PINK #1	FOR WHEN YOU FEEL FRUSTRATED	PAGE 1
Stop being	g angry! Turn from your rage! Do not lose your temper—it only lead	ds to harm.
But	you, O Lord, are a God of compassion and mercy, slow to get angry filled with unfailing love faithfulness. - Psalm 86:15 NLT	v and
People w	rith understanding control their anger; a hot temper shows great for - Proverbs 14:29 NLT	olishness.
	A gentle answer deflects anger, but harsh words make tempers flare	2.
But now is t	he time to get rid of anger, rage, malicious behavior, slander, and di - Colossians 3:8 NLT	rty language.
An a	ngry person starts fights; a hot-tempered person commits all kinds o	of sin.
-	ing that stimulates youthful lusts. Instead, pursue righteous living, f ce. Enjoy the companionship of those who call on the Lord with pu - 2 Timothy 2:22 NLT	
"In y	our anger do not sin" Do not let the sun go down while you are still - Ephesians 4:26 NIV	angry.
	nis, my dear brothers and sisters: You must all be quick to listen, slow o get angry. Human anger does not produce the righteousness God - James 1:19-20 NLT	-
Get rid of all b	itterness, rage, anger, harsh words, and slander, as well as all types o - Ephesians 4:31 NLT	of evil behavior.

PINK #2	FOR WHEN YOU FEEL FRUSTRATED	PAGE 2
In every	place of worship, I want men to pray with holy hands lif free from anger and controversy.	ted up to God,
	-1 Timothy 2:8 NLT	
A hor	t-tempered person starts fights; a cool-tempered person s	stops them.
	- Proverbs 15:8 NLT	
Turn av	way from evil and do good. Search for peace, and work to	o maintain it.
	- Psalm 34:14 NLT	
-	nys followed my instructions when I was with you. And r hard to show the results of your salvation, obeying God v	
	- Philippians 2:12 NLT	
S	So let's not get tired of doing what is good. At just the rig we will reap a harvest of blessing if we don't give up	
	- Galatians 6:9 NLT	
Wo	ork at living in peace with everyone, and work at living a for those who are not holy will not see the Lord.	holy life,
	- Hebrews 12:14 NLT	
Therefore con	fess your sins to each other and pray for each other so tha The prayer of a righteous person is powerful and effec	,
	- James 5:16 NIV	
You will kee	ep in perfect peace all who trust in you, all whose thought	ts are fixed on you!
	- Isaiah 26:3 NLT	
-	ll this so that you may have peace in me. Here on earth yo and sorrows. But take heart, because I have overcome the	
	- John 16:33 NLT	
	Control your temper, for anger labels you a fool.	
	- Ecclesiastes 7:9 NLT	

ORANGE #1	FOR WHEN YOU FEEL ANXIOUS	PAGE 3
	Don't worry about anything; instead, pray about everything Tell God what you need, and thank him for all he has done.	
	- Philippians 4:6 NLT	
	afraid, for I am with you. Don't be discouraged, for I am yo hen you and help you. I will hold you up with my victoriou	
	- Isaiah 41:10 NLT	
Whe	n anxiety was great within me, your consolation brought m	e joy.
	- Psalm 94:19 NIV	
For God	l gave us a spirit not of fear but of power and love and self-	control.
	- 2 Timothy 1:7 ESV	
	ope in the Lord will renew their strength. They will soar on y will run and not grow weary, they will walk and not be fa	
	- Isaiah 40:31 NIV	
	Say to those with fearful hearts, "Be strong, and do not fear God is coming to destroy your enemies. He is coming to sa	
	- Isaiah 35:4 NLT	
	not commanded you? Be strong and courageous. Do not be liscouraged, for the Lord your God will be with you wherev	
	- Joshua 1:9 NIV	
	he Lord with all your heart and lean not on your own under l your ways submit to him, and he will make your paths stra	-
	- Proverbs 3:5-6 NLT	
	about anything, but in every situation, by prayer and petition, equests to God. And the peace of God, which transcends all u will guard your hearts and your minds in Christ Jesus.	
	- Joshua 1:9 NIV	
Take my yoke upon you	me to me, all of you who are weary and carry heavy burdens, a . Let me teach you, because I am humble and gentle at heart, a ouls. For my yoke is easy to bear, and the burden I give you is l	nd you will find rest for
	- Matthew 11:28-30 NLT	

