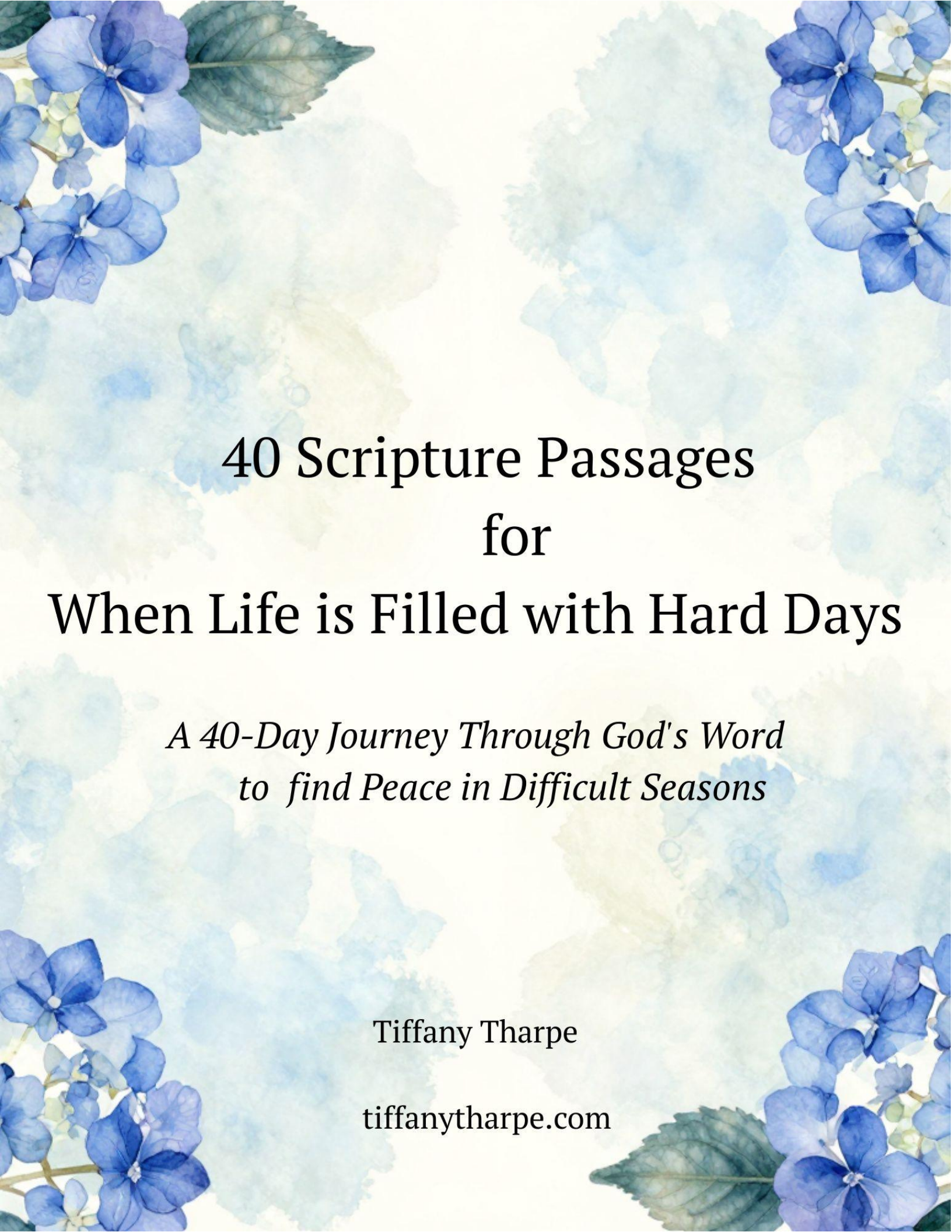




40 Scripture Passages for When Life is Filled with Hard Days

*A 40-Day Journey Through God's Word
to find Peace in Difficult Seasons*

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Life can feel so hard. Sometimes it's just one difficult day. Other times, the hard days stretch on so long that we wonder if things will ever feel normal again.

During those times, it can become hard to remember that we belong to a Creator who loves us and cares for us, and has a purpose for everything in our lives, even those hard days. It can weigh us down and blind us to the hope we have in God.

I know personally that when I've been in the midst of those times when it feels like I'm carrying the weight of the world and have no idea how to keep going, I can only find peace in turning to God's Word.

