

Scriptures

to Help and Bless Your Children



BY NESTOR AND DINA LIMA

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*By his divine power, God has given us everything we need
for living a godly life.*

—2 Peter 1:3 (NLT)

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Scriptures to HELP Your Children

All Bible verses are from TLV unless otherwise indicated.

ABANDONMENT

God is our refuge and strength, an ever-present help in trouble. Psalm 46:2.

Though my father and my mother forsake me, Adonai will take me in. Psalm 27:10

ANGER

A fool gives full vent to his temper, but a wise man holds it back. Proverbs 29:11

Better to be slow to anger than a mighty warrior. One who controls his temper is better than one who conquers a city. Proverbs 16:32

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

Be angry, yet do not sin. Do not let the sun go down on your anger, nor give the devil a foothold. Ephesians 4:26-27

Know this, my dear brothers and sisters: let every person be quick to listen, slow to speak, and slow to anger – for human anger doesn't produce the righteousness of God. James 1:19-20

Put away anger and turn from wrath. Do not fret – it only leads to doing evil. For evildoers will be cut off, but those who wait for Adonai – they will inherit the land. Psalm 37:8-9

ANXIETY

Do not be anxious about anything – but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. -Phil.4:6

BETRAYAL

He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He guides me in paths of righteousness for His Name's sake. Psalm 23:2-3

As for me, I will call on God, and Adonai will save me. Psalm 55:17

You keep in perfect peace one whose mind is stayed on You, because he trusts in You.
Isaiah 26:3

BITTERNESS

Bearing with one another and forgiving each other, if anyone has a grievance against another. Just as the Lord pardoned you, so also you must pardon others. Col. 3:13

Create in me a clean heart, O God, and renew a steadfast spirit within me. Psalm 51:12

The heart knows its own bitterness, and no one else can share its joy. Proverbs 14:10

Get rid of all bitterness and rage and anger and quarreling and slander, along with all malice. Ephesians 4:31

CONFESSION

One who covers up his transgressions will not prosper, but whoever confesses and forsakes them finds mercy. Proverbs 28:13

If we confess our sins, He is faithful and righteous to forgive our sins and purify us from all unrighteousness. 1 John 1:9

As far as the east is from the west, so far has He removed our transgressions from us.
Psalm 103:12

In Him we have redemption through His blood – the removal of trespasses – in keeping with the richness of His grace. Ephesians 1:7

DEPRESSION

Cast your burden on Adonai, and He will sustain you. He will never let the righteous be shaken. Psalm 55:22

Fear not, for I am with you, be not dismayed, for I am your God. I will strengthen you. Surely I will help you. I will uphold you with My righteous right hand. Isaiah 41:10

The righteous cry out and Adonai hears, and delivers them from all their troubles. Adonai is close to the brokenhearted, and saves those crushed in spirit. Many are the distresses of the righteous, but Adonai delivers him out of them all. Psalm 34:18-20

DISAPPOINTMENT

These things I have spoken to you, so that in Me you may have shalom. In the world you will have trouble, but take heart! I have overcome the world! John 16:33.

DISCOURAGEMENT

For I know the plans that I have in mind for you, declares Adonai, plans for shalom and not calamity – to give you a future and a hope. Jeremiah 29:11

Wait for Adonai. Be strong, let Your heart take courage, and wait for Adonai. Psalm 27:14.

Now we know that all things work together for good for those who love God, who are called according to His purpose. Romans 8:28

DOUBT

No weapon formed against you will prosper. -Isaiah 54:17

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

FAILURE

Amen, amen I tell you, he who puts his trust in Me, the works that I do he will do; and greater than these he will do, because I am going to the Father. John 14:12

For everyone born of God overcomes the world. And the victory that has overcome the world is this – our faith. Who is it that overcomes the world, if not the one who believes that Yeshua is Ben-Elohim [Son of God]? 1 John 5:4-5

FAVOR/GOD'S FAVOR

For you bless the righteous, O Lord; you cover him with favor as with a shield. Psalm 5:12

FEAR

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me: Your rod and Your staff comfort me. Psalm 23:4

But when I am afraid, I will put my trust in you. Psalm 56:3 NLT

I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me? Psalm 56:4 NLT

Fear not, for I am with you, be not dismayed, for I am your God. I will strengthen you. Surely I will help you. I will uphold you with My righteous right hand. Isaiah 41:10

HEALING: EMOTIONAL/PHYSICAL/SPIRITUAL

He forgives all your iniquity. He heals all your diseases. He redeems your life from the Pit. He crowns you with lovingkindness and compassions. -Ps. 103:3-4

