

ENCOURAGEMENT DISC

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Summary

The Encouragement Disc is filled with gentle reading of Psalms and other passages specifically selected to encourage those dealing with serious or chronic illness. Hearing God's Word brings encouragement, peace, comfort and faith. The soft and soothing backing soundtrack is a perfect companion for the frequent times of rest common to many illnesses. Each act brings a new voice with new textures and melodies.

ACT 1

Psalm 116:1-9 (NLT)

- 1 I love the LORD because he hears my voice
and my prayer for mercy.
- 3 Death wrapped its ropes around me;
the terrors of the grave overtook me.
I saw only trouble and sorrow.
- 4 Then I called on the name of the LORD:
"Please, LORD, save me!"
- 5 How kind the LORD is! How good he is!
So merciful, this God of ours!
- 6 The LORD protects those of childlike faith;
I was facing death, and he saved me.
- 7 Let my soul be at rest again,
for the LORD has been good to me.
- 8 He has saved me from death,
my eyes from tears,
my feet from stumbling.
- 9 And so I walk in the LORD's presence
as I live here on earth!

Psalm 91 (NIV)

- 1 He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- 2 I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust."

- 3** Surely he will save you from the fowler's snare
and from the deadly pestilence.
- 4** He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- 5** You will not fear the terror of night,
nor the arrow that flies by day,
- 6** nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- 7** A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8** You will only observe with your eyes
and see the punishment of the wicked.
- 9** If you make the Most High your dwelling—
even the LORD, who is my refuge—
- 10** then no harm will befall you,
no disaster will come near your tent.
- 11** For he will command his angels concerning you
to guard you in all your ways;
- 12** they will lift you up in their hands,
so that you will not strike your foot against a stone.
- 13** You will tread upon the lion and the cobra;
you will trample the great lion and the serpent.
- 14** "Because he loves me," says the LORD, "I will rescue him;
I will protect him, for he acknowledges my name.
- 15** He will call upon me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
- 16** With long life will I satisfy him
and show him my salvation."

Psalm 33:18-22 (NIV)

- 18** But the eyes of the LORD are on those who fear him,
on those whose hope is in his unfailing love,
- 19** to deliver them from death
and keep them alive in famine.
- 20** We wait in hope for the LORD;
he is our help and our shield.
- 21** In him our hearts rejoice,
for we trust in his holy name.

22 May your unfailing love rest upon us, O LORD,
even as we put our hope in you.

Psalm 40:1-3 (NIV)

- 1** I waited patiently for the LORD;
he turned to me and heard my cry.
- 2** He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
- 3** He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear
and put their trust in the LORD.

Psalm 46:1-3 (NASB)

- 1** God is our refuge and strength,
A very present help in trouble.
- 2** Therefore we will not fear, though the earth should change
And though the mountains slip into the heart of the sea;
- 3** Though its waters roar and foam,
Though the mountains quake at its swelling pride. Selah.

Psalm 125 (NKJV)

- 1** Those who trust in the LORD
Are like Mount Zion,
Which cannot be moved, *but* abides forever.
- 2** As the mountains surround Jerusalem,
So the LORD surrounds His people
From this time forth and forever.

Psalm 107:19-21 (NIV)

- 19** Then they cried to the LORD in their trouble,
and he saved them from their distress.
- 20** He sent forth his word and healed them;
he rescued them from the grave.
- 21** Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for men.

Psalm 103:1-3 (TNIV)

- 1** Praise the LORD, my soul;
all my inmost being, praise his holy name.
- 2** Praise the LORD, my soul,
and forget not all his benefits—
- 3** who forgives all your sins
and heals all your diseases

Psalm 31:1-3 (NASB)

- 1** In You, O LORD, I have taken refuge;
Let me never be ashamed;
In Your righteousness deliver me.
- 2** Incline Your ear to me, rescue me quickly;
Be to me a rock of strength,
A stronghold to save me.
- 3** For You are my rock and my fortress;
For Your name's sake You will lead me and guide me.

Psalm 30:2-5 (TNIV)

- 2** LORD my God, I called to you for help,
and you healed me.
- 3** You, LORD, brought me up from the realm of the dead;
you spared me from going down to the pit.
- 4** Sing the praises of the LORD, you his faithful people;
praise his holy name.
- 5** For his anger lasts only a moment,
but his favor lasts a lifetime;

weeping may remain for a night,
but rejoicing comes in the morning.

