

25 Scriptural Reasons Not to Give Up

By Joyce M. Averils

A few weeks ago, an attendee at one of my training classes asked me how I kept going, day after day, with my business and all the other things that I do. She continued by adding, "Sometimes, I have these great days when everything is going so well and the next thing I know, everything is turned upside down and I feel like I'm running into roadblocks in all directions. When that happens, I start thinking maybe I made a mistake and being in business is not for me after all. Do you ever feel that way and how do you deal with it?"

My response was that of course I also have those days when nothing seems to go right – and I will continue to have them. However, I have found that as time goes on and I walk in my calling and the purpose for my life, I don't focus on the "bad" days. My life scripture, Jeremiah 29:11, says, "For I know the plans I have for you, declares the Lord; plans to prosper you and not to harm you; plans to give you hope and a future." I know where my hope and my future lie – with the One who called me to do the work that I do. Every day He provides me with everything I need to do it, even when things aren't going as smoothly as I want them to.

Jeremiah 29:11 is just one verse I recite often. Over the years I have kept a list of others in my prayer journal that I use to help me not to give up on those days when I face roadblocks in all directions, in both my business life and personal life. Now, I want to share them with you. My prayer is that they bring you hope during your valley experiences, as well.

Old Testament

Joshua 1:5b – . . . I will never leave you nor forsake you.

Joshua 1:9 – Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

Proverbs 3:5-6 – Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will direct your path.

Proverbs 18:10 – The name of the Lord is a strong tower; the righteous run to it and are safe.

Isaiah 26:3 – You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Isaiah 40:31 - . . . but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 43:2 – When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Psalms

Psalm 27:1 – The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?

Psalm 46:1 – God is our refuge and strength, an ever-present help in trouble.

Psalms 46:5 – God is within her, she will not fall; God will help her at break of day.

Psalms 55:22 – Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

Psalms 121:1-2 – I lift up my eyes to the hills; where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Psalms 139:16b – All the days ordained for me were written in your book before one of them came to be.

New Testament

Matthew 10:29-31 – Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

John 10:27-29 – My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand.

Romans 8:28 – And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:37-39 – No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, 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.

2 Corinthians 4:8-9 – We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

Ephesians 2:10 – For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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.

Philippians 3:12-14 – Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 4:6-7 – Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:13 – I can do all things through Christ who strengthens me.

Philippians 4:19 – And our God will meet all your needs according to his glorious riches in Christ Jesus.