

HOW TO ASSEMBLE YOUR SCRIPTURE TABS

Scriptures have the power to change your life. They fill your mind with words of hope, truth, and light. These words can guide you in any circumstance. I hope this list inspires you to seek, think, feel, and act as you build your best life you that were meant to live!

2 FIND



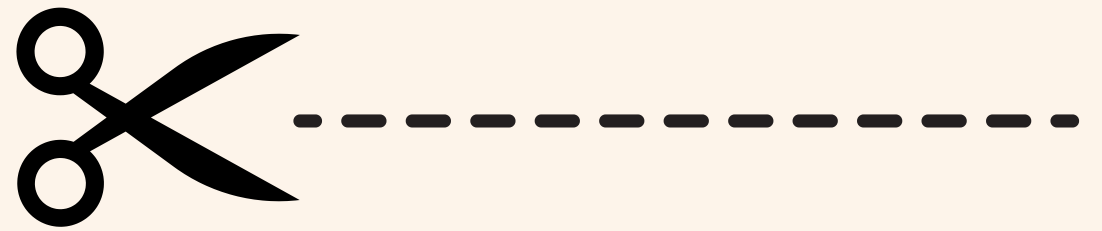
Find and highlight the scripture for the coordinating quotes. This is located on the bottom of each quote.

4 LABEL TABS

*when you need
comfort*

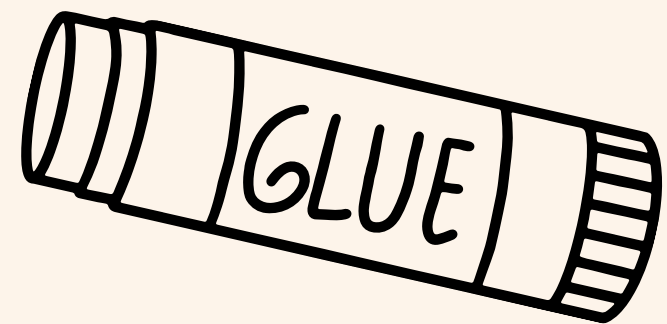
Label tabs and place on the top or side of the scripture page. Topics are listed on the bottom of each quote.

1 CUT



Cut out quotes. Keep them in order for easy application. There is 1-2 quotes per topic.

3 GLUE



Using a glue stick, place one strip of glue on the left edge of the quote. Carefully press into scriptures.

5 READ



Use the scriptures to uplift and inspire through whatever comes your way.

If there's a Goliath in front of you, that means there's a David inside of you.

CARLOS A. RODRIGUEZ
WHEN YOU NEED COURAGE - 1 NEPHI 3:7

Be not afraid, only believe.

MARK 5:36
WHEN YOU NEED COURAGE - 1 NEPHI 3:7

The future of this world has long been declared the final outcome between good and evil is already known. There is absolutely no question as to who wins because the victory has already been posted on the scoreboard. The only real strange thing in all of this is that we are still down here on the field trying to decide which teams jersey we want to wear.

JEFFREY R. HOLLAND
WHEN YOU FEEL DOUBT - 1 NEPHI 17:50

God will always make a way where there is no way.

GORDON B. HINCKLEY
WHEN YOU FEEL DOUBT - 1 NEPHI 17:50

We have more friends behind the veil than on this side.

BRIGHAM YOUNG
WHEN YOU FEEL ALONE - 1 NEPHI 21:15-16

And because He paid the ultimate price and bore that burden, He has perfect empathy and can extend to us His arm of mercy in so many phases of our life. He can reach out, touch, succor-literally run to us-and strengthen us to be more than we could ever be and help us to do that which we could never do through relying upon only our own power.

DAVID A. BEDNAR
WHEN YOU FEEL ALONE - 1 NEPHI 21:15-16

Often the most difficult part of repentance is to forgive yourself. Discouragement is part of that test. Do not give up. That brilliant morning will come.

BOYD K. PACKER
WHEN YOU FEEL GUILT - 2 NEPHI 4:17-21

The past is to be learned from but not lived in.

JEFFREY R. HOLLAND
WHEN YOU FEEL GUILT - 2 NEPHI 4:17-21

I promise that if you study the Book of Mormon every day you will make better decisions every day.

RUSSEL M. NELSON
POWER OF SCRIPTURES - 2 NEPHI 32: 3

The truths of the Book of Mormon have the power to heal, comfort, restore, succor, strengthen, console, and cheer our souls.

RUSSEL M. NELSON
POWER OF SCRIPTURES - 2 NEPHI 32: 3

Those who move forward with a happy spirit will find that things will always work out.

GORDON B. HINCKLEY
HOW TO BE HAPPY - MOSIAH 2: 41

Of this be sure: you do not find the happy life... you make it.

THOMAS S. MONSON
HOW TO BE HAPPY - MOSIAH 2: 41

No matter how dark your days may seem, no matter how insignificant you may feel, no matter how overshadowed you think you may be, your Heavenly Father has not forgotten you. In fact, He loves you with an infinite love. The love of God and the power of the restored gospel are redemptive and saving. If you will only allow His divine love into your life, it can dress any wound, heal any hurt, and soften any sorrow.

DIETER F. UCHDORF

WHEN YOU NEED COMFORT- MOSIAH 24: 12-15

The light of Christ brings peace to the troubled mind, rest to the weary soul, solace to those in sorrow, and joy to those who walk up rightly.

