upon the mercy of their compassionate Saviour. Look not to self, but to Christ. He who healed the sick and cast out demons when He walked among men is still the same mighty Redeemer. (MH 65).

Christ will never abandon those for whom He has died. We may leave Him and be overwhelmed with temptation, but Christ can never turn from one for whom He has paid the ransom of His own life... Could our spiritual vision be quickened, we should see souls bowed under oppression and burdened with grief... We should see angels flying quickly to the aid of these tempted ones, forcing back the hosts of evil that encompass them, and placing their feet on the sure foundation. (PK 175).

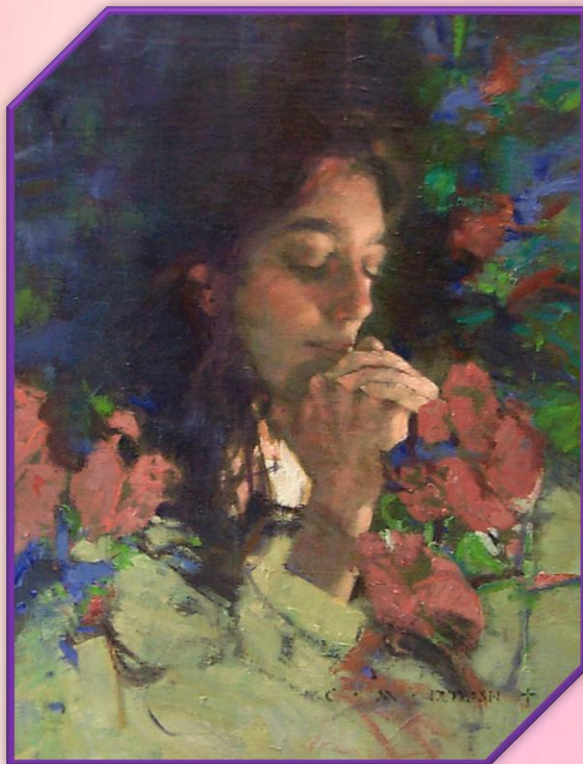
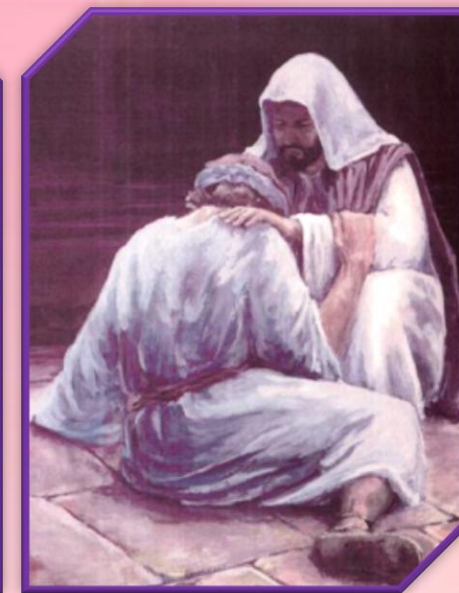
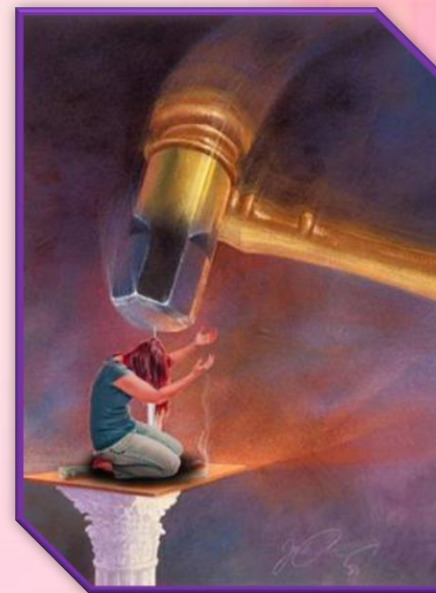


**WORDS OF
ENCOURAGEMENT
FOR:**

THE TESTED

The fact that we are called upon to endure trial shows that the Lord Jesus sees in us something precious which He desires to develop. If He saw in us nothing whereby He might glorify His name, He would not spend time in refining us. He does not cast worthless stones into His furnace. (MH 471).

God's love for His children during the period of their severest trial is as strong and tender as in the days of their sunniest prosperity (BLJ 329).