ORANGE #2	FOR WHEN YOU FEEL ANXIOUS	PAGE 4
Now ma	ay the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.	
	- 2 Thessalonians 3:16 NIV	
Peace I lea	ave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.	
	- John 14:27 NIV	
	Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.	
	- Psalm 55:22 NLT	
	Cast all your anxiety on him because he cares for you.	
	- 1 Peter 5:7 NIV	
	ven though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.	
	- Psalm 23:4 NIV	
	So we can say with confidence, "The Lord is my helper, so I will have no fear. What can mere people do to me?"	
	- Hebrews 13:6 NLT	
	But when I am afraid,I will put my trust in you.	
	- Psalm 56:3 NLT	
I pray	red to the Lord, and he answered me. He freed me from all my fears.	
	- Psalm 34:4 NLT	
You will keep	in perfect peace those whose minds are steadfast, because they trust in y	ou.
	- Isaiah 26:3 NIV	
Т	The Lord is my light and my salvation— whom shall I fear? he Lord is the stronghold of my life—of whom shall I be afraid?	
	- Psalm 27:1 NIV	

YELLOW #1	FOR WHEN YOU FEEL HAPPY	PAGE 5
May the	God of hope fill you with all joy and peace in believing, so the power of the Holy Spirit you may abound in hope.	nat by the
	- Romans 15:13 ESV	
closely, and let us run with en	rounded by so great a cloud of witnesses, let us also lay aside every we adurance the race that is set before us, looking to Jesus, the founder as e him endured the cross, despising the shame, and is seated at the righ - Hebrews 12:1-2 ESV	nd perfecter of our faith, who
	The hopes of the godly result in happiness, but the expectations of the wicked come to nothing.	
	- Proverbs 10:28 NLT	
You haven't done this	before. Ask, using my name, and you will receive, and you v	vill have abundant joy.
	- John 16:24 NLT	
Taste and s	see that the Lord is good. Oh, the joys of those who take refu	uge in him!
	- Psalm 34:8 NLT	
Those who l	isten to instruction will prosper; those who trust the Lord v	vill be joyful.
	- Proverbs 16:20 NLT	
I praye	ed to the Lord, and he answered me. He freed me from all m	y fears.
	- Psalm 144:15 NLT	
You v	will show me the way of life, granting me the joy of your pre and the pleasures of living with you forever.	sence
	- Psalm 16:11 NLT	
Where there is	s no vision from God, the people run wild, but those who ac instruction know genuine happiness?	dhere to God's
	- Proverbs 29:18 The Voice	
	we have been justified by faith, we have peace with God throughim we have also obtained access by faith into this grace in wh we rejoice in hope of the glory of God.	,
	- Romans 5:1-2 ESV	