HOPELESSNESS

I will lift up my eyes to the mountains – from where does my help come? My help comes from Adonai, Maker of heaven and earth. Psalm 121:1-2

INFERIORITY/LOW SELF-ESTEEM

Yet You made him a little lower than the angels, and crowned him with glory and majesty! Psalm 8:6

I praise You, for I am awesomely, wonderfully made! Wonderful are Your works – and my soul knows that very well. Psalm 139:14

INSECURITY/SELF-DOUBT

In the fear [awe, respect, love] of Adonai one has strong confidence. Proverbs 14:26

LONELINESS

Fear not, for I have redeemed you, I have called you by name, you are Mine. When you pass through the waters, I will be with you, or through the rivers, they will not overflow you. When you walk through the fire, you will not be burned, nor will the flame burn you. Isaiah 43:1-2

The Name of Adonai is a strong tower. The righteous one runs into it and is set safely up high. Proverbs 18:10

Why are You downcast, O my soul? Why are you murmuring within me? Hope in God, for I will yet praise Him, the salvation of my countenance. Psalm 43:5

NEGATIVE TALK

Death and life are in the power of the tongue. Those who indulge in it will eat its fruit. – Proverbs 18:21

A healing tongue is a tree of life, but a deceitful one crushes the spirit. –Proverbs 14:4

REJECTION

He heals the brokenhearted and binds up their wounds. Psalm 147:3

ROMANTIC RELATIONSHIPS WITH UNBELIEVERS

Do not be unequally yoked with unbelievers. For what partnership is there between righteousness and lawlessness? Or what fellowship does light have with darkness? What harmony does Messiah have with Belial? Or what part does a believer have in common with an unbeliever? What agreement does God’s Temple have with idols? For we are the temple of the living God. 2 Corinthians 6:14-16

SELF-CONTROL

A person without self-control is like a city with broken-down walls. Proverbs 25:28

But the fruit of the Ruach [Spirit] is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control – against such things there is no law. Galatians 5:22-23b

Now for this very reason, making every effort, add to your faith virtue; and to virtue, knowledge; and to knowledge, self-control; and to self-control, patience; and to patience, godliness; and to godliness, brotherly love; and to brotherly love, love. 2 Peter 1:5-7

SEXUAL IMPURITY

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:18 – 20 NLT

Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God’s people. Ephesians 5:3 NLT

SHAME

If we confess our sins, He is faithful and righteous to forgive our sins and purify us from all unrighteousness. 1 John 1:9

He forgives all your iniquity. He heals all your diseases. He redeems your life from the Pit. He crowns you with lovingkindness and compassions. Psalm 103:3-4

As a father has compassion on his children, so Adonai has compassion on those who fear Him. For He knows our frame. He remembers that we are but dust. Psalm 103:13-14

SHYNESS/TIMIDITY

For God has not given us a spirit of timidity but of power and love and self-discipline 2 Timothy 1:7

But we are not among the timid ones on the path to destruction, but among the faithful ones on the path to the preservation of the soul. Hebrews 10:39

TEMPTATION

No temptation has taken hold of you except what is common to mankind. But God is faithful – He will not allow you to be tempted beyond what you can handle. But with the temptation He will also provide a way of escape, so you will be able to endure it. 1 Corinthians 10:13

For the grace of God has appeared, bringing salvation to all men, training us to deny ungodliness and worldly desires and to live in a manner that is self-controlled and righteous and godly in the present age. Titus 2:11-12

UNFORGIVENESS

Whenever you stand praying, if you have anything against anyone, forgive him, so that your Father in heaven may also forgive you your transgressions. Mark 11:25

WEARINESS/HEAVINESS

But they who wait for Adonai will renew their strength. They will soar up with wings as eagles. They will run, and not grow weary. They will walk, and not be faint. Isaiah 40:31

Scriptures to BLESS Your Children

All Bible verses are from TLV unless otherwise indicated.

BLESSING

Adonai bless you and keep you! Adonai make His face to shine on you and be gracious to you! Adonai turn His face toward you and grant you shalom! Numbers 6:24-26

He will be like a planted tree over streams of water, producing its fruit during its season. Its leaf never droops – but in all he does, he succeeds. Psalm 1:3

BOLDNESS

Have I not commanded you? Chazak! Be strong! Do not be terrified or dismayed, for Adonai your God is with you wherever you go. Joshua 1:9

Blessed is one whose strength is in You. Psalm 84:6

CONFIDENCE/SELF-ASSURANCE

Whoever trusts in his riches will fall, but the righteous will flourish like a green leaf. Proverbs 11:28

Delight yourself in Adonai, and He will give you the requests of your heart. Psalm 37:4

Blessed is the one who put his confidence in Adonai, who has not turned to the arrogant, nor to those who fall into falsehood. Psalm 40:5