Words cannot describe the peace and joy possessed by him who takes God at His word. Trials do not disturb him, slights do not vex him. Self is crucified. Day by day his duties may become more taxing, his temptations stronger, his trials more severe; but he does not falter; for he receives strength equal to his need.—The Youth's Instructor, June 26, 1902. (MYP 98).

Seek the Lord for wisdom in every emergency. In every trial plead with Jesus to show you a way out of your troubles, then your eyes will be opened to behold the remedy and to apply to your case the healing promises that have been recorded in His Word. In this way the enemy will find no place to lead you into mourning and unbelief, but instead you will have faith and hope and courage in the Lord. (2SM 273).



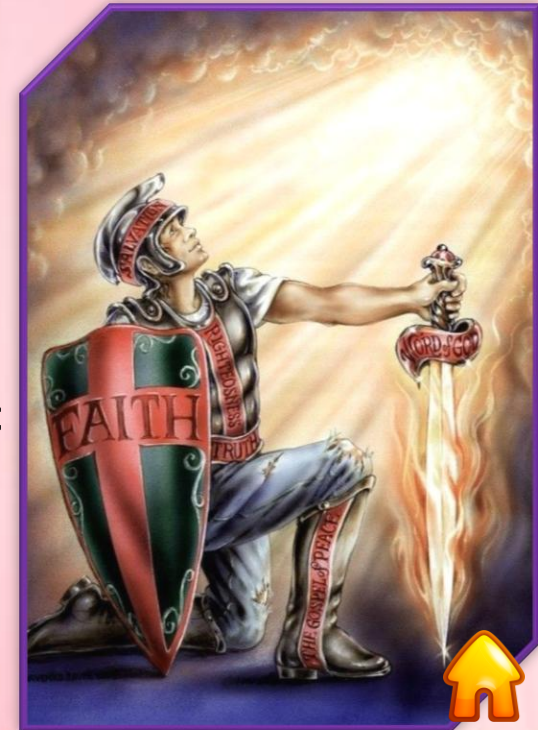
It is no time now to sink down beneath discouragement and trial... The Lord has shown me that His grace is sufficient for all our trials; and although they are greater than ever before, yet if we trust wholly in God, we can overcome every temptation and through His grace come off victorious. (EW 46).

Often our trials are such that they seem to us almost intolerable, and without God's help they are indeed unbearable. Unless we lean on it, we will sink under the weight of responsibilities that cause only sorrow and sadness. But if we trust in Christ, we will not be shipwrecked in the midst of trial (MeM 189 in Spanish).

The affliction that tests our faith most intensely and makes us believe that God has abandoned us is meant to draw us closer to him, so that we can lay all our burdens at Christ's feet and experience the peace he will give us in return (MeM 95 in Spanish).

We have to live only one day at a time, and if we come to know God thoroughly, he will give us strength to endure what will come tomorrow, grace enough for each day; and every day we will find victories as well as afflictions... We have the same God who worked for His people in past centuries. Jesus stands beside us, why will we waver? No, as trials come, we will receive divine power to meet them (MeM 96 in Spanish).

God brings His people near Him by close, testing trials, by showing them their own weakness and inability, and by teaching them to lean upon Him as their only help and safeguard. Then His object is accomplished. They are prepared to be used in every emergency, to fill important positions of trust, and to accomplish the grand purposes for which their powers were given them. God takes men upon trial; He proves them on the right hand and on the left, and thus they are educated, trained, disciplined. Jesus, our Redeemer, man's representative and head, endured this testing process. He suffered more than we can be called upon to suffer. (1TT 475).



**WORDS OF
ENCOURAGEMENT
FOR:**

**THOSE WHO HAVE
ANXIETY**

It should not be a difficult thing to remember that the Lord Jesus is desirous that we should bring all our troubles and perplexities to Him. "Take it to the Lord in prayer," and then leave your perplexities and burdens with Him. How much happier we should be would we do this. (UL 180).

If you will find heart and voice to pray, He will be sure to hear, and an arm will be reached down to save you. There is a God that hears prayer, and when all other resources fail, He is your refuge, a very present help in time of trouble. (TDG 184).



It is a misfortune to borrow the trouble of next week to embitter the present week. When real trouble comes, God will fit every meek and lowly one to bear it. When His providence permits it to come, He will provide help to endure it. (2T 641).

