Psalm 143:8

Let the morning bring me word of your unfailing love, that I may rejoice in your hope.

Numbers 6:24-26

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face to you and give you peace.

2 Corinthians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble.

Psalm 118:6

The Lord is my strength and my courage; he has become my salvation.

Jeremiah 29:11

For I know the plans I have for you - plans to prosper you and not to harm you, plans to give you hope and a future.

When the noise comes, go back to one verse. Speak it slowly. Let it land.