The Scriptures aren't filled with promises of a life without pain, disappointment, or suffering. But they do tell us about our Heavenly Father and how he loves us, has been faithful to us, and is with us all the time, even when our circumstances make it feel like he's far away. Most importantly, they remind us of the hope we have for eternity beyond the hard days of this life, a hope rooted in the sacrifice of our Lord and Savior Jesus Christ.

I have put together these 40 passages of Scripture in hopes of providing a resource that you and I can use during our hard days to help us remember God's goodness and that his faithful presence is with us.

You'll notice that the readings are longer than one or two verses, and that's because I didn't want to pull out just a comforting sentence and miss out on what God is saying to us in the rest of the passage.

I hope this 40-day journey through God's Word, from the Psalms to Revelation, will remind us where our strength is found when life isn't going the way we wish. It is only by holding on to the hope we have in him that we can persevere by faith, one day at a time.

Day 1

Read Psalm 13:1–6 when you wonder how much longer you can keep going.

David wrote this Psalm when he was running from King Saul or dealing with his son Absalom's treachery. David comes to God with all his questions and sorrows. He asks God again and again, "How long will this last?" Before things get better, David remembers God's love for him and chooses to trust God.

Day 2

Read Psalm 23:1–6 when you need to remember God is with you in tough times.

In this Psalm, David reflects on how God has been with him. God leads him to waters and green pastures, and God walks with him through dark valleys. The good thing isn't that the tough times go away, but that God stays with him.

Day 3

Read Psalm 27:1–14 when you are scared. It's hard to wait for God.

David is confident that God will keep him safe. He also cries out to God not to leave him. David doesn't pretend that everything is okay. He keeps thinking about who God is and tells himself to wait for God with courage.

Day 4

Read Psalm 31:9–24 when you feel worn out, overwhelmed, or scared.

David tells God how much he is suffering. He feels weak because of his mistakes and what others have done to him. David still chooses to trust God. He remembers that even when he thought God had left him, God was always there.

Day 5

Read Psalm 34:1–22 when your heart hurts, and you need to know God is near.

David praises God in this Psalm. He thinks about a time when he was scared and desperate. He tells how he called out to God, and God heard him. David tells others to do the same. He doesn't say bad things won't happen, but assures that God is close to those who are hurting.

Day 6

Read Psalm 42:1–11 and Psalm 43:1–5 when you feel like God has forgotten you.

The person who wrote this Psalm is sad. It feels like God has left him. He tells God all his sorrows. He also gives himself hope. Even when things are still tough, he chooses to look to God and trust that he will praise God again.

Day 7

Read Psalm 46:1–11 when everything around you feels like it's falling apart.

The Psalm says the earth is shaking, mountains are falling, and waters are roaring. In the middle of all this, God is still in control. The person who wrote this Psalm keeps thinking of God as a place, strength, and help.

Day 8

Read Psalm 55:1–23 when you are anxious because of people who have hurt you.

David may have written this Psalm after his son Absalom betrayed him. David is scared and tells God what he wishes would happen to those who hurt him. Then he remembers God and God's plans. Even when things aren't okay, David chooses to trust that God hears him and will help him.

Day 9

Read Psalm 56:1–13 when you are scared and need to choose who to trust.

David is scared. People are trying to hurt him. He doesn't pretend that he isn't scared. He tells God about it and chooses to trust God. David remembers that God sees his tears, knows what he is going through, and is still worthy of his trust.

Day 10

Read Psalm 62:1–12 when you need a place to rest.

David keeps going to God as his rock, salvation, and safe place. People are trying to hurt him. David tells his own heart to wait quietly for God. He doesn't place his hope in power or things. He trusts God's strength and love.

Day 11

Read Psalm 73:21–28 when you feel bitter or weak.

Asaph admits that he was bitter, and it affected how he saw things. When he thinks about God, his perspective changes. When he is weak, he remembers that God is still with him and is his portion forever.

Day 12

Read Psalm 77:1–20 when you don't understand what God is doing.

The person who wrote this Psalm is upset and wonders if God has left him. Then he remembers what amazing things God has done before.

Day 13

Read Psalm 91:1–16 when you are scared and need a safe place.

The person who wrote this Psalm says God is a shelter and safe place. He knows that bad things can happen. He is confident that God is always with him. Even when things are scary, God is a place of refuge.

Day 14

Read Psalm 121:1–8 when you need to remember where your help comes from.