Psalm 118:1-9 (NIV)

- 1** Give thanks to the LORD, for he is good;
his love endures forever.
- 2** Let Israel say:
"His love endures forever."
- 3** Let the house of Aaron say:
"His love endures forever."
- 4** Let those who fear the LORD say:
"His love endures forever."
- 5** In my anguish I cried to the LORD,
and he answered by setting me free.
- 6** The LORD is with me; I will not be afraid.
What can man do to me?
- 7** The LORD is with me; he is my helper.
I will look in triumph on my enemies.
- 8** It is better to take refuge in the LORD
than to trust in man.
- 9** It is better to take refuge in the LORD
than to trust in princes.

Psalm 55:22 (NIV)

- 22** Cast your cares on the LORD
and he will sustain you;
he will never let the righteous fall.

Psalm 121 (NASB)

- 1** I will lift up my eyes to the mountains;
From where shall my help come?
- 2** My help comes from the LORD,
Who made heaven and earth.

- 3** He will not allow your foot to slip;
He who keeps you will not slumber.
- 4** Behold, He who keeps Israel
Will neither slumber nor sleep.
- 5** The LORD is your keeper;
The LORD is your shade on your right hand.
- 6** The sun will not smite you by day,
Nor the moon by night.
- 7** The LORD will protect you from all evil;
He will keep your soul.
- 8** The LORD will guard your going out and your coming in
From this time forth and forever.

Psalm 34:17-19 (NASB)

- 17** The righteous cry, and the LORD hears
And delivers them out of all their troubles.
- 18** The LORD is near to the brokenhearted
And saves those who are crushed in spirit.
- 19** Many are the afflictions of the righteous,
But the LORD delivers him out of them all.

ACT 2

Isaiah 43:2 (NIV)

2When 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.

Proverbs 30:5 (NLT)

5Every word of God proves true. He is a shield to all who come to him for protection

James 5:11 (NIV)

11As you know, we consider blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

James 5:14-16 (NASB)

14Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; **15**and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. **16**Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

Romans 10:17 (NKJ)

17So then faith *comes* by hearing, and hearing by the word of God.

1 Peter 1:3-9 (NIV)

3Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, **4**and into an inheritance that can never perish, spoil or fade—kept in heaven for you, **5**who through faith

are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. (pause) **6**In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. **7**These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. **8**Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, **9**for you are receiving the goal of your faith, the salvation of your souls.

1 Peter 5:6-11 (NIV)

6Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time **7**Cast all your anxiety on him because he cares for you. **8**Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9**Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. **10**And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. **11**To him be the power for ever and ever. Amen.

Hebrews 10:23 (NIV)

23Let us hold unswervingly to the hope we profess, for he who promised is faithful

Romans 5:2b-5 (NIV)

And we rejoice in the hope of the glory of God. **3**Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; **4**perseverance, character; and character, hope. (pause) **5**And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 8:28 (NASB)

28And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

2 Corinthians 12:9-10 (NIV)

9But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. **10**That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Jeremiah 29:11-13 (NIV)

For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. **12** In those days when you pray, I will listen. **13** If you look for me wholeheartedly, you will find me.

Jeremiah 17:7-8 (NKJ)

7Blessed is the man who trusts in the LORD,
And whose hope is the LORD.
8 For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit.

James 1:2-4;12 (NIV)

2Consider it pure joy, my brothers, whenever you face trials of many kinds, **3**because you know that the testing of your faith develops perseverance. **4**Perseverance must finish its work so that you may be mature and complete, not lacking anything.

(pause)

12Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

Philippians 4:6-7 (NKJ)

6Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7** and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Isaiah 40:28-31 (NIV)

- 28** Do you not know?
Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
- 29** He gives strength to the weary
and increases the power of the weak.
- 30** Even youths grow tired and weary,
and young men stumble and fall;
- 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 (NKJ)

- 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.'

1 Thessalonians 5:16-18 (NASB)

16 Rejoice always; **17** pray without ceasing; **18** in everything give thanks; for this is God's will for you in Christ Jesus.

Ephesians 3:16-21 (NIV)

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **18** may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, **19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. **20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power

that is at work within us, **21**to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Matthew 4:4 (NIV)

4Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

John 9:2-3 (NLT)

2"Rabbi," his disciples asked him, "why was this man born blind? Was it because of his own sins or his parents' sins?" **3** "It was not because of his sins or his parents' sins," Jesus answered. "This happened so the power of God could be seen in him.

