



VoiceRise Truth Fast Collection



*Encouragement, Scripture, and Truth for the Moments
You Need It Most*



For the days when you need peace, hope, strength, and perspective.

How to Use This

Sometimes life feels overwhelming, confusing, or heavy, and in those moments it can be hard to know what to think or what to say.

This collection was created to help you quickly return to truth when your emotions feel loud and your thoughts feel scattered.

When you need encouragement, simply:

- Find the feeling or situation that matches what you're experiencing
- Open that section
- Read slowly and let the truth settle in
- Speak it out loud if you can

There is no order you have to follow.

There is no "right" way to use this.

Just start where you are.

These pages are here to help you breathe again, refocus, and remember what is true.

A gentle reminder:

You don't have to figure everything out right now.

You just need truth for this moment.

And this moment will pass.

Keep speaking life.

Keep holding onto hope.

Keep going.

Truth for Confidence

You don't have to feel strong to be steady. God's strength is not dependent on your confidence. Even in uncertainty, He is working within you.

2 Corinthians 3:5

Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God.

Psalms 139:14

I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

**You are already equipped for
what you're facing.**

You don't have to feel ready to begin.

Truth for Comparison

You were never meant to measure your life against someone else's path. Comparison steals peace, but truth restores identity. You are not behind — you are becoming.

Galatians 6:4

But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

Psalms 139:13-14

For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.

2 Corinthians 10:12

For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

Your life is not late. It is unfolding.

Stay rooted in your own assignment.

Truth for Courage

Courage is not the absence of fear. It is choosing to move forward even while fear is present. God walks beside you in every uncertain step.

Joshua 1:9

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

Psalms 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?

**You are capable of more than fear says
you are.**

Take the next step, even if it feels small.

Truth for Faith

Faith is not the absence of questions. Sometimes faith simply means choosing to trust God one more time. Even small faith can carry you farther than fear.

Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen.

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 shall direct your paths.

Mark 9:24

Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

**God is still working even when you
cannot see it yet.**

You are allowed to grow slowly.

Truth for Hope

Hope is not pretending life is easy. It is believing that your story is not over yet. God is still present in places that feel unfinished.

Romans 15:13

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Jeremiah 29:11

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Psalms 42:11

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

There is still goodness ahead of you.

This season is not the end of your story.

Truth for Fear

Fear feels loud, but it is not final. God's presence is stronger than what you are afraid of. You are not walking through this alone, even if it feels that way.

Isaiah 41:10

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Joshua 1:9

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

Peace is available to you even in this moment.

You are allowed to take this one moment at a time.

Truth for Overthinking

You don't have to solve everything in your mind today. Peace is found when you release what you cannot control. God is steady even when your thoughts are not.

Isaiah 26:3

You will keep him in perfect peace, Whose mind is stayed on You, because he trusts in You.

2 Corinthians 10:5

Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Clarity comes when your mind rests, not races.

Not every thought needs your attention.

Truth for Loneliness

Loneliness can feel heavy, but it is not permanent. God's presence is closer than what you can feel right now. You are not walking through this moment alone.

Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

Matthew 28:20

teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Psalms 34:18

The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

You are never truly alone.

Even in silence, you are still held.

Truth for Peace

Peace does not mean everything is perfect. It means you do not have to carry every burden alone. Even in uncertainty, God is still steady and near.

John 14:27

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Isaiah 26:3

You will keep him in perfect peace, Whose mind is stayed on You, because he trusts in You.

Peace is still possible here.

You do not have to hold everything together today.

Truth for Rejection

Being misunderstood does not mean you are unseen. God's acceptance is not dependent on human approval. You are held even when others walk away.

Romans 8:38-39

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Psalms 27:10

When my father and my mother forsake me, then the Lord will take care of me.

Isaiah 49:16

See, I have inscribed you on the palms of My hands; Your walls are continually before Me.

You are not abandoned. You are held.

You are still chosen even when not chosen by others.

Truth for Self Doubt

You are not defined by the thoughts that question you. God's truth about you is steadier than your uncertainty. Even here, you are held, seen, and being guided forward.

James 1:5

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Philippians 4:13

I can do all things through Christ who strengthens me.

You are not behind. You are being formed.

You don't have to figure everything out today.

Truth for Shame

Shame tells you to hide, but truth invites you to heal. Nothing about your past removes God's love for you. You are not disqualified from becoming whole again.

Romans 8:1

There is therefore now no condemnation to those who are in Christ Jesus, who^[a] do not walk according to the flesh, but according to the Spirit.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Psalms 34:5

They looked to Him and were radiant, And their faces were not ashamed.

You are not your past. You are being made new.

You are not alone in this moment.

Truth for Strength

You do not have to force yourself to be strong all the time. God meets you in weakness and carries what feels too heavy. Strength often grows quietly, one step at a time.

Isaiah 40:31

But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Philippians 4:13

I can do all things through Christ who strengthens me.

2 Corinthians 12:9

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

You are stronger than this moment feels.

Rest is not failure.

Truth for Heavy Seasons

There are seasons when life feels heavier than usual. You may feel tired, discouraged, overwhelmed, or like the person you used to be feels far away. Remember: a difficult season does not erase your identity, your purpose, or the plans God has for you.

Psalm 34:18

The Lord is near to those who have a broken heart, and saves such as [\[a\]](#)have a contrite spirit.

Psalm 42:11

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Isaiah 41:10

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.

My season does not define me.

God is still writing my story.

Before You Go...

*I hope these pages have reminded you of a simple truth:
Whatever you are facing today, you do not have to face it alone.*

There will be days when you feel strong and days when you feel uncertain. Days when your faith feels steady and days when you need a reminder of what is true. When those moments come, return to these pages as often as you need.

Keep speaking life over yourself.

Keep taking the next step.

Keep trusting that God is working, even when you cannot see the full picture.

And most of all, remember:

You are loved.

You are valuable.

You have purpose.

And your story is still being written.

Keep rising.

"Be strong and courageous. Do not be afraid or discouraged, for the Lord your God is with you wherever you go."

— Joshua 1:9

— Cathy Jewell
VoiceRise™