

19 VERSES TO MEDITATE ON AS WE NAVIGATE COVID-19

The following 19 verses are truth that give hope, peace and a call to not walk in fear. Meditate on these truths. Take time each day and read these 19 verses out loud. Pray through them. Reflect on them. Memorize them. Allow them to be an anchor and armor for you as we move through this season of COVID-19.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Timothy 1:7

“The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name’s sake.”

Psalms 23:1–3

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Matthew 6:34

“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.”

John 16:33

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

Philippians 4:6

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” Surely he will save you from the fowler’s snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.”

Psalms 91:1–4

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”

Galatians 5:22–23

“Cast all your anxiety on him because he cares for you.”

1 Peter 5:7

“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.”

Isaiah 41:10

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:7

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Colossians 3:15

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah”

Psalms 46:1–3

“Finally, brothers, 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.”

Philippians 4:8

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.”
2 Corinthians 13:14

“In God I trust; I will not be afraid. What can man do to me?”
Psalms 56:11

“Rejoice in the Lord always. I will say it again: Rejoice!”
Philippians 4:4

“The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?”
Psalms 27:1

“Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.”
2 Thessalonians 3:16