YELLOW #2	FOR WHEN YOU FEEL HAPPY	PAGE 6
Always be joyf	ful because you belong to the Lord. I will say it again	. Be joyful!
	- Philippians 4:4 NIRV	
_	done, good and faithful servant! You have been fait	_
i wiii put you iii c	charge of many things. Come and share your master' - Matthew 25:21 NIV	s nappmess:
Delight yours	self in the Lord, and he will give you the desires of yo	our heart.
	- Psalm 37:4 ESV	
	ned by the Lord will return. They will enter Jerusale	5 5
everlasting joy. Sorrow as	nd mourning will disappear, and they will be filled v - Isaiah 35:10 NLT	vith joy and gladness.
	joy choice food and sweet drinks, and send some to	e e e e e e e e e e e e e e e e e e e
prepared. This day is no	oly to our Lord. Do not grieve, for the joy of the Lor - Nehemiah 8:10 NIV	a is your strength.
	n him, you love him; and even though you do not see hi n inexpressible and glorious joy, for you are receiving t faith, the salvation of your souls.	•
	- 1 Peter 1:8-9 NIV	
I have told you these tl	hings so that you will be filled with my joy. Yes, your	joy will overflow!
	- John 15:11 NLT	
May h	e grant you your heart's desire and fulfill all your pla	ns!
	- Psalm 20:4 ESV	
This is the	e day that the Lord has made; let us rejoice and be gla	d in it.
	- Psalm 118:24 ESV	
_	s your joy; be happy in Him, you who are good and to	

Go ahead, shout and rejoice aloud, you whose hearts are honest and straightforward.

- Psalm 32:11 The Voice

GREEN #1	FOR WHEN YOU FEEL GRATEFUL	PAGE 7
Oh give	thanks to the Lord, for he is good; for his steadfast love endure - 1 Chronicles 16:34 ESV	es forever!
Enter his gates w	rith thanksgiving, and his courts with praise! Give thanks to hi - Psalm 100:4 ESV	m; bless his name!
Praise the Lo	rd! Give thanks to the Lord, for he is good! His faithful love er	ndures forever.
	- Psalm 106:1 NLT	
And whate	ver you do, whether in word or deed, do it all in the name of th giving thanks to God the Father through him.	e Lord Jesus,
	- Colossians 3:17 NIV	
Give than	aks in all circumstances; for this is the will of God in Christ Jes	sus for you.
	- 1 Thessalonians 5:18 ESV	
	rd is my strength and shield. I trust him with all my heart. He h nd my heart is filled with joy. I burst out in songs of thanksgivi	<u>.</u>
	- Psalm 28:7 NLT	
Give	thanks to the Lord, for he is good! His faithful love endures fo	orever.
	- Psalm 107:1 NLT	
	ood and perfect is a gift coming down to us from God our Fath ne lights in the heavens. He never changes or casts a shifting sh	
	- James 1:17 NLT	
	I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High.	
	- Psalm 7:17 NIV	
	t the peace that comes from Christ rule in your hearts. For as n f one body you are called to live in peace. And always be thank	
	- Colossians 3:15 NLT	

GREEN #2	FOR WHEN YOU FEEL GRATEFUL	PAGE 8
Dev	ote yourselves to prayer with an alert mind and a thankful h	eart
Bev	- Colossians 4:2 NLT	cart.
	we are receiving a Kingdom that is unshakable, let us be tha and please God by worshiping him with holy fear and awe.	
	- Hebrews 12:28 NLT	
	nis presence with thanksgiving; let us make a joyful noise to ise! For the Lord is a great God, and a great King above all g	•
	- Psalm 95:2-3 ESV	
·	nefit, so that the grace that is reaching more and more people mory of God. Therefore we do not lose heart. Though outwardly yet inwardly we are being renewed day by day.	
	- 2 Corinthians 4:15-16 NIV	
	iched in every way to be generous in every way, which through God. For the ministry of this service is not only supplying the n but is also overflowing in many thanksgivings to God.	-
	- 2 Corinthians 9:11-12 ESV	
Oh give th	anks to the Lord, for he is good; for his steadfast love endur	es forever!
	- Psalm 118:1 ESV	
Iwi	ill praise the Lord at all times. I will constantly speak his pra	ises.
	- Psalm 34:1 NLT	
Gi	ive thanks to the Lord, for he is good. His love endures forev	er.
	- Psalm 136:1 NIV	
And give than	nks for everything to God the Father in the name of our Lord	d Jesus Christ.
	- Ephesians 5:20 NLT	
That my glory may sir	ng your praise and not be silent. O Lord my God, I will give	thanks to you forever!

