

The KJV and NIV versions are separated. KJV is listed first and NIV begins on page 5.

## Prayers of Frustration

### **Psalm 13:1-2**

*KJV* "How long wilt thou forget me, O Lord? for ever? how long wilt thou hide thy face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long shall mine enemy be exalted over me?"

### **Psalm 25:16-17**

*KJV* "Turn thee unto me, and have mercy upon me; for I am desolate and afflicted. The troubles of my heart are enlarged: O bring thou me out of my distresses."

## Comforting Verses

### **2 Corinthians 1:3-4**

*KJV* "...and the God of all comfort; Who comforteth us in all our tribulation..."

### **Psalm 119:76**

*KJV* "Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant."

### **Psalm 34:18**

*KJV* "The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

### **Psalm 147:3**

*KJV* "He healeth the broken in heart, and bindeth up their wounds."

### **1 Peter 5:7**

*KJV* "Casting all your care upon him; for he careth for you."

### **Isaiah 41:10**

*KJV* "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."

### **Romans 15:13**

*KJV* "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."

### **Romans 4:21**

*KJV* "And being fully persuaded that, what he had promised, he was able also to perform."

## Encouraging Reminders

**Hebrews 11:1**

*KJV* "Now faith is the substance of things hoped for, the evidence of things not seen."

**Ecclesiastes 3:1**

*KJV* "To every thing there is a season, and a time to every purpose under the heaven."

**Proverbs 3:5**

*KJV* "Trust in the Lord with all thine heart; and lean not unto thine own understanding."

**Proverbs 16:9**

*KJV* "A man's heart deviseth his way: but the Lord directeth his steps."

**Psalms 37:4**

*KJV* "Delight thyself also in the Lord: and he shall give thee the desires of thine heart."

**Romans 12:12**

*KJV* "Rejoicing in hope; patient in tribulation; continuing instant in prayer."

**2 Corinthians 1:20**

*KJV* "For all the promises of God in him are yea, and in him Amen, unto the glory of God by us."

**Isaiah 40:31**

*KJV* "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

**Isaiah 26:3**

*KJV* "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

**Philippians 4:7**

*KJV* "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

**Proverbs 13:12**

*KJV* "Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life."

## **Renew Your Mind**

Waiting for an answered prayer can give space to doubts and lies, so we must renew our minds with God's truth.

**Ephesians 3:16**

*KJV* "That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man."

**Mark 11:24**

*KJV* "Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."

**Jeremiah 29:11**

*KJV* "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."

**Romans 8:28**

*KJV* "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

**Psalms 56:3-4**

*KJV* "What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust..."

**Romans 4:20**

*KJV* "He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God."

## Everyday Affirmations to Restore Hope

**Psalms 66:19**

*KJV* "...Verily God hath heard me; he hath attended to the voice of my prayer."

**Philippians 4:6-7**

*KJV* "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

**Luke 1:45**

*KJV* "And blessed is she that believed: for there shall be a performance of those things which were told her from the Lord."

**1 Samuel 1:27**

*KJV* "For this child I prayed; and the Lord hath given me my petition which I asked of him."

**Psalms 136**

*KJV* "I will sing unto the Lord, because he hath dealt bountifully with me."

**Job 10:12**

*KJV* "Thou hast granted me life and favour..."

## Biblical Stories of Infertility

- Sarah - **Genesis 11-21**
  - Topics - old age, promise, hope, unbelief, doubt, impatience, desperation, shame, insecurity, jealousy, regret, bitterness, faith.
- Rebekah - **Genesis 24-25**
  - Topics - support, confusion, disappointment.
- Rachel - **Genesis 29-30**
  - Topics - hope, jealousy, insecurity, sorrow, impatience, desperation, joy, relief.
- Hannah - **1 Samuel 1-2**
  - Topics - grief, anguish, despair, shame, support, prayer, peace, faith, promise.
- Elizabeth - **Luke 1**
  - Topics - old age, promise, doubt, shame, joy.
- Samson's Mother (unnamed) - **Judges 13**
  - Topics - promise, obedience, faith, prayer.



## Prayers of Frustration

### **Psalm 13:1-2**

*NIV* "How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

### **Psalm 25:16-17**

*NIV* "Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish."

## Comforting Verses

### **2 Corinthians 1:3-4**

*NIV* "...the Father of compassion and the God of all comfort, who comforts us in all our troubles..."

### **Psalm 119:76**

*NIV* "May your unfailing love be my comfort, according to your promise to your servant."

### **Psalm 34:18**

*NIV* "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

### **Psalm 147:3**

*NIV* "He heals the brokenhearted and binds up their wounds."

### **1 Peter 5:7**

*NIV* "Cast all your anxiety on him because he cares for you."

### **Isaiah 41:10**

*NIV* "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

### **Romans 15:13**

*NIV* "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

### **Romans 4:21**

*NIV* "Being fully persuaded that God had power to do what he had promised."

## Encouraging Reminders

### **Hebrews 11:1**

*NIV* "Now faith is confidence in what we hope for and assurance about what we do not see."

**Ecclesiastes 3:1**

*NIV* "There is a time for everything, and a season for every activity under the heavens."

**Proverbs 3:5**

*NIV* "Trust in the Lord with all your heart and lean not on your own understanding."

**Proverbs 16:9**

*NIV* "In their hearts humans plan their course, but the Lord establishes their steps."

**Psalms 37:4**

*NIV* "Take delight in the Lord, and he will give you the desires of your heart."

**Romans 12:12**

*NIV* "Be joyful in hope, patient in affliction, faithful in prayer."

**2 Corinthians 1:20**

*NIV* "For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God."

**Isaiah 40:31**

*NIV* "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

**Isaiah 26:3**

*NIV* "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

**Philippians 4:7**

*NIV* "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

**Proverbs 13:12**

*NIV* "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

## **Scriptures to Renew Your Mind**

Waiting for an answered prayer can give space to doubts and lies, so we must renew our minds with God's truth.

**Ephesians 3:16**

*NIV* "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."

**Mark 11:24**

*NIV* “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

**Jeremiah 29:11**

*NIV* “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**Romans 8:28**

*NIV* “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

**Psalms 56:3-4**

*NIV* “When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust...”

**Romans 4:20**

*NIV* “Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God.”

## Everyday Affirmations to Restore Hope

**Psalms 66:19**

*NIV* “...God has surely listened and has heard my prayer.”

**Philippians 4:6-7**

*NIV* “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**Luke 1:45**

*NIV* “Blessed is she who has believed that the Lord would fulfill his promises to her!”

**1 Samuel 1:27**

*NIV* “I prayed for this child, and the Lord has granted me what I asked of him.”

**Psalms 13:6**

*NIV* “I will sing the Lord’s praise, for he has been good to me.”

**Job 10:12**

*NIV* “You gave me life and showed me kindness...”

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