MARJORIE PAY HINCKLEY

WHEN YOU NEED COMFORT- MOSIAH 24: 12-15

It isn't as bad as you sometimes think it is. It all works out. Don't worry, if you do your best, it will all work out. Put your trust in God and move forward with faith and confidence in the future. The Lord will not forsake us.

GORDON B. HINCKLEY

WHEN YOU ARE STRESSED- MOSIAH 29: 20

If you are on the right path, it will always be up hill. The Lord is anxious to lead us to the safety of higher ground.

HENRY B. EYRING

WHEN YOU ARE STRESSED- MOSIAH 29: 20

No matter what our transgressions have been, no matter how much our actions may have hurt others, that guilt can all be wiped out. To me, perhaps the most beautiful phrase in all scripture is when the Lord said, 'Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more.

BOYD K. PACKER

WHEN YOU NEED THE ATONEMENT- ALMA 7: 11-13

However late you think you are, however many chances you think you have missed, however many mistakes you feel you have made... or however far from home and family and God you feel you have traveled, I testify that you have not traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ's Atonement shines.

JEFFREY R. HOLLAND

WHEN YOU NEED THE ATONEMENT- ALMA 7: 11-13

If for a while the harder you try, the harder it gets, take heart. So it has been with the best people who ever lived.

JEFFREY R. HOLLAND

WHEN YOU ARE DEPRESSED - ALMA 26 27

Trust in God, hold onto his love. Know that one day the dawn will break brightly and all shadows of mortality will flee. Though we may feel we are like a broken vessel, as the Psalmist says, we must remember that vessel is in the hands of the divine potter. Broken minds can be healed just the way broken bones and broken hearts are healed. While God is at work making those repairs. The rest of us can help by being merciful, nonjudgmental, and kind.

JEFFREY R. HOLLAND

WHEN YOU ARE DEPRESSED - ALMA 26 27

Unlike worldly fear that creates alarm and anxiety, godly fear is a source of peace, assurance, and confidence. –

DAVID A. BEDNAR

WHEN YOU NEED FAITH - ALMA 32: 21, 27-31

Our faith in Jesus Christ enables us to meet any challenge.

CAROLE M. STEPHENS

WHEN YOU NEED FAITH - ALMA 32: 21, 27-31

Help is a prayer away.

THOMAS S. MONSON

PRAYER - ALMA 37: 36-37

Get on your knees and ask for the blessings of the Lord, then stand on your feet and do what you were asked to do.

GORDON B. HINCKLEY

PRAYER - ALMA 37: 36-37

If you desire to make a difference in the world, you must be different from the world.

ELAINE S. DALTON

THRIVING IN HARD TIMES - ALMA 50: 19-23

When there's no peace on Earth, there is **PEACE** in **CHRIST**.

THRIVING IN HARD TIMES - ALMA 50: 19-23

In the coming days, it will not be possible to survive spiritually without the guiding, directing, and comforting and constant influence of the Holy Ghost.

RUSSELL M. NELSON

RECOGNIZING THE HOLY GHOST - HELAMAN 5:30

Hear Him.

RECOGNIZING THE HOLY GHOST - HELAMAN 5:30

There is enough heartache and sorrow in this life without our adding to it through our own stubbornness, bitterness, and resentment. We are not perfect. The people around us are not perfect. People do things that annoy, disappoint, and anger. In this mortal life it will always be that way. Nevertheless, we must let go of our grievances. Part of the purpose of mortality is to learn how to let go of such things. That is the Lord's way.

DIETER F. UCHDORF

WHEN YOU NEED FORGIVENESS - MORONI 6:8

To be worthy, does not mean to be perfect.

GERRIT W. GONG

WHEN YOU NEED FORGIVENESS - MORONI 6:8

"Sometimes a single phrase of testimony can set events in motion that affect someone's life for eternity.

DIETER F. UCHDORF

TESTIMONY - MORONI 10:3-5

Your testimony of Jesus Christ is your personal fortress, security for your soul.

RONALD A. RASBAND

TESTIMONY - MORONI 10:3-5

"To develop a well-trained mind full of positive, virtuous thoughts is light. The scriptures say, 'that which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day' (D&C 50:24). The more you entertain good, righteous thoughts, the more light you receive."

GEORGE P. LEE

Fill your mind with light and truth. And remember that you are loved!

♥ @coachedbylindsey

SCRIPTURE CHEAT SHEET

	tab label	scripture
1	Courage	1 Nephi 3:7
2	Overcoming Doubt	1 Nephi 17: 50
3	Feel Alone	1 Nephi 21:15-16
4	Overcoming Guilt	2 Nephi 4:17-21
5	Scripture Power	2 Nephi 32:3
6	Happiness	Mosiah 2:41
7	Comfort	Mosiah 24: 12-15
8	Stress Relief	Mosiah 29:20
9	Atonement	Alma 7:11-13
10	Feel Depressed	Alma 26: 27
11	Faith	Alma 32: 21, 27-31
12	Power of Prayer	Alma 37: 36-37
13	Thriving in Hard times	Alma 50: 19-23
14	Recognizing Holy Ghost	Heleman 5:30
15	Forgiveness	Moroni 6:8
16	Strengthening Testimony	Moroni 10:3-5