

The yeartext selected for 2019 gives us three reasons why we can remain calm even when bad things happen in the world or in our personal life. This article will examine those reasons and help us to feel less anxious and more inclined to trust in Jehovah. Meditate on the yeartext. Memorize it if you can. It will strengthen you for the challenges that lie ahead.

(Isaiah 41:10) Do not be afraid, for I am with you. Do not be anxious, for I am your God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'

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#### Paragraph 1

**(Isaiah 41:10) Do not be afraid, for I am with you. Do not be anxious, for I am your God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'**

#### Paragraph 2

(Isaiah 40:8) The green grass dries up, The blossom withers, But the word of our God endures forever."

(Romans 15:4) For all the things that were written beforehand were written for our instruction, so that through our endurance and through the comfort from the Scriptures we might have hope.

(2 Timothy 3:1) But know this, that in the last days critical times hard to deal with will be here.

#### Paragraph 3

(Isaiah 41:10) Do not be afraid, for I am with you. Do not be anxious, for I am your God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'

#### Paragraph 4

- [Footnotes]
- The expression "Do not be afraid" is mentioned three times, at Isaiah 41:10, 13, and 14. The same verses frequently mention the word "I" (referring to Jehovah). Why did Jehovah inspire Isaiah to use "I" so frequently? To highlight an important fact—we can calm our fears only by trusting in Jehovah.
  - (Isaiah 41:10) Do not be afraid, for I am with you. Do not be anxious, for I am your God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'
  - (Isaiah 41:13) For I, Jehovah your God, am grasping your right hand, The One saying to you, 'Do not be afraid. I will help you.'
  - (Isaiah 41:14) Do not be afraid, you worm Jacob, You men of Israel, I will help you," declares Jehovah, your Repurchaser, the Holy One of Israel.

(Isaiah 43:4) For you became precious in my eyes, You were honored, and I have loved you. So I will give people in place of you And nations in exchange for your life.

(Isaiah 54:10) For the mountains may be removed And the hills may be shaken, But my loyal love will not be removed from you, Nor will my covenant of peace be shaken," says Jehovah, the One having mercy on you.

(Genesis 15:1) After this the word of Jehovah came to A'bram in a vision, saying: "Do not fear, A'bram. I am a shield for you. Your reward will be very great."

Paragraph 5

(Isaiah 43:2) When you pass through the waters, I will be with you, And through the rivers, they will not flood over you. When you walk through the fire, you will not be scorched, Nor will the flame singe you.

Paragraph 6

(Isaiah 41:13) For I, Jehovah your God, am grasping your right hand, The One saying to you, 'Do not be afraid. I will help you.'

Paragraph 8

(Isaiah 41:2-4) Who has raised up someone from the sunrise, Calling him in righteousness to His feet, To hand over nations to him And to make him subdue kings? Who reduces them to dust before his sword, Like windblown stubble before his bow? 3 He pursues them, passing along unhindered Over paths that his feet have not traveled. 4 Who has acted and done this, Summoning the generations from the beginning? I, Jehovah, am the First One; And with the last ones I am the same."

(Isaiah 41:5-7) The islands have seen it and have become afraid. The ends of the earth began to tremble. They draw near and come forward. 6 Each one helps his companion And says to his brother: "Be strong." 7 So the craftsman strengthens the metalworker; The one who flattens with the forge hammer Strengthens the one hammering at the anvil. He says about the soldering: "It is good." Then it is fastened with nails so that it will not topple over.

(Isaiah 41:8-10) "But you, O Israel, are my servant, You, O Jacob, whom I have chosen, The offspring of Abraham my friend, 9 You, whom I took from the ends of the earth, And you, whom I called from its most distant parts. I said to you, 'You are my servant; I have chosen you; I have not rejected you. 10 Do not be afraid, for I am with you. Do not be anxious, for I am your

God. I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'

**(Isaiah 46:3, 4) "Listen to me, O house of Jacob, and all you who remain of the house of Israel, You whom I have supported from birth and carried from the womb. 4 Until you grow old I will be the same; Until your hair is gray I will keep bearing you. As I have done, I will carry you and bear you and rescue you.**

Paragraph 11

(Isaiah 35:4) Say to those who are anxious at heart: "Be strong. Do not be afraid. Look! Your own God will come with vengeance, God will come with retribution. He will come and save you."

(Isaiah 30:15) For this is what the Sovereign Lord Jehovah, the Holy One of Israel, says: "By returning to me and resting, you will be saved; Your strength will be in keeping calm and showing trust." But you were unwilling.

Paragraph 12

(Isaiah 40:10) Look! The Sovereign Lord Jehovah will come with power, And his arm will rule for him. Look! His reward is with him, And the wage he pays is before him.

(Deuteronomy 1:30, 31) Jehovah your God will go before you and will fight for you, just as he did in Egypt before your very eyes. 31 And you saw in the wilderness how Jehovah your God carried you just as a man carries his son, everywhere you went until you came to this place.'

(Isaiah 43:10) "You are my witnesses," declares Jehovah, "Yes, my servant whom I have chosen, So that you may know and have faith in me"

And understand that I am the same One. Before me no God was formed, And after me there has been none.

ftn. Or "and trust me."

#### Paragraph 13

(Isaiah 54:17) No weapon formed against you will have any success, And you will condemn any tongue that rises up against you in the judgment. This is the heritage of the servants of Jehovah, And their righteousness is from me," declares Jehovah.

#### Paragraph 14

(Matthew 10:22) And you will be hated by all people on account of my name, but the one who has endured to the end will be saved.

(Matthew 24:9) "Then people will hand you over to tribulation and will kill you, and you will be hated by all the nations on account of my name.

(John 15:20) Keep in mind the word I said to you: A slave is not greater than his master. If they have persecuted me, they will also persecute you; if they have observed my word, they will also observe yours.

(Matthew 5:11) "Happy are you when people reproach you and persecute you and lyingly say every sort of wicked thing against you for my sake.

(Ephesians 6:12) because we have a struggle, not against blood and flesh, but against the governments, against the authorities, against the world rulers of this darkness, against the wicked spirit forces in the heavenly places.

(Revelation 12:17) So the dragon became enraged at the woman and went off to wage war with the remaining ones of her offspring, who observe the commandments of God and have the work of bearing witness concerning Jesus.

#### Paragraph 15

**(Isaiah 25:4, 5) For you have become a stronghold to the lowly, A stronghold to the poor in his distress, A refuge from the rainstorm, And a shade from the heat. When the blast of the tyrants is like a rainstorm against a wall, 5 As the heat in a parched land, You subdue the uproar of strangers. Like heat is subdued by the shadow of a cloud, So the song of the tyrants is silenced.**

(Isaiah 65:17) For look! I am creating new heavens and a new earth; And the former things will not be called to mind, Nor will they come up into the heart.

#### Paragraph 16

**(Isaiah 41:11, 12) Look! All those getting enraged against you will be put to shame and humiliated. Those who fight with you will be brought to nothing and perish. 12 You will search for men who struggle with you, but you will not find them; The men at war with you will become as something nonexistent, as nothing at all.**

#### Paragraph 18

(Isaiah 40:11) Like a shepherd he will care for his flock. With his arm he will gather together the lambs, And in his bosom he will carry them. He will gently lead those nursing their young.

(Isaiah 41:10) Do not be afraid, for I am with you. **Do not be anxious, for I am your God.** I will fortify you, yes, I will help you, I will really hold on to you with my right hand of righteousness.'