The person who wrote this Psalm looks to God who made heaven and earth. He trusts that God is always watching over him and never gets tired. Whatever happens, he trusts God who is always present.

Day 15

Read Psalm 130:1–8 when you are crying out to God and waiting for morning.

The person who wrote this Psalm calls out to God from a place of despair and asks him to hear him. He knows he can't stand before God on his own. He also knows that God forgives. So, he waits for God with hope, trusting in God's love and redemption.

Day 16

Read Isaiah 40:27–31 when you feel forgotten or worn out.

The people of Israel were tired and wondered if God had forgotten them. Isaiah reminds them that God is everlasting, all-knowing, and never gets tired. When they are weak, they can look to God, trusting that he will give strength.

Day 17

Read Isaiah 41:8–13 when you are scared and feel like you have to face everything alone.

God reminds Israel that he has chosen them and has not abandoned them. He tells them not to be afraid because he's with them, helping them through tough times. Their confidence shouldn't be in themselves but in God, who promises to hold them up.

Day 18

Read Lamentations 3:19–33 when you are in pain, and it's hard to have hope.

Jeremiah remembers his suffering. It weighs heavily on him. He deliberately thinks about God's love, mercy, and compassion. Things don't change, but thinking about God gives him reason to hope.

Day 19

Read Habakkuk 3:16–19 when life has taken a turn you didn't choose, and you are struggling to trust God.

Habakkuk knows tough days are ahead. He doesn't pretend otherwise. Even as he describes various hard situations, he chooses to trust God and rejoice in him. His faith isn't based on things getting better but on who God is.

Day 20

Read Matthew 6:25–34 when you are worried about tomorrow.

Jesus knows how easily we worry about what we need and what might go wrong. He points to God's care for birds and flowers and reminds us that God knows what we need. He tells us not to worry about tomorrow, but to seek God first and trust him with each day.

Day 21

Read Matthew 11:25–30 when you feel burdened or weary.

Jesus invites those who're weary to come to him and find rest. He doesn't promise a life without problems. He offers a gentler way of carrying them with him. His invitation is to learn from him and find rest for your soul.

Day 22

Read John 14:15–27 when your heart is troubled, and you need to remember that Jesus is with you.

Jesus knows his disciples will face hard times and feel uncertain. He promises that the Holy Spirit will be with them and reminds them that his peace is different from the world's peace. It's a peace rooted in his presence, even when things are tough.

Day 23

Read John 16:25–33 when you need peace that doesn't depend on life being easy.

Jesus tells his disciples they will face troubles, but he assures them they can have peace in him because he has overcome the world. Their hope shouldn't rely on problems disappearing, but on knowing that Jesus is greater than anything they will ever face.

Day 24

Read Romans 5:1–5 when you wonder if anything good can come from what you're going through.

God can bring good things out of hard times. Paul doesn't say that suffering is good or easy. He says God can use suffering to help us grow stronger, build our character, and give us hope in God. This hope isn't a wish; it is based on the love that God has shown us through the Holy Spirit.

Day 25

Read Romans 8:18–30 when you are hurting, waiting, and don't know what to pray.

Paul knows that suffering is real. He says that the world is waiting for what God has promised, and sometimes we don't even know how to pray. The Holy Spirit helps us when we are weak, and we can keep waiting with hope for what God is doing.

Day 26

Read Romans 8:31–39 when you are going through tough times and wonder if God still loves you.

Paul lists hard things that believers may face, such as trouble, hardship, and even death. He says none of these things mean God has stopped loving us. Paul is sure that nothing can separate us from God's love, which we have because of Jesus' sacrifice.

Day 27

Read 2 Corinthians 1:3–11 when what you are going through feels too heavy to carry.

Paul writes about a time when he was under a lot of pressure and felt overwhelmed. In that suffering, he learned to trust God more, and God comforted him. Paul also says that the comfort we receive from God can help us comfort others who are hurting.

Day 28

Read 2 Corinthians 4:7–18 when you feel worn down and need to remember that your suffering isn't the story.

Paul says that he was hard-pressed, perplexed, and struck down. He didn't give up. He knew that his weakness showed that God was his strength, not himself. Even when things were difficult, Paul kept his eyes on what's eternal and trusted that what he saw wasn't all there was.

Day 29

Read 2 Corinthians 5:1–10 when your body or circumstances make you long for something easier.