If with a humble heart you seek divine guidance in every trouble and perplexity, His word is pledged that a gracious answer will be given you. (2TT 136).



When in trouble, many think they must appeal to some earthly friend, telling him their perplexities, and begging for help. Under trying circumstances unbelief fills their hearts, and the way seems dark. And all the time there stands beside them the mighty Counselor of the ages, inviting them to place their confidence in Him. Jesus, the great Burden Bearer, is saying, “Come unto Me, and I will give you rest.” Shall we turn from Him to uncertain human beings, who are as dependent upon God as we ourselves are? (MH 512).

Instead of mourning, weeping, and despairing, when troubles gather about us like a flood and threaten to overwhelm us, if we would not only pray for help from God, but would praise Him for so many blessings left,—praise Him that He is able to help us,—our course would be more pleasing to Him, and we would see more of His salvation.” The Review and Herald, November 1, 1881. (LS 258).



**WORDS OF
ENCOURAGE
MENT FOR:**

THOSE WHO CARE

Do not allow the perplexities and worries of everyday life to fret your mind and cloud your brow. If you do, you will always have something to vex and annoy. Life is what we make it, and we shall find what we look for. If we look for sadness and trouble, if we are in a frame of mind to magnify little difficulties, we shall find plenty of them to engross our thoughts and our conversation. But if we look on the bright side of things, we shall find enough to make us cheerful and happy. (AH 430).

Worry is blind and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief... Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish and a plain path before their feet. (MH 481).



But when we really believe that God loves us and means to do us good we shall cease to worry about the future. We shall trust God as a child trusts a loving parent. (MB 100).

The Christian can submit to God every concern, everything that disturbs him. Nothing is so small that it cannot be noticed by our compassionate Savior, and nothing is so great that He cannot bear it. (ST 12/17/1885).



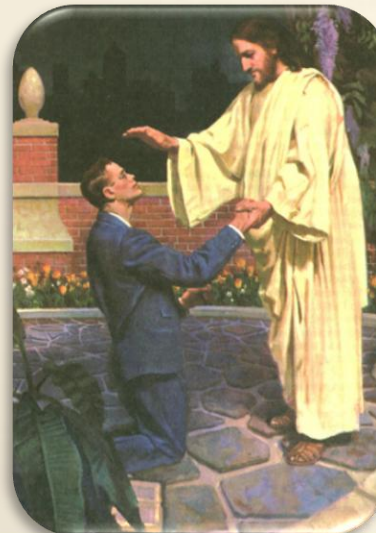


There is much needless worrying, much trouble of mind, over things that cannot be helped. The Lord would have His children put their trust fully in Him. Our Lord is a just and righteous God; His children should acknowledge His goodness and His justice in the large and small things of life. Those who cherish the spirit of worry and complaint are refusing to recognize His guiding hand. (HP 113).

If we educated our souls to have more faith, more love, greater patience, a more perfect trust in our heavenly Father, we would have more peace and happiness as we pass through the conflicts of this life. The Lord is not pleased to have us fret and worry ourselves out of the arms of Jesus. He is the only source of every grace, the fulfillment of every promise, the realization of every blessing. (OHC 120).

In trusting in God continually there is safety, there will not be a constant fear of future evil. This borrowed care and anxiety will cease. We have a heavenly Father who careth for His children, and will and does make His grace sufficient in every time of need. (2T 72).

Let God plan for you. As a little child, trust to the guidance of Him who will “keep the feet of His saints.” 1 Samuel 2:9. God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning. (MH 479)



CHEER UP! GOD IS WITH YOU

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" (Isaiah 41:10).

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday." (Psalm 37:5-6).

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:" (Isaiah 26:3-4).

"But my God shall supply all your need according to his riches in glory by Christ Jesus." (Philippians 4:19).

"To the chief Musician for the sons of Korah, A Song upon Alamoth. God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah." (Psalm 46:1-3).

"The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?" (Psalm 27:1).

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." (John 16:33).

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth. He will fulfil the desire of them that fear him: he also will hear their cry, and will save them." (Psalm 145:18-19).

"Casting all your care upon him; for he careth for you" (1 Peter 5:7).

"...neither be ye sorry; for the joy of the LORD is your strength." (Nehemiah 8:10).

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." (Matthew 11:28).