### Prayers & Promises for Times of Trouble

**I PRAISE YOU Lord,** that You are my High Tower that I can run to in my distress. The troubles I face are overwhelming. The enemy wants to overcome me and bring me to despair, but You are my deliverer. I will hope in You!

**I PRAISE YOU Lord,** that You are a REFUGE in times of trial! You are my safe place! You will never forsake them that seek You, and because of that I will sing praises of thanksgiving to You, even in this trial, for what the enemy has meant for evil, You can turn to good (Gen. 50:20).

**I PRAISE YOU Lord,** that I don’t need to be fearful about the future, because You promise to hold my hand. You promise to strengthen me. You also promise that when I keep focused on Your mission for my life, You will work things together for my best good (Rom. 8:28).

**I PRAISE YOU Lord,** that I promise to hide me in Your pavilion and to set me upon a rock. You also encompass me about with songs of deliverance. Thank You for being my ROCK. Thank You for carrying me safely thru this storm.

**I PRAISE YOU Lord,** that we know in the end YOU will be the mighty victor. You promise to save Your anointed. I am not worthy Lord, but You are worthy, and my hope is in You and Your righteousness. No matter what happens now, I will trust in Your Name and Your Word.

**I PRAISE YOU Lord,** that truly Your grace is indeed sufficient for all my need! While I would like immediate deliverance from this trial/trouble/pain, I praise You for Your strength that is made perfect even in my weakness. My life is in Your hands. Whatever the outcome, may You be glorified!