

| Am. . .

Loved.

The Lord your God is in your midst, a mighty One who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing. Zephaniah 3:17, ESV

But now thus says the Lord, He who created you..."Fear not, for I have redeemed you; I have called you by name, you are Mine." Isaiah 43:1, ESV

Worthy.

You have been bought and paid for by Christ, so you belong to Him—be free now from all these earthly prides and fears. 1 Corinthians 7:23, TLB

Understood.

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. Hebrews 4:15, ESV

Helped.

God is our refuge and strength, a very present help in trouble. Psalm 46:1, ESV

Known.

O Lord, You have searched me and known me! You know when I sit down and when I rise up; You discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, You know it altogether. Psalm 139:1-4, ESV

Not Alone.

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, ESV