COURAGE

Have I not commanded you? Chazak! Be strong! Do not be terrified or dismayed, for Adonai your God is with you wherever you go. Joshua 1:9

He gives strength to the weary, and to one without vigor He adds might. Isaiah 40:29

DILIGENCE

Commit whatever you do to Adonai, and your plans will succeed. Proverbs 16:3

For which of you, wanting to build a tower, doesn't first sit down and figure out the cost, to see if he has enough to finish it? Luke 14:28

DISCERNMENT/GOOD JUDGMENT

Fear of the Lord is the foundation of wisdom. Knowledge of the Holy One results in good judgment. Proverbs 9:10 NLT

One with knowledge restrains his words, and a discerning person stays calm. Proverbs 17:27

DISCRETION

Discretion will watch over you – discernment will guard you. Proverbs 2:11

He who watches his mouth protects his life, but whoever opens wide his lips comes to ruin. Proverbs 13:3

A healing tongue is a tree of life, but a deceitful one crushes the spirit. Proverbs 15:4

Like a gold ring in a pig's snout is a beautiful woman who lacks discretion. Proverbs 11:22

FAITH

All things are possible for one who believes! –Mark 9:23

For this reason I say to you, whatever you pray and ask, believe that you have received it, and it will be yours. –Mark 11:24

Now faith is the substance of things hoped for, the evidence of realities not seen. Hebrews 11:1

FEAR OF THE LORD

Halleluyah! Happy is the man who fears Adonai, who delights greatly in His mitzvot [commandments]. Psalm 112:1

How joyful are those who fear the Lord – all who follow his ways! You will enjoy the fruit of your labor. How joyful and prosperous you will be! Psalm 128:1-2

The fear of Adonai is a fountain of life, turning one from the snares of death. Proverbs 14:26

FINANCIAL BLESSING

For Adonai your God will bless you as He promised you. So you will lend to many nations, but not borrow; you will rule over many nations, but they will not rule over you. Deuteronomy 15:6

Honor Adonai with your wealth and with the first of your entire harvest. Then your barns will be filled with plenty, your vats will overflow with new wine. Proverbs 3:9-10

FINANCIAL WISDOM

Do not be one who shakes hands or puts up security for debts. If you do not have enough to pay, why should your bed be taken from under you? Proverbs 22:26-27

For which of you, wanting to build a tower, doesn't first sit down and figure out the cost, to see if he has enough to finish it? Otherwise, when he has laid a foundation and isn't able to finish everything, all who see it begin to mock him, saying, 'This man began to build and wasn't able to finish!' Luke 14:28-30

Or what king, going to make war against another king, won't first sit down to consider whether he is able with ten thousand to confront the one coming against him with twenty thousand? Luke 14:31

FORGIVENESS

For if you forgive others their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, neither will your Father forgive your transgressions. Matthew 6:14-15

FRIENDSHIPS

Do not be deceived! Bad company corrupts good morals. 1 Corinthians 15:33

The righteous gives his friend guidance, but the way of the wicked leads astray. Proverbs 12:26

He who walks with wise men is wise, but a companion of fools suffers harm. Proverbs 13:20

A friend loves at all times, and a brother is born for adversity. Proverbs 17:17

A man with many friends may be harmed by them, but there is a friend who sticks closer than a brother. Proverbs 18:24

Do not be friends with one given to anger or associate with a hot-tempered person, lest you learn his ways, and entangle your soul in a snare. Proverbs 22:24-25

Better is open rebuke than hidden love. Faithful are the wounds of a friend, but excessive the kisses of an enemy. Proverbs 27:5-6

As iron sharpens iron, so a person sharpens the **countenance** of his friend. Proverbs 27:17 (Note: the countenance, the expression of one's face, reflects the condition of the heart; a friend helps you grow, mature, gives you wisdom, helps you become sharper and wiser).

GODLINESS

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. 2 Peter 1:3 NLT

Do not be conformed to this world but be transformed by the renewing of your mind, so that you may discern what is the will of God – what is good and acceptable and perfect. Romans 12:2

GOLDEN RULE

Do to others as you would have them do to you. Luke 6:31

Do not be deceived – God is not mocked. For whatever a man sows, that he also shall reap. Galatians 6:7

GUIDANCE

Your word is a lamp to my feet and a light to my path. Psalm 119:105

Ask, and it shall be given to you. Seek, and you shall find. Knock, and it shall be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it shall be opened. Matthew 7:7-8

But when the Spirit of truth comes, He will guide you into all the truth. He will not speak on His own; but whatever He hears, He will tell you. And He will declare to you the things that are to come. John 16:13

