John 16:33  NIV
"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

The 5 Essential Truths of Life
The Principles of Detachment that are the Secret to Freedom and Internal Peace
From Richard Rohr in Emotionally Healthy Spirituality

1. Life is hard.

2. You are not that important.

3. Your life is not about you.

4. You are not in control.

5. You are going to die.

2 Tim 2:3-7  NIV
3 Endure hardship with us like a good soldier of Christ Jesus. 4 No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer. 5 Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules. 6 The hardworking farmer should be the first to receive a share of the crops. 7 Reflect on what I am saying, for the Lord will give you insight into all this.

1 Peter 2:11-12  NIV
Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.