

## **31 Verses to Write on Your Heart by Liz Curtis Higgs**

<https://www.lizcurtishiggs.com/books/31-verses-write-heart/>

### **One: Proverbs 3:3**

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

### **Two: 2 Corinthians 5:17**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

### **Three: Proverbs 29:25**

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.

### **Four: Jeremiah 29:11**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

### **Five: Proverbs 9:10**

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

### **Six: Philippians 4:13**

I can do all this through him who gives me strength.

### **Seven: Proverbs 4:23**

Above all else, guard your heart, for everything you do flows from it.

### **Eight: 2 Timothy 1:7**

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

### **Nine: Romans 8:28**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

### **Ten: Proverbs 31:30**

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

### **Eleven: Psalm 46:10**

He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

**Twelve: Zephaniah 3:17**

The Lord your God is with you,  
the Mighty Warrior who saves.  
He will take great delight in you;  
in his love he will no longer rebuke you,  
but will rejoice over you with singing.

**Thirteen: Proverbs 22:6**

Start children off on the way they should go,  
and even when they are old they will not turn from it.

**Fourteen: Isaiah 41:10**

So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.

**Fifteen: Philippians 4:6**

Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.

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

**Seventeen: 1 Thessalonians 5:18**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

**Eighteen: Philippians 4:8**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is  
right, whatever is pure, whatever is lovely, whatever is admirable—if anything is  
excellent or praiseworthy—think about such things.

**Nineteen: Proverbs 31:25**

She is clothed with strength and dignity; she can laugh at the days to come.

**Twenty: Isaiah 40:31**

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.

**Twenty-One: Proverbs 27:17**

As iron sharpens iron, so one person sharpens another.

**Twenty-Two: Isaiah 26:3**

You will keep in perfect peace  
those whose minds are steadfast,  
because they trust in you.

**Twenty-Three: Philippians 1:6**

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

**Twenty-Four: Joshua 1:9**

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

**Twenty-Five: Proverbs 30:5**

Every word of God is flawless;  
he is a shield to those who take refuge in him.

**Twenty-Six: Micah 6:8**

He has shown you, O mortal, what is good.  
And what does the Lord require of you?  
To act justly and to love mercy  
and to walk humbly with your God.

**Twenty-Seven: Isaiah 43:1**

But now, this is what the Lord says—  
he who created you, Jacob,  
he who formed you, Israel:  
“Do not fear, for I have redeemed you;  
I have summoned you by name; you are mine.”

**Twenty-Eight: Proverbs 15:23**

A person finds joy in giving an apt reply—  
and how good is a timely word!

**Twenty-Nine: John 14:2**

My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?

**Thirty: Lamentations 3:22**

Because of the Lord’s great love we are not consumed,  
for his compassions never fail.

**Thirty-One: Proverbs 3:5**

Trust in the Lord with all your heart  
and lean not on your own understanding;