

From 3 Wise Women

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.*

- Teresa of Avila, 1515-1582, mystic and theologian

*God did not say,
You will not be troubled,
You will not be laboured,
You will not be disquieted;
But God said,
You will not be overcome.*

- Mother Julian of Norwich.
14th century writer and counsellor

Worry does not empty tomorrow of its sorrow. It empties today of its strength.

- Corrie ten Boom, 1892-1983, watchmaker, writer and concentration camp survivor

From the Bible

Psalm 16:8

I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

Isaiah 12:2 Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation.

Proverbs 18:10

The name of the Lord is a strong tower; the righteous run into it and are safe.

Isaiah 40:29

He gives power to the weak and strength to the powerless

John 14:27

Peace I leave with you; my peace do I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1 Peter 5:7

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

Philippians 4:12-13

I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation...I can do everything through him who gives me strength.