
A KINGDOM GROWTH GUIDE

SCRIPTURES FOR THE LIFE YOU DIDN'T PLAN

A Biblical Encouragement Guide
for Seasons of Change

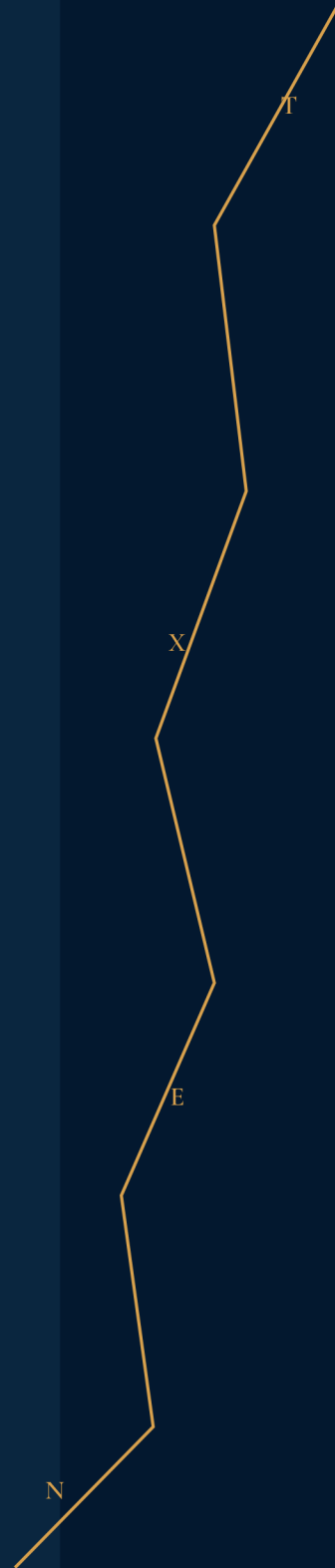
When the path changes,
God's Word remains.

"Thy word is a lamp unto my feet, and a light unto my path."

Psalms 119:105 KJV

ANGELA CONNER FOLAND

KINGDOM GROWTH



Let Scripture Meet You Where You Are

“God’s Word does not require you to hide the pain before you come close.”

When Tim became critically ill, the future we expected changed quickly. In the hospital and in the months that followed, I did not always have the capacity to read long passages, form polished prayers, or understand what would happen next. I needed truth I could return to when fear, exhaustion, medical uncertainty, caregiving, and financial pressure became loud.

Scripture did not erase the hospital room or make every decision easy. It reminded me who God is when my own thoughts were overwhelmed. Sometimes one verse was enough to steady me for the next conversation, the next hour, or the next faithful step.

This guide is not a collection of quick answers, and it is not meant to minimize grief or replace practical support. It is an invitation to bring your real circumstances into God’s presence and let His Word become an anchor in a life you did not plan.

Begin with the section that matches what you are carrying today. Read slowly. Return to the surrounding chapter when you are able. You do not need to complete the guide in order. You only need one truth strong enough to carry into this moment.

With faith,

Angela Conner Foland

The season I most need Scripture for today is:

A GENTLE PERMISSION

One verse is enough for today. You are not behind because you need to move slowly.

Begin where you are.

FIND THE SECTION YOU NEED

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A SIMPLE WAY TO USE THIS GUIDE

- ☐ Read the passage aloud once.
- ☐ Notice one phrase that stands out.
- ☐ Write what it shows you about God.
- ☐ Pray the verse back in your own words.
- ☐ Return to it when the day becomes heavy.

Scripture note: All quotations are from the King James Version (KJV). Read the surrounding passage for fuller context.

G When You Are Grieving

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

Psalm 34:18 KJV

“He healeth the broken in heart, and bindeth up their wounds.”

Psalm 147:3 KJV

“Blessed are they that mourn: for they shall be comforted.”

Matthew 5:4 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Faith does not require you to deny that something mattered and was lost. These verses make room for mourning while pointing to a God who comes near, binds wounds, and comforts. Comfort may arrive gradually, through prayer, people, professional support, rest, or the simple strength to face one more day. You do not have to hurry your grief to prove your faith.

A TRUTH TO CARRY

God's nearness is not reserved for the moment after grief; He is near within it.

What am I grieving that I need to name honestly before God?

My prayer in this grief is:

F When Fear Is Loud

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

Isaiah 41:10 KJV

“What time I am afraid, I will trust in thee.”

Psalms 56:3 KJV

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

2 Timothy 1:7 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Fear can be a natural response to illness, loss, financial pressure, conflict, or an uncertain future. Feeling afraid is not the same as surrendering your life to fear. Scripture gives you language for the moment: acknowledge the fear, remember God's presence, and choose the wisest action available. Courage may begin with one phone call, one question, one boundary, or one breath.

A TRUTH TO CARRY

Fear may speak, but it does not have to lead.

What fear is loudest today? Which phrase from these verses will I answer it with?

God, when I am afraid, help me to:



When You Are Waiting

“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Isaiah 40:31 KJV

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”

Psalms 27:14 KJV

“The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD.”

Lamentations 3:25-26 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Waiting can feel passive, but faithful waiting may include resting, gathering information, attending appointments, asking for help, preparing what you can, and refusing to force an answer before it is clear. God's apparent silence is not proof of His absence. You may not know the timeline, but you can still care for what is in front of you today.