Paul talks about the difficulties of life in our bodies, but he looks forward to what God has prepared for us. He reminds us that this life isn't the end of the story; our hope reaches beyond our suffering to the eternal life we have with God.

Day 30

Read 2 Corinthians 12:7–10 when you have asked God to remove something, and he hasn't.

Paul asked God to take away what was causing him pain, but God didn't remove it. Instead, God said that his grace was enough and his power was made perfect in weakness. Paul learned that his weakness didn't stop God from working through him, and it became the place where God's strength was seen clearly.

Day 31

Read Philippians 4:4–13 when you are anxious and need to bring your thoughts to God.

Paul encourages us to bring our worries to God in prayer with thanksgiving and to be intentional about what we think about. He writes from his experience, having known both need and plenty. His contentment didn't come from his circumstances but from learning to depend on Christ in every situation.

Day 32

Read 1 Thessalonians 4:13–18 when you are grieving the death of a believer and need to hold on to hope.

Paul doesn't tell us not to grieve. He says we don't have to grieve without hope. Because Jesus died and rose again, those who belong to him can look forward to resurrection and being with the Lord forever.

Day 33

Read Hebrews 4:14–16 when you are weak or have failed and are hesitant to come to God.

Jesus understands what it means to be tempted and tested. He remained sinless. As our High Priest, we can confidently approach God during struggles, trusting in his mercy and grace.

Day 34

Read Hebrews 10:19–25 when you need encouragement to keep drawing to God and holding onto hope.

The writer of Hebrews encourages us to keep coming to God with confidence because of what Jesus has done for us. He reminds us to hold to the hope we profess because God is faithful. When hard days make us want to pull away, this passage reminds us to encourage one another and keep walking in faith together.

Day 35

Read Hebrews 12:1–13 when the road feels long, and you need strength to keep going.

The writer of Hebrews compares life to a race requiring endurance and encourages us to focus on Jesus. Life can push us to give up, but this passage urges us to persevere in faith, reminding us that God has a purpose for everything, including our hardships.

Day 36

Read James 1:2–8 when a trial leaves you wondering how you are supposed to keep going or what you should do next.

James doesn't say that trials are pleasant. He says that God can use them to grow perseverance and maturity in us. When we don't know how to handle what we are facing, He tells us to ask God for wisdom. We don't have to have all the answers before we come to him.

Day 37

Read 1 Peter 1:3–9 when present trials are making it hard to hold onto hope.

Peter recognizes believers face seasons of grief and trials. He reminds us of the living hope through Jesus' resurrection and the inheritance God keeps for us. Our suffering is real, but it doesn't change what Christ has secured for us.

Day 38

Read 1 Peter 4:12–19 when suffering because of your faith makes you wonder why this is happening.

Peter warns us not to be surprised by suffering when following Christ, emphasizing it isn't evidence of God's abandonment. He urges us to keep trusting God and remain faithful, doing good and obeying even at a cost.

Day 39

Read 1 Peter 5:6–11 when worry feels heavy and you need to place what you are carrying back into God's hands.

Peter tells us to humble ourselves before God and cast our anxieties on him because he cares for us. He reminds us to stay alert and stand firm in faith, since suffering is real. Our hope rests in the God of all grace, who will restore and strengthen his people.

Day 40

Read Revelation 21:1–7 when you need to remember that the pain and brokenness of this life won't last forever.

John is given a glimpse of heaven and the new earth, where God will dwell with his people and make all things new. One day, death, mourning, crying, and pain will be gone forever. Our hardest days don't get the last word; God does.

Keep Persevering by Faith, One Day at a Time

For your sake and God's glory, I hope that by the time you have made it through these 40 passages of Scripture, your hard circumstances have faded and you're experiencing easier days, but I know that may not be the case.

The hard thing may still be hard. But I hope that by spending this time in God's Word, you remember you aren't going through any of it without him.

In these scriptures, we read about those who were heartbroken, weary, and often wondering where God was. But we also read about a God who was faithful to them when they cried out to him. He was with them in the valleys, the questions, and the suffering.

He is still the same God today, and as our last reading reminded us, he will have the final say. One day, He will make all things new, and there will be no more hard days.

Until then, let us keep opening his word, growing closer to him, and persevering by faith, one day at a time.

Stay Connected

If these 40 days have encouraged you, I'd love to have you join me as we continue learning to trust God and persevere by faith, one day at a time.

You can find more biblical encouragement, as well as stories of redemption, at tiffanytharpe.com, and follow along with me on social media.

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