

# Be Still And Know\*

## When Under *Tribulation* Duress

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Stated upfront: The GOAL of this handout is to encourage the reading of God's Word, especially passages which bring the willing reader needed help in times of increasing societal opposition | difficulty.

7 Psalms to meditate on  
when experiencing duress ...

Psalm 18  
Psalm 37  
Psalm 46  
Psalm 51

Psalm 90  
Psalm 103  
Psalm 142

The Word of  
God is FILLED  
with passages of  
**comfort** for these  
unusual *end of days*.

One other thing tied to an upcoming period of time which the Word of God calls *the war against the Saints*: We dare not make the foolish mistake of blaming God for the trials during this time. Please see the bottom comment on our handout titled, [End-Time Bible Themes](#).

Other Scriptures which make available needed encouragement during these present *end of days* include Bible passages found in the conclusion of this timely [good free stuff handout](#). (The 6 passages which are referenced are listed just before the article's endnote.)

Other *DURESS*  
Synonyms (in-  
cluding PHRASES)

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constrained  
being forced  
facing threat

under pressure  
urged compulsion  
experiencing coercion

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\* **Thank You, Lord Jesus, for Psalm 46, including verse 10 !**

**One final thing: If you are not presently  
*born again* through Jesus Christ, please visit:**

[www.EnduranceMinistries.online/gospel](http://www.EnduranceMinistries.online/gospel)