A TRUTH TO CARRY

Waiting is not proof that God has forgotten you.

What am I waiting for, and what is still mine to faithfully do today?

While I wait, I ask God for:

P When Provision Feels Uncertain

“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

Philippians 4:19 KJV

“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Matthew 6:31-33 KJV

“The LORD is my shepherd; I shall not want.”

Psalms 23:1 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Financial uncertainty can make every decision feel urgent. Trusting God and taking practical action are not opposites. Provision may come through work, benefits, community assistance, a changed budget, professional guidance, generosity, or an opportunity you did not expect. Bring the need to God, then take the next responsible step without shame.

A TRUTH TO CARRY

Seeking help, asking questions, or making a careful plan is not a lack of faith.

What need is weighing on me most? What practical step and prayer can I bring together?

Father, provide what is needed and give me wisdom to:

E When You Are Exhausted

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30 KJV

“He giveth power to the faint; and to them that have no might he increaseth strength.”

Isaiah 40:29 KJV

“I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.”

Psalms 4:8 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Exhaustion can make ordinary decisions feel impossible. Jesus' invitation to rest is not a reward for finishing every task. It is an invitation for the burdened. Rest may mean sleep, quiet, accepting help, postponing what is not essential, or admitting that your body and mind have limits. You do not have to remain depleted to prove that you are faithful.

A TRUTH TO CARRY

Rest can be a faithful decision, not a failure to keep up.

What can I release, postpone, delegate, simplify, or receive help with?

God, help me receive rest by:

I When You No Longer Recognize Yourself

“But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.”

Isaiah 43:1 KJV

“But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light;”

1 Peter 2:9 KJV

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

Ephesians 2:10 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Roles can change through job loss, caregiving, illness, divorce, retirement, or family transitions. A title may disappear, a routine may end, or your capacity may look different. These passages were written within particular biblical contexts, and they reveal a God who forms, calls, redeems, and gives purpose. A changed role does not erase your worth or what God has placed within you.

A TRUTH TO CARRY

You are more than the role you lost or the responsibility you now carry.

Which role changed? What remains true about who I am before God?

God, remind me that I am:

C When You Need Courage

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

Joshua 1:9 KJV

“And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.”

Deuteronomy 31:8 KJV

“Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.”

Psalms 31:24 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Biblical courage is not pretending that danger, loss, or difficulty is small. It is moving with God's presence in view. Sometimes courage is visible action. Sometimes it is asking for help, telling the truth, setting a boundary, returning to an appointment, or resting before you try again. The step does not have to be large to be brave.

A TRUTH TO CARRY

Courage is not the absence of fear; it is faithfulness in the presence of fear.

Where do I need courage today, and what would one brave, faithful step look like?

God, go before me as I:

U When You Do Not Know What Comes Next

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Proverbs 3:5-6 KJV

“Thy word is a lamp unto my feet, and a light unto my path.”

Psalms 119:105 KJV

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

James 1:5 KJV

WHAT THIS MEANS IN A CHANGED SEASON

You may want the entire plan before you take the first step. Yet a lamp usually gives enough light for the ground directly in front of you, not the whole road. Trust does not require refusing information or wise counsel. You can pray, gather facts, ask for wisdom, and move carefully without demanding certainty about every outcome.

A TRUTH TO CARRY

You can ask God for wisdom without requiring a complete map.

What decision or unknown do I need to place before God? What information is mine to gather?

The next wise and faithful question I can ask is:

H When You Need Hope

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

Romans 15:13 KJV

“It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

Lamentations 3:22-23 KJV

“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.”

Psalms 42:11 KJV

WHAT THIS MEANS IN A CHANGED SEASON

Hope is not denial, forced positivity, or a demand that you call the pain good. Biblical hope can sit beside grief and still look toward God's faithfulness. Some days hope may feel strong. Other days it may be the quiet decision to keep praying, receive help, and believe that today's circumstances are not the whole story.

A TRUTH TO CARRY

Hope does not require you to minimize what hurts.

Where do I most need hope? What evidence of mercy or faithfulness can I notice today?

God of hope, fill me with:

Carry One Verse Into the Week

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” Matthew 6:33 KJV

The verse I am carrying in this season is:

What this verse shows me about God:

The fear or false belief it challenges:

Where I will place or save this verse:

Who I can ask to pray with me or help me remember it:

A SEVEN-DAY SCRIPTURE PRACTICE

- | | |
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| ☐ Day 1: Read the verse slowly three times. | ☐ Day 5: Share it with one trusted person. |
| ☐ Day 2: Write it by hand and underline one phrase. | ☐ Day 6: Notice where the verse meets your real circumstances. |
| ☐ Day 3: Pray the verse back to God in your own words. | ☐ Day 7: Write what you want to continue carrying forward. |
| ☐ Day 4: Read the verses before and after it for context. | |

A CLOSING PRAYER

Father, meet me in Your Word. Help me not use Scripture to deny what hurts, but to bring what hurts into Your presence. Make one truth clear enough to carry when my thoughts are overwhelmed. Give me wisdom for what I can do, grace for what I cannot control, and faith for the step in front of me. Remind me that the life I planned may have changed, but my purpose is not over. In Jesus' name, **Amen.**

Find more faith-based encouragement and free resources at kingdomga.com

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