

VERSES TO MEDITATE ON

IN TIMES OF STRESS, FEAR, AND UNCERTAINTY

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalm 91

Whoever 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.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only observe with your eyes
and see the punishment of the wicked.

If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,
no harm will overtake you,
no disaster will come near your tent.
For He will command His angels concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your foot against a stone.
You will tread on the lion and the cobra;
you will trample the great lion and the serpent.

"Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.
He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life I will satisfy him
and show him my salvation."

Psalm 112:1,7,8

Praise the Lord.
Blessed are those who fear the Lord,
who find great delight in His commands.
They will have no fear of bad news;
their hearts are steadfast, trusting in the Lord.
Their hearts are secure, they will have no fear;
in the end they will look in triumph on their foes.

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Chronicles 7:13-14

"When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

1 Peter 5:7

Cast all your anxiety on Him because He cares for you.

Psalm 121

I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.

He will not let your foot slip—
He who watches over you will not slumber;
indeed, He who watches over Israel
will neither slumber nor sleep.

The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.

The Lord will keep you from all harm—
He will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Isaiah 41:10

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.

Psalm 20:7

Some trust in chariots and some in horses,
but we trust in the name of the Lord our God.

Psalm 23:4

Even though I walk
through the darkest valley,
I will fear no evil,
for You are with me;
Your rod and Your staff,
they comfort me.

Matthew 5:14

You are the light of the world. A city set on a hill cannot be hidden.

Romans 15:13

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.

Psalm 41:1-3

Blessed are those who have regard for the weak;
the Lord delivers them in times of trouble.
The Lord protects and preserves them—
they are counted among the blessed in the land—
He does not give them over to the desire of their foes.
The Lord sustains them on their sickbed
and restores them from their bed of illness.

Psalm 138:2

I will bow down toward your holy temple
and will praise Your name
for Your unfailing love and Your faithfulness,
for You have so exalted Your solemn decree
that it surpasses Your fame.

Psalm 27:1

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?

Isaiah 43:1

"Fear not, for I have redeemed you; I have called you by name, you are mine."

Romans 8:37-39

No, in all these things we are more than conquerors through Him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Proverbs 12:25

Anxiety in a man's heart weighs him down, but a good word makes him glad.

Revelation 1:17

Then He placed His right hand on me and said: Do not be afraid. I am the First and the Last.

Psalm 118:6-7

The Lord is with me; I will not be afraid. What can mere mortals do to me? The Lord is with me; He is my helper. I look in triumph on my enemies.

Psalm 46

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.
There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
He lifts His voice, the earth melts.
The Lord Almighty is with us;
the God of Jacob is our fortress.
Come and see what the Lord has done,
the desolations He has brought on the earth.
He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
The Lord Almighty is with us;
the God of Jacob is our fortress.