

## A Healthier Holiday - BIBLE

Described as a map, a field guide, a mirror and a love letter, the Bible is a big book that can feel a bit intimidating to read. Nonetheless, it's filled with reminders of who God is and promises about how he feels about us. We need to know this especially during the holidays.

### Read a verse

- **Comfort**

Isaiah 58:11

Matthew 1:21-23

2 Corinthians 1:3-5

- **Forgiveness**

Psalms 130:3-4a

Colossians 1:13-14

1 John 1:9

- **Reconciliation**

Psalms 103:12

Romans 3:24

Colossians 1:22-23

- **Prayer**

Matthew 14:23

Philippians 4:6-7

Philippians 4:8

- **Fear**

1 Samuel 12:20-22

Isaiah 41:10

Luke 12:32

- **Hopelessness**

Psalms 31:9-17

Jeremiah 29:11

Lamentations 3:19-26

- **Help**

Psalms 23

Psalms 46

1 Corinthians 15:57

- **Healing**

Psalms 107:20

Matthew 8

3 John 1:2

- **Salvation**

John 3:16-17

Romans 10:8-9

Titus 3:4-7