

Promises to Hold Onto When Life Feels Like a Test

Scripture truths to return to when you cannot see what God is doing.

These promises do not tell us exactly how a difficult situation will end. They remind us who God is, what He has already given us in Christ, and what remains true while we wait.



1. God will not leave you.

Hebrews 13:5

Keep your lives free from the love of money and be content with what you have, for God has said: "Never will I leave you, never will I forsake you."

You may not understand what He is doing, but you are not walking through this season alone.

2. Nothing can separate you from God's love in Christ.

Romans 8:38–39

For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

A hard season is not evidence that God has stopped loving you.

3. God gives wisdom when you ask Him.

James 1:5

Now if any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

You may not receive the whole plan, but you can ask for wisdom for the step in front of you.

4. God is at work even when you cannot see what He is doing.

Romans 8:28–29

And we know that God works all things together for the good of those who love Him, who are called according to His purpose. For those God foreknew, He also predestined to be conformed to the image of His Son, so that He would be the firstborn among many brothers.

He is not only working in your circumstances; He is also forming you to become more like Christ.

5. The Holy Spirit helps you in your weakness.

Romans 8:26

In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words.

When you do not know what to pray or how to carry what you are facing, you are not left to do it alone.

6. God invites you to bring your anxiety to Him.

Philippians 4:6-7

Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

You can bring the real fear, uncertainty, and questions to Him rather than pretending you are fine.

7. God gives peace that is not dependent on having all the answers.

Philippians 4:7

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

His peace can guard your heart and mind even while the situation remains unresolved.

8. God is near to those who are hurting.

Psalms 34:18

The LORD is near to the brokenhearted; He saves the contrite in spirit.

Pain does not push you farther away from Him. Scripture tells us He draws near to the brokenhearted.

9. You can come to God for mercy and help.

Hebrews 4:15-16

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

You do not have to approach Him as someone trying to prove yourself. You are invited to come honestly and receive grace.

10. God will continue the work He began in you.

Philippians 1:6

Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

A difficult season does not mean He has abandoned your growth or forgotten what He is doing in your life.

11. Testing can produce endurance and maturity.

James 1:2–4

Consider it pure joy, my brothers, when you encounter trials of many kinds, because you know that the testing of your faith develops perseverance. Allow perseverance to finish its work, so that you may be mature and complete, not lacking anything.

Hardship is not meaningless. God can use it to grow perseverance and deepen your faith.

12. God is faithful in temptation and will provide a way to endure it.

1 Corinthians 10:13

No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide an escape, so that you can stand up under it.

Testing and temptation are not the same thing, but when temptation comes in a hard season, God does not abandon you to it.

13. Jesus has already overcome the world.

John 16:33

I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!

Jesus never promised a life without trouble, but He did promise that trouble does not have the final word.

14. Your life is secure in Christ.

John 10:27–28

My sheep listen to My voice; I know them, and they follow Me. I give them eternal life, and they will never perish. No one can snatch them out of My hand.

Uncertain circumstances do not mean your relationship with Him is uncertain.

15. God's grace is sufficient in weakness.

2 Corinthians 12:9

But He said to me, "My grace is sufficient for you, for My power is perfected in weakness." Therefore I will boast all the more gladly in my weaknesses, so that the power of Christ may rest on me.

You do not have to be strong enough on your own for what you are facing.

16. You can cast your cares on God because He cares for you.

1 Peter 5:7

Cast all your anxiety on Him, because He cares for you.

Your concerns are not too small, too repetitive, or too complicated to bring to Him.

17. God can use suffering to strengthen and establish you.

1 Peter 5:10

And after you have suffered for a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore you, secure you, strengthen you, and establish you.

Scripture does not minimize suffering, but it does remind us that it is not the end of the story.

18. God is your refuge and strength.

Psalms 46:1

God is our refuge and strength, an ever-present help in times of trouble.

He is not only present after the crisis passes; He is present in the middle of it.

19. God's Word gives light for the next step.

Psalms 119:105

Your word is a lamp to my feet and a light to my path.

He may not show you the entire road, but He gives enough light to keep walking.

20. God will ultimately make all things new.

Revelation 21:3–5

And I heard a loud voice from the throne saying: "Behold, the dwelling place of God is with man, and He will dwell with them. They will be His people, and God Himself will be with them as their God. 'He will wipe away every tear from their eyes,' and there will be no more death or mourning or crying or pain, for the former things have passed away." And the One seated on the throne said, "Behold, I make all things new." Then He said, "Write this down, for these words are faithful and true."

Whatever is broken now will not remain broken forever.

Scripture quotations are from the Berean Standard Bible (BSB), a public-domain Bible text.

A Message of Hope Ministry

You are seen. You are known. You are loved.