

## Flood the Foothold with Truth

### **Anger - James 1:19–20 (CSB)**

*“Everyone should be quick to listen, slow to speak, and slow to anger, for human anger does not accomplish God’s righteousness.”*

### **Anxiety or Fear - Philippians 4:6–7 (CSB)**

*“Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and minds in Christ Jesus.”*

### **Bitterness or Unforgiveness - Ephesians 4:31–32 (CSB)**

*“Let all bitterness... be removed from you... and be kind and compassionate... forgiving one another, just as God also forgave you in Christ.”*

### **Comparison or Insecurity - Psalm 139:14 (CSB)**

*“I will praise you because I have been remarkably and wondrously made...”*

### **Temptation - 1 Corinthians 10:13 (CSB)**

*“No temptation has come upon you except what is common to humanity... with the temptation he will also provide the way out...”*



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**How to Find Scripture for Your Struggle:**

**1. Start with the struggle** - Identify what you're wrestling with—fear, shame, loneliness, temptation, doubt, etc.

**2. Use a Bible app or search tool** - Search phrases like:

- “Bible verses about fear”
- “Scriptures on forgiveness”
- “What does the Bible say about temptation?”

**3. Write down or save 1–2 key verses** - Keep them where you'll see them—your phone lock screen, a note card, your mirror.

**4. Read them. Pray them. Speak them out loud** - The more you rehearse the truth, the less space the lie has to live in you.

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**Worry** – Matthew 6:34

**Shame** – Isaiah 54:4

**Guilt** – Micah 7:19

**Loneliness** – Psalm 27:10

**Rejection** – John 6:37

**Jealousy** – Proverbs 14:30

**Pride** – Proverbs 16:18

**Impatience** – Galatians 6:9

**Doubt** – James 1:6

**Discouragement** – Joshua 1:9

**Weariness** – Isaiah 40:31

**Hopelessness** – Romans 15:13

**Financial Stress** – Philippians 4:19

**Lack of Direction** – Psalm 32:8

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**Lack of Direction** – Psalm 32:8

## Armor of God Prayer

Heavenly Father,

I recognize that my primary struggle today will not be against flesh and blood. I know there is more to this life than meets the eye. Help me to see people the way You see them and to respond accordingly.

Give me the strength to stand my ground against this world. Enable me to recognize its twisted values and perspectives.

Today I choose to stand firm with the belt of truth buckled around my waist. Bring to my mind what is true when confronted with the lies that permeate this world. As I open Your Word, renew my mind to what is true.

I put on the breastplate of righteousness. Thank You for giving me a righteous standing with You. With Your help I will live a life that reflects that righteousness. Give me the wisdom to know what's right and the courage to do what's right even when it is hard.

I put on the shoes of readiness for the Gospel of peace. Make me steady and grounded - ready to stand my ground in the battle and ready to move where you lead. Let Your peace guide my steps today. Give me boldness to speak Your truth, and sensitivity to love those who don't know you yet. Help me stay ready for both the fight and the mission.

I take up the shield of faith, which has the power to help me stand against temptation, rejection, doubt and fear. On the cross, Christ overcame the power of sin on my behalf and proved once and for all that I am fully accepted. His resurrection took away the basis for all my doubt and fear.

I put on the helmet of salvation. My salvation is a reminder of all You have done and will do in me. It is a reminder of who I am and to Whom I belong. You bought me with a price. You must consider me valuable. You have called me Your child. You must consider me lovable.

Lastly, I take up the sword of the Spirit, which is Your Word. Your Word is a lamp to my feet and a light to my path. Through Your Word, bring my ways in line with Your ways and my thoughts in line with Your thoughts.

I ask all of this in the name of Jesus, Amen



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