John 10:10 (NIV)

10The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Matthew 9:27-30a (NIV)

27As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!" **28**When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?"
"Yes, Lord," they replied.

29Then he touched their eyes and said, "According to your faith will it be done to you"; **30**and their sight was restored.

Matthew 9:20-22 (NIV)

20Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. **21**She said to herself, "If I only touch his cloak, I will be healed." **22**Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed from that moment.

Matthew 7:7-11 (NLT)

7 “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. **8** For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. **9** “You parents—if your children ask for a loaf of bread, do you give them a stone instead? **10** Or if they ask for a fish, do you give them a snake? Of course not! **11** So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

Mark 11:22-24 (NIV)

22Have faith in God," Jesus answered. **23**"I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. **24**Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Matthew 18:19-20 (NIV)

19Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. **20**For where two or three come together in my name, there am I with them.

Matthew 11:28 (NLT)

28Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Proverbs 18:10 (NKJ)

10The name of the LORD *is* a strong tower; The righteous run to it and are safe.

2 Corinthians 4:7-10 (NIV)

7But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. **8**We are hard pressed on every side, but not crushed; perplexed, but not in despair; **9**persecuted, but not abandoned; struck down, but not destroyed.

Proverbs 4:20-23 (NLT)

- 20** My child, pay attention to what I say.
Listen carefully to my words.
- 21** Don't lose sight of them.
Let them penetrate deep into your heart,
- 22** for they bring life to those who find them,
and healing to their whole body.

(pause)

- 23** Guard your heart above all else,
for it determines the course of your life.

Philippians 3:8 (NASB)

8 More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ

Isaiah 53:3-6 (NIV)

- 3** He was despised and rejected by men,
a man of sorrows, and familiar with suffering.
Like one from whom men hide their faces
he was despised, and we esteemed him not.
- 4** Surely he took up our infirmities
and carried our sorrows,
yet we considered him stricken by God,
smitten by him, and afflicted.
- 5** But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was upon him,
and by his wounds we are healed.

2 Corinthians 4:16-18 (NIV)

16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. **17** For our light and momentary troubles are achieving for us an

eternal glory that far outweighs them all. **18** So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

ACT 3

Matthew 8:5-10 & 13 (NKJV)

5 Now when Jesus had entered Capernaum, a centurion came to Him, pleading with Him, **6** saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented." **7** And Jesus said to him, "I will come and heal him." **8** The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed. **9** For I also am a man under authority, having soldiers under me. And I say to this *one*, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does *it*." **10** When Jesus heard *it*, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel!

13 Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.

Mark 2:1-12 (TNIV)

1 A few days later, when Jesus again entered Capernaum, the people heard that he had come home. **2** They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. **3** Some men came, bringing to him a paralyzed man, carried by four of them. **4** Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. **5** When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven."

6 Now some teachers of the law were sitting there, thinking to themselves, **7** "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?" **8** Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? **9** Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? **10** But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, **11** "I tell you, get up, take your mat and go home." **12** He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

Matthew 6:25-34 (TNIV)

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life ?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Taken from Hebrews 11 (TNIV)

1 Now faith is being sure of what we hope for and certain of what we do not see. **2** This is what the ancients were commended for.

3 By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible. **4** By faith Abel brought God a better offering than Cain did. By faith he was commended as righteous, when God spoke well of his offerings. And by faith Abel still speaks, even though he is dead. **5** By faith Enoch was taken from this life, so that he did not experience death: "He could not be found, because God had taken him away." For before he was taken, he was commended as one who pleased God. **6** And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. **7** By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that is in keeping with faith. **8** By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going

11 And by faith even Sarah, who was past childbearing age, was enabled to bear children because she considered him faithful who had made the promise. **12** And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore.

13 All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.

32 And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, **33** who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, **34** quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies.

39 These were all commended for their faith, yet none of them received what had been promised. **40** God had planned something better for us so that only together with us would they be made perfect.

Psalm 23 (NKJV)

- 1** The LORD *is* my shepherd;
I shall not want.
- 2** He makes me to lie down in green pastures;
He leads me beside the still waters.
- 3** He restores my soul;
He leads me in the paths of righteousness
For His name's sake.
- 4** Yea, 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, they comfort me.
- 5** You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
- 6** Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the LORD
Forever.