

ANGER

**Be angry and do not sin;
do not let the sun go
down on your anger.**

-Ephesians 4:26

ANGER

**A soft answer turns
away wrath, but a harsh
word stirs up anger**

-Proverbs 15:1

ANGER

**Refrain from anger,
and forsake wrath!
Fret not yourself; it tends
only to evil.**

-Psalm 37:8

FEAR

**Fear not, for I am with you;
be not dismayed, for I am your
God; I will strengthen you,
I will help you, I will uphold you
with my righteous right hand**

-Isaiah 41:10

FEAR

**For God gave us a spirit
not of fear but of power
& love and self-control.**

-2 Timothy 1:7

FEAR

**The Lord is my light and my
salvation; whom shall I fear?
The Lord is the stronghold of
my life; of whom shall I be
afraid?**

-Psalm 27:1

INSTRUCTIONS:

- Print out this sheet.
- Cut out each Bible verse card along the dotted lines.
- Use these cards as reminders or encouragement when you experience different emotions.
- Memorize the verses to help you find comfort, peace, and guidance in God's Word.



JOY

**Rejoice in the Lord
always; again I will say,
rejoice.**

-Philippians 4:4

JOY

**The joy of the Lord is
your strength.**

-Nehemiah 8:10

JOY

**You make known to me the
path of life; in your presence
there is fullness of joy; at your
right hand are pleasures
forevermore.**

-Psalm 16:11

LOVE

**Love is patient and kind; love does
not envy or boast; it is not arrogant
or rude. It does not insist on its own
way; it is not irritable or resentful;
it does not rejoice at wrongdoing,
but rejoices with the truth.**

-1 Corinthians 13:4-6

LOVE

**Above all, keep loving one
another earnestly, since love
covers a multitude of sins.**

-1 Peter 4:8

LOVE

**We love because
he first loved us.**

-1 John 4:19

PEACE

**Peace I leave with you; my
peace I give to you. Not as the
world gives do I give to you. Let
not your hearts be troubled,
neither let them be afraid.**

-John 14:27

PEACE

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

-Philippians 4:7

PEACE

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

-Isaiah 26:3

SADNESS

The Lord is near to the brokenhearted and saves the crushed in spirit.

-Psalm 34:18

SADNESS

Blessed are those who mourn, for they shall be comforted.

-Matthew 5:4

SADNESS

Weeping may tarry for the night, but joy comes with the morning.

-Psalm 30:5

TRUST

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

-Proverbs 3:5-6

TRUST

Commit your way to the Lord; trust in him, and he will act.

-Psalm 37:5

TRUST

Blessed is the man who trusts in the Lord, whose trust is the Lord.

-Jeremiah 17:7

WORRY

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

-Philippians 4:6-7

WORRY

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

-1 Peter 5:7

WORRY

**Therefore do not be anxious
about tomorrow, for tomorrow
will be anxious for itself.
Sufficient for the day is its own
trouble.**

-Matthew 6:34