HEARING GOD

My sheep hear My voice. I know them, and they follow Me. John 10:27

I will ask the Father, and He will give you another Helper so He may be with you forever – the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him. You know Him, because He abides with you and will be in you. John 14:16-17

HONORING MOM AND DAD

Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), so that it may be well with you, and you may live long on the earth. Ephesians 6:1-3

Honor your father and your mother, so that your days may be long upon the land which Adonai your God is giving you. Exodus 20:12

INTELLIGENCE

I will instruct you and teach you in the way you should go. I will give counsel – My eye is on you. Psalm 32:8

The unfolding of Your words gives light, giving understanding to the simple. Psalm 119:130

KNOWLEDGE

Call to Me, and I will answer you – I will tell you great and hidden things, which you do not know. Jeremiah 33:3

I will instruct you and teach you in the way you should go. I will give counsel – My eye is on you. Psalm 32:8

LEADERSHIP

Adonai will make you the head and not the tail, and you will be only above and not below – if you listen to the mitzvot of Adonai your God that I am commanding you today, careful to do them Deuteronomy 28:13

LOVE FOR GOD

Love Adonai your God with all your heart and with all your soul and with all your strength. Deuteronomy 6:5

And He said to him, “‘You shall love Adonai your God with all your heart, and with all your soul, and with all your mind.’ This is the first and greatest commandment. And the second is like it, ‘You shall love your neighbor as yourself.’ The entire Torah and the Prophets hang on these two commandments.” Matthew 22:37-40

OBEDIENCE

Listen to advice and accept instruction, so that in the end you may be wise. Proverbs 19:20

PEACE

Shalom I leave you, My shalom I give to you; but not as the world gives! Do not let your heart be troubled or afraid. John 14:27

PURPOSE/LIFE PURPOSE

Before I formed you in the womb, I knew you, and before you were born, I set you apart—I appointed you prophet to the nations. Jeremiah 1:5

You make known to me the path of life. Psalm 16:11

The secret of Adonai is for those who fear Him. He makes His covenant known to them. Psalm 25:14

SELF-ESTEEM

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

SUCCESS/PROSPERITY

He will be like a planted tree over streams of water, producing its fruit during its season. Its leaf never droops—but in all he does, he succeeds. -Psalm 1:3

Then Adonai answered me and said: “Write down the vision, make it plain on the tablets, so that the reader may run with it.” Habakkuk 2:2

Adonai will make you overflow in prosperity—in the fruit of your womb, the offspring of your livestock and the produce of your soil—on the land Adonai swore to your fathers to give you. Adonai will open for you His good storehouse—the heavens—to give rain for your land in its season and to bless all the work of your hand. You will lend to many nations, but you will not borrow. Deuteronomy 28:11-12

TRUST/SAFETY

Fear of man will prove to be a snare, but one who trusts in Adonai will be kept safe.
Proverbs 29:25

Trust in Adonai with all your heart, lean not on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6

My God will fulfill every need of yours according to the riches of His glory in Messiah Yeshua. Philippians 4:19

UNDERSTANDING

The unfolding of Your words gives light, giving understanding to the simple. Psalm 119:130

Get wisdom! Get understanding! Do not forget nor turn away from the words of my mouth. Do not forsake her, and she will guard you. Love her, and she will watch over you. Wisdom is supreme – acquire wisdom! With all your acquisitions, get understanding. Prize her, and she will exalt you. She will honor you when you embrace her. She will set a garland of grace on your head. She will give you a crown of glory.
Proverbs 4:5-9

WISDOM

For Adonai gives wisdom. Out of His mouth comes knowledge and understanding.
Proverbs 2:6

Instruct a wise man and he will be wiser still. Teach a righteous man and he will increase in learning. Proverbs 9:9

Do not be wise in your own eyes; fear Adonai and turn away from evil. Proverbs 3:7

The fear of Adonai is the beginning of wisdom and knowledge of the Holy One is understanding. Proverbs 9:10

The wisdom of the prudent is to consider his way, but the folly of fools is deception.
Proverbs 14:8

But if any of you lacks wisdom, let him ask of God, who gives to all without hesitation and without reproach; and it will be given to him. But let him ask in faith, without any doubting – for the one who doubts is like a wave of the sea, blown and tossed by the wind. James 1:5-6

Who among you is wise and understanding? By his good conduct let him show his deeds in the gentleness of wisdom. But if you have bitter jealousy and selfish ambition in your heart, do not boast and lie against the truth. This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there is disorder and every evil practice. But the wisdom that is from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial, not hypocritical. And the fruit of righteousness is sown in shalom by those who make shalom. James 3:13-18

DID IT HELP?

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- Transfer your values to your children effectively
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