



Bible Promises ⁷

*When you feel
blue or sad*





Thank you for downloading When you feel blue or sad.

Life is filled with seasons some full of joy, and others marked by heaviness, sadness, or quiet struggles. In those moments when our hearts feel low, it's important to remember that we are never alone. God sees us, knows us, and walks with us through every emotion and every circumstance.

This folder has been prepared as a gentle reminder of His presence and His promises. Within these pages, you will find Scripture, reflections, and encouragement meant to lift your spirit and guide you back to hope. Even when your heart feels burdened, God's Word remains a steady anchor for your soul.

My prayer is that as you read and reflect, you will experience His peace, His comfort, and His nearness in a personal way. May you be reminded that no matter how you feel, God's love for you never changes and His light will always shine, even in the darkest moments.

You are deeply loved, and you are never walking this journey alone.

With prayer and blessing,

Pastor Dan

Hopeful Hearts Ministry



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1

The LORD is close to the brokenhearted and saves those who are crushed in spirit..

Psalm 34:18

God Is Near to the Brokenhearted

This verse is a beautiful reminder that God draws especially near in our pain. When your heart feels heavy, when disappointment or sorrow weighs you down, you are not forgotten. God does not distance Himself from your brokenness He moves closer to it.

He sees every tear, understands every hurt, and gently brings comfort to your soul. In your weakest moments, His presence becomes your strength. You don't have to hide your pain or pretend to be strong God meets you right where you are and begins to restore what feels shattered.

Even in the deepest sadness, you can hold onto this truth: you are not alone, and God is right beside you, holding your heart with care.



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2

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28

Come to Jesus and Find Rest

Jesus speaks these words as a personal invitation to every tired and overwhelmed heart. Life can become heavy filled with worries, responsibilities, and struggles that seem too much to carry. But instead of facing it alone, Jesus calls you to come to Him just as you are.

He doesn't ask you to fix everything first or to have it all together. He simply invites you to bring your burdens to Him. In His presence, you will find true rest not just physical rest, but deep peace for your soul.

When you feel worn out or weighed down, remember that you have a place to go. Jesus is always ready to receive you, to lift your burdens, and to fill your heart with His peace.



Bible Promises⁷

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3

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:11

Hope in God, Even When Your Soul Is Downcast

This verse speaks honestly about the struggle within our hearts. Even people of faith experience moments of sadness, doubt, and inner turmoil. The psalmist doesn't ignore these feelings he brings them into the open and speaks truth over them.

Instead of staying in despair, he gently reminds his soul to hope in God. This is a powerful act of faith, choosing to trust God even when emotions say otherwise. It shows us that it's okay to feel low, but we are not meant to stay there.

When your heart feels troubled, take a moment to speak truth to yourself. Lift your eyes to God, who is faithful and unchanging. Your feelings may shift, but your hope in Him can remain steady and strong.



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4

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.

Isaiah 41:10

Do Not Fear God Is With You

This verse is a powerful promise for every moment of fear and uncertainty. When life feels overwhelming and you don't know what lies ahead, God speaks directly to your heart: Do not fear. Not because life is easy, but because He is with you.

God doesn't just watch from a distance He steps in. He promises to strengthen you when you feel weak, to help you when you feel helpless, and to hold you steady when everything around you feels unstable.

You don't have to rely on your own strength. His presence is your security, and His power is enough for whatever you face. No matter the situation, you can move forward with confidence, knowing that God is right beside you, holding you up every step of the way.



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5

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

The God of All Comfort

This passage reveals the heart of God as a loving and compassionate Father. He is not distant from our pain He is the source of true comfort in every situation we face.

No matter how deep the hurt or how heavy the burden, God meets us with His presence and care.

His comfort is personal and powerful. He understands our struggles and gently brings peace to our hearts, reminding us that we are not alone. But this comfort doesn't stop with us it flows through us. As we receive His healing and strength, we are also able to encourage and support others who are going through difficult times.

God's comfort is a gift meant to be shared. He lifts us up so that we can help lift others, becoming a reflection of His love in a hurting world.



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6

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

He Heals the Brokenhearted

This verse paints a tender picture of God as a healer. When life leaves us wounded through loss, disappointment, or pain God does not turn away. Instead, He draws near with compassion, gently caring for the places that hurt the most.

Healing doesn't always happen instantly, but God works patiently and lovingly, restoring our hearts piece by piece. He sees every hidden pain, every silent tear, and He knows exactly what we need.

No wound is too deep and no heart is too broken for Him. In His hands, what feels shattered can be made whole again. You can trust Him to bring healing, renewal, and hope in His perfect time.



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7

Peace I leave with you; my peace 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.

John 14:27

Peace That Overcomes Fear

In this verse, Jesus offers a peace unlike anything the world can give a calm that steadies our hearts even in the midst of storms. Life can be unpredictable, full of worry, fear, and uncertainty, but Jesus reminds us that His peace is available to us always.

This is not a temporary relief, but a deep, lasting assurance that God's presence surrounds us. It's a peace that frees us from fear, calms our troubled hearts, and allows us to trust Him fully.

No matter what challenges come your way, you can carry His peace with you. Let it guard your heart and mind, knowing that Jesus Himself walks beside you, steadying every step.



Bible Promises 7



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