

Bible verses to help with fear and anxiety

The people who lived in Biblical times were no strangers to hardship. But many were well acquainted with the character of God - a loving, protecting God quick to console his people. He comforted them then and he comforts us now.

'It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.' Deuteronomy 31:8

Father, we pray for those who are sick in body, mind or spirit. Especially we pray for friends or family who are sick with Corona virus. Please bring them your peace in their pain, your strength in their weakness and your comfort in their sadness. Through Jesus Christ our Lord.

Many are asking how God can let something like Covid-19 happen. God is in charge. This does not mean that he sent the virus, but he has permitted this, because greater good will come out of it.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Lord, we pray that we can work together as families, communities and a world to bring hope for our future, joy in this despairing world and community where there is loneliness and selfishness. Help us see your way through the darkness and to shine your light through your world.' Amen.

The most often-repeated commandment in the Bible is 'Do not Fear.' 1 John 4:18 tells us that perfect love casts out fear. If we love one other we can overcome fear and despair.

'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

Let nothing disturb you, nothing alarm you:

While all things fade away

God is unchanging.

Be patient

And you will gain everything:

For with God in your heart

Nothing is lacking.

God meets your every need.

St Theresa of Avila (1515-1582)

When you are feeling lonely and isolated, remember you are never alone: God has given us his Holy Spirit, the Comforter to be with us always.

'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.' John 14: 26-27

Father, we pray for all lonely people, especially those who are feeling isolated and afraid. May all who have fear in their hearts ask the Lord Jesus in. Then, by his grace, may they find that they are never alone and that you are always with them. Amen.

If you are feeling afraid and troubled, remember that the peace that God can give us, is a peace the world cannot even understand - it is a peace that can settle our hearts and give our minds rest.

'And the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus.' *Philippians 4:7*

'Lord, make me an instrument of your peace.

Where there is hatred, let me bring love,

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.'

St Francis of Assisi

O God of many names

Lover of all nations

We pray for peace

In our hearts

In our homes

In our nations

In our world.

The peace of your will

The peace of our need.

Amen.

Whatever you are going through, always know that you are God's beloved child, part of God's family and that God will be with you and loving you whatever you are going through.

'Do not be afraid - I will save you.

I have called you by name - you are mine.

When you pass through deep waters,

I will be with you;

Your troubles will not overwhelm you.'

Isaiah 43: 1-2

Comfort, O merciful Father, by thy Word and Holy Spirit, all who are afflicted or distressed, and so turn their hearts unto thee, that they may serve thee in truth and bring fruit to thy glory. Be thou, O Lord, their succour and defence, through Jesus Christ our Lord, Amen.' *Philip Melancthon, 1497-1560*

God made us to be like him - full of love and strength. He wants us to succeed and be happy. Even if sometimes we find things hard or upsetting, he will be there to comfort us.

'For God did not give us a spirit of fear. He gave us a spirit of power and of love and of a good mind.' 2 Timothy 1: 17

Ever present God, be with us in our isolation, be close to us in our distancing, be healing in our sickness, be joy in our sadness, be light in our darkness, be wisdom in our confusion, be all that is familiar when all is unfamiliar, that when the doors reopen we may with the excitement of Pentecost inhabit our communities and speak of your goodness to an emerging world. For Jesus' sake. Amen.