

A soft-focus background image featuring a person's face in the upper right and a Bible with the words 'HOLY BIBLE' visible on its cover in the lower left. The text is overlaid on a light pink rectangular frame.

**20 BIBLE VERSES FOR**

# **BATTLING CHRONIC ILLNESS**

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I'm Cassidy, a spoonie who has POTS, EDS, MCAS, & GP, but I'm defined by Jesus! It is my desire to encourage your heart. I am so excited to share with you 20 Bible verses that help me in my daily battle with chronic illness. If you are reading this, I can only assume that you are going through something similar as well. I want you to know that you are not alone. No matter your story or your background, there is a place for you here.

Even in the midst of something so difficult, there is hope and purpose. It is my prayer that these verse can be anchors for you like they have been for me.

FROM MY HEART TO YOURS,

*Cassidy* ♥

# Hey There!

## Let's be friends!



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1

"I love you, O LORD, my strength. The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold...In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears". **Psalm 18:1-2,6**

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong." **2 Corinthians 12:9-10**

23

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." **John 16:33**

"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**

45

"Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength...but they who wait upon the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." **Isaiah 40: 28-29,31**

"He heals the brokenhearted and binds up their wounds. He determines the number of the stars; he gives to all of them their names. Great is our Lord, and abundant in power; his understanding is beyond measure." **Psalm 147: 3-5**

67

"Behold, God is my helper; the Lord is the upholder of my life." **Psalm 54:4**

8

"The LORD will fight for you, and you have only to be silent." **Exodus 14:14**

"The LORD is a stronghold for the oppressed, a stronghold in times of trouble. And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you." **Psalms 9:9-10**

9

10

"Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you...It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed." **Deuteronomy 31:6,8**

"Rejoice not over me, o my enemy; when I fall, I shall rise; when I sit in darkness, the LORD will be a light to me." **Micah 7:8**

11

12

"My flesh and heart may fail, but God is the strength of my heart and my portion forever." **Psalms 73:26**

"I have set the LORD always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure." **Psalms 16:8-9**

13

14

"He restores my soul." **Psalms 23:3**

15

"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; 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 Jesus Christ. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things... Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."

**Philippians 4:4-9, 11-13**

16

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." **Psalms 139:13-14**

17

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution or famine, or nakedness, or danger, or sword?...No, in all of these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

**Romans 8:31-39**

18

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." **Ephesians 2:10**

19

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." **Hebrews 4:15-16**

20

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies." **2 Corinthians 4: 8-10**