- Psalm 30:12 ESV

- Psalm 23:1 NLT

BLUE #2	FOR WHEN YOU	U FEEL SAD	PAGE 10
May G	od our Father and the Lord Jesus - 1 Corinthians		
	Blessed are those who mourn, fo - Matthew 5:4	•	
	afraid or discouraged, for the Lowill be with you; he will neither - Deuteronomy?	•	
"This is my c	ommand—be strong and courag For the Lord your God is with - Joshua 1:9 l		
		ard my cry. He lifted me out of the slim ck and gave me a firm place to stand. 2 NIV	y pit, out
him for all he has	done. Then you will experience G	erything. Tell God what you need, and the fod's peace, which exceeds anything we and minds as you live in Christ Jesus.	
He will wipe every tear	from their eyes, and there will b these things are go - Revelation 21		pain. All
		tely with joy and peace because you tru through the power of the Holy Spirit. 3 NLT	st in him.
Weep	ng may last through the night, bu		
Why am I discouraged	Why is my heart so sad? I will p Savior and my - Psalm 42:11		gain—my

PURPLE #1	FOR WHEN YOU FEEL TROUBLED	PAGE 11
	when troubles of any kind come your way, consider it an o w that when your faith is tested, your endurance has a chan	
	- James 1:2-3 NLT	
But	t even if you should suffer for what is right, you are blessed "Do not fear their threats; do not be frightened."	
	- 1 Peter 3:14 NIV	
	I can do all this through him who gives me strength.	
	- Philippians 4:13 NIV	
Don't	t let your hearts be troubled. Trust in God, and trust also in	me.
	- John 14:1 NLT	
The I	Lord is a shelter for the oppressed, a refuge in times of troul	ble.
	- Psalm 9:9 NLT	
	ow that God causes everything to work together for the good o love God and are called according to his purpose for them	
	- Romans 8:28 NLT	
	st him, and be strong in your faith. Remember that your fan r the world is going through the same kind of suffering you	•
	- 1 Peter 5:9 NLT	
Even though I wa	alk through the darkest valley, I will fear no evil, for you are rod and your staff, they comfort me.	with me; your
	- Psalm 23:4 NIV	
G	Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.	
	- Psalm 55:22 NLT	
Wai	t for the Lord; be strong and take heart and wait for the Lor	rd.
	- Psalm 27:14 NIV	

PURPLE #2	FOR WHEN YOU FEEL TROUBLED	PAGE 12
	So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.	
	- 2 Corinthians 4:18 NIV	
"For I kn	now the plans I have for you," declares the Lord, "plans to pros and not to harm you, plans to give you hope and a future."	per you
	- Jeremiah 29:11 NIV	
	the Lord with all your heart and lean not on your own underst ll your ways submit to him, and he will make your paths straig	•
	- Proverbs 3:5-6 NIV	
	not fear, for I am with you; do not be dismayed, for I am your (gthen you and help you; I will uphold you with my righteous r	
	- Isaiah 41:10 NIV	
	he said, "My grace is all you need. My power works best in we o boast about my weaknesses, so that the power of Christ can v	
	- 2 Corinthians 12:9 NLT	
	ast in the Lord will find new strength. They will soar high on w hey will run and not grow weary. They will walk and not faint	
	- Isaiah 40:31 NLT	
What, then, sha	all we say in response to these things? If God is for us, who can	be against us?
	- Romans 8:31 NIV	
Come	to me, all you who are weary and burdened, and I will give you	ı rest.
	- Matthew 11:28 NIV	
	Give all your worries and cares to God, for he cares about you 1 Peter 5:7 NLT	
	- 11 CtC1 7.7 TVL 1	
	this so that you may have peace in me. Here on earth you will and sorrows. But take heart, because I have overcome the world	•
	- John 16:33 NLT	