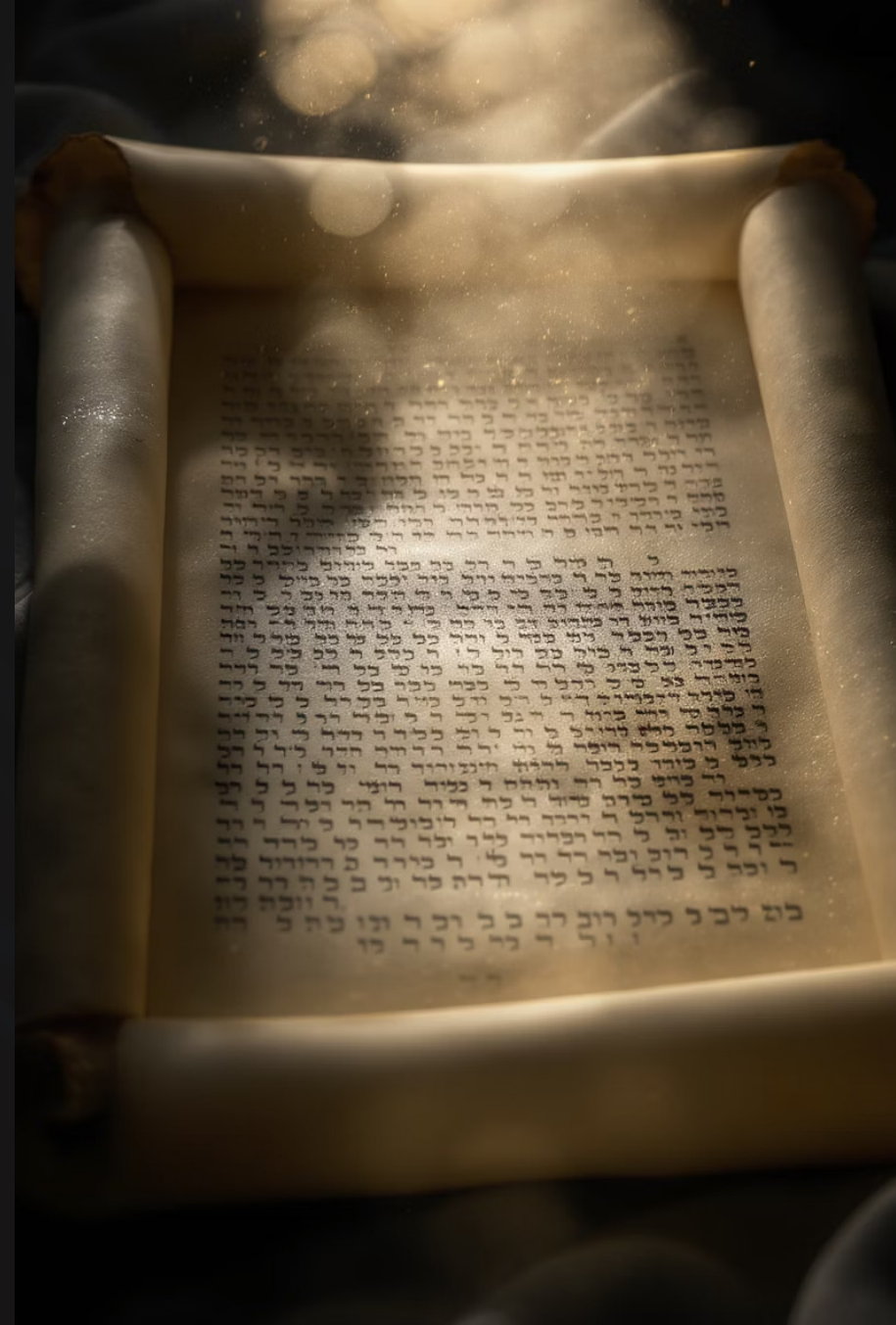


Verses from the Old Testament: A Guide for Study and Meditation

A selection of 100 key Old Testament verses to guide your spiritual study and reflection.

LP by Leticia Turra - Stile Pilates



Genesis: The Foundations of Faith

1 Genesis 1:1

"In the beginning God created the heavens and the earth."

2 Genesis 12:3

"I will bless those who bless you, and I will curse those who curse you; and through you all the families of the earth will be blessed."

3 Genesis 50:20

"You intended evil against me, but God intended it for good to accomplish what we see today, to save many people alive."



Exodus: Liberation and Commandments



Exodus 14:14

"The Lord will fight for you, and you will hold your peace."

Exodus 20:12

"Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you."

Deuteronomy: Love and Courage

Deuteronomy 6:5

"And you shall love the Lord your God with all your heart, and with all your soul, and with all your strength."

Deuteronomy 31:6

"Be strong and of a good courage; do not be afraid or terrified of them, for the Lord your God, he is the one who goes with you; he will never leave you nor forsake you."



Joshua: Promise of Strength

"Behold, I have commanded you to be strong and courageous; do not be afraid or dismayed, for the Lord your God will be with you wherever you go."

Joshua 1:9



1 Samuel: The Gaze of God



"And the LORD said to Samuel, Look not on his countenance, nor on the height of his stature, for I have rejected him: for the LORD seeth not as man seeth: for man looketh on the outward appearance, but the LORD looketh on the heart."

1 Samuel 16:7

Psalms: Consolation and Protection



Psalm 23:1

"The Lord is my shepherd; I shall not want."



Psalm 27:1

"The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"



Psalm 46:1

"God is our refuge and strength, a very present help in trouble."



Psalms: Guide for the Journey

"Your word is a lamp to my feet and a light to my path."

Psalms 119:105



Proverbs: Practical Wisdom

Proverbs 3:5-6

"Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he will direct your paths."

Proverbs 16:3

"Commit your works to the Lord, and your thoughts will be established."

Isaiah: Hope and Renewal



Isaiah 40:31

"But those who wait on the Lord will renew their strength; they will mount up with wings like eagles; they will run and not be weary, they will walk and not faint."



Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you; I will help you, I will uphold you with My righteous right hand."



Minor and Major Prophets

Jeremiah 29:11

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

Micah 6:8

"He has shown you, O man, what is good; and what does the Lord require of you? To do justice, to love mercy, and to walk humbly with your God?"

Lamentations 3:22-23

"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning; great is your faithfulness."

Malachi 3:10

"Bring all the tithes into the storehouse, that there may be food in my house; and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it."



A Treasure of Eternal Wisdom

This selection of Old Testament verses represents only a small part of the spiritual richness contained in the Scriptures. We invite you to delve deeper into their study to discover the eternal wisdom they offer for your daily life.

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