



---

## SCRIPTURE AS AN ANCHOR FOR YOUR SOUL: A GIFT FROM GRACE & MERCY CHANGE COACHING

---

I've experienced burnout firsthand and know how draining and isolating it can be. There were times when I felt worn down and uncertain about what was next. In my journey, I turned to the Scriptures below to stay anchored in God's unwavering promises and presence!

*I invite you to read these Scriptures aloud, perhaps in front of a mirror. This practice can be a powerful experience to begin internalizing these truths and anchoring yourself in God's promises and His love for you!*

### **God's Promises to You!**

(Adjusted from the NIV to first person to see *yourself* in them)

*The Lord my God is with me wherever I go.  
(Joshua 1:4)*

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

*I praise you (God), for I am fearfully and wonderfully made.  
(Psalm 139:14)*

*God will keep me in perfect peace when my mind is steadfast because I trust in Him.  
(Isaiah 26:3)*

*God will strengthen me, help me, and uphold me with His righteous right hand; He is with me.  
(Isaiah 41:10)*

*My heavenly Father feeds the birds daily, and He sees me as even more worthy of His daily care.  
(Matthew 6:26)*

*Jesus is with me always, to the end of the age.  
(Matthew 28:20)*

*There is no condemnation for me because I am in Christ Jesus.  
(Romans 8:1)*

*All things work together for my good because I love Him.  
(Romans 8:28)*



*Nothing will separate me from the love of God that is in Christ Jesus.  
(Romans 8:39)*

*God comforts the downcast; He comforts me as well!  
(2 Corinthians 7:6)*

*God is able to make all grace abound to me, so that I will have all I need for every good work.  
(2 Corinthians 9:8)*

*God's grace is sufficient for me, and His power is made perfect in my weakness.  
(2 Corinthians 12:9)*

*I may approach God with freedom and confidence through faith in Him.  
(Ephesians 3:12)*

*I can do all this through Him who gives me strength.  
(Philippians 4:13)*

*God will supply all my needs according to His riches in glory.  
(Philippians 4:19)*

*God has not given me a spirit of fear, but of power, love, and self-discipline.  
(2 Timothy 1:7)*

*God will not lie to me, for He cannot lie.  
(Titus 1:2)*

*God is just; He will repay with trouble those who trouble me.  
(2 Thessalonians 1:6)*

*If I ask for wisdom from God, He will give it to me generously.  
(James 1:5)*

*If I draw near to God, He will draw near to me.  
(James 4:8)*

*My prayers are powerful and effective because I am righteous in Christ.  
(James 5:16)*

If these Scriptures resonated with you, please know you don't have to navigate this season alone.

Thank you for allowing me to share this collection of Scriptures with you. I hope these words strengthen your faith, remind you of God's presence, and encourage you as you work through burnout.

If you're ready to take the next step or would like additional support, I invite you to explore our coaching services at [Grace & Mercy Change Coaching](#).

