

## Bible Verses

- **Fear:** Ps. 23:4; 27:1; 34:4; 56:3; 2 Tim. 1:7; Mark 6:50; Rom. 8:38-39;
- **Do not fear:** Joshua 1:9; Is. 35:4; 41:10, 13-14; 43:1-5; Mark 5:36; 6:50; Ps. 46; 91:5; Ex. 14:13; Dt. 3:22; Rev. 1:17; Heb. 13:6
- **Worry:** Matt. 6:25-27; 34; Luke 12:22-26; 21:14; 1 Peter 3:14; John 14:27
- **Anxiety:** Ps. 94:19; Prov. 12:25; 1 Peter 5:6-7; Phil. 4:6-7; Luke 10:38-42
- **Courage:** Joshua 1:9; Deut. 31:6; Mark 6:50; Is. 35:4; 41:10, 13; 1 Cor. 16:13; 1 Chron. 28:20
  - See also Daniel and the Lion's Den
  - See also Esther speaking to the king
  - See also Elijah facing off against God's enemies
  - See also Moses confronts Pharaoh
- **God's Presence:** Is. 43:1-5; Joshua 1:9; Mark 6:50; Ps. 46:7; Ps. 118:6-7; 139:7, 18; Dt. 31:8
- **God's Power:** Is. 41:10; Mark 4:39-40; 2 Chron. 20:6; Job 26:7-14; Ps. 71:18; 147:4-5; Jer. 10:12-13; 32:17; Rom. 1:20
- **God's Help:** Is. 35:4; 41:10, 13-14; 43:1-5; Ps. 46:1, 5; 54:4; 118:6-7; 121:1-2; Heb. 4:16; 13:6; John 14:6
- **God's Sovereignty:** Rom. 8:28-39; Eph. 1:11; Matt. 10:29-31; Col. 1:16-17; Prov. 16:33; Job 42:2; Acts 4:27-28
- **Trusting God:** Ps. 9:10; 28:7; 37:4-6; 37:5; 56:3; 112:7; Prov. 3:5-6; Jer. 17:7-8; Matt. 6:25; John 14:1
- **God as Refuge:** Ps. 31:20; 46:1-11; 34:8; 91:1-2; Prov. 14:26; 18:10; Is. 25:4; Jer. 16:19
- **Fearing God:** Ps. 31:9; 34:7-9; 103:11; Prov. 19:23; Is. 33:6; Mal. 4:2
- **Cast Your Cares:** Ps. 37:5; 55:22; 62:8; 1 Peter 5:6-7; Phil. 4:6-7
- **Be Still:** Ps. 37:7; 46:1-10; 62:5; 131:2; Ex. 14:13-14; Mark 4:39-40; James 1:19
- **God's Deliverance:** Ps. 32:7; 34:4, 7, 17; 91:3; 107:6; Dt. 8:15-16; 2 Sam. 22:2-3; Eph. 6:10-18
- **God's Provision:** Ps. 23:1; 34:9-10; 37:25; Phil. 4:19; 2 Cor. 9:8; Job 38:41; Matt. 7:11; Rom. 8:32
- **God as Warrior:** Dt. 3:22; Zeph. 3:17; Ex. 15:3; Is. 42:13; Jer. 10:16; 31:35
- **Rest in God:** Ps. 62:5; 23:1-2; 131:2; Matt. 11:28-30; Is. 30:15; 40:31;
- **Peace:** John 14:1, 27; 2 Thess. 3:16; Rom. 15:13; Is. 26:3; 54:10; Phil. 4:6-7; Ps. 29:11; 34:14
- **Renewing the Mind:** Rom. 12:1-2; Heb. 12:1-2; Col. 3:1-4; 1 Cor. 10:13;

## Songs

- Brett McCracken at TGC put together an [excellent list of songs](#) to sing or even read during this season. You can listen to them as one Spotify station or look up the listed songs individually.
- 9Marks.org also compiled a list of [25 hymns to sing in troubled times](#).
- Here's a [playlist of upbeat songs for quarantined kids](#) by Betsy Childs Howard.

## Recommended Resources

### *Books*

- [A Small Book for the Anxious Heart](#) (devotional) by Ed Welch
- [Anxiety: Knowing God's Peace](#) (31-Day Devotionals for Life) by Paul Tautges
- [Overcoming Fear, Worry, and Anxiety](#) by Elyse Fitzpatrick
- [When I Am Afraid](#) and [Running Scared: Fear, Worry, and the God of Rest](#) by Ed Welch
- [Fear and Faith](#) by Trillia Newbell
- [Trusting God](#) by Jerry Bridges
- [Living Without Worry](#) by Timothy Lane

### *Articles*

- "[Anxiety, Waiting, and the Coronavirus](#)" by Alasdiar Groves
- "[How Not to be Afraid](#)" by Jonathan Dodson
- "[Three Truths About God to Remember When Anxious](#)" by Dustin Crowe
- "[What Hasn't Changed During a Global Pandemic](#)" by Erik Raymond
- "[Praying in Pandemic](#)" by Jen Pollock Michel
- "[The Church Must be a Refuge in the Midst of Fear](#)" by Lyman Stone
- "[How to Work from Home During the Coronavirus](#)" by Sarah Pulliam Bailey
- "[Don't Waste Your Quarantine](#)" by Taylor Drummond
- "[A Different Kind of Calling: Spiritual Disciplines in Uncertain Times](#)" by Ed Stetzer
- "[8 Reminders in the Face of the Coronavirus Pandemic](#)" by Dane Ortlund
- "[God Comes Close](#)" by Ed Welch at ccef.org
- "[Fear Christ](#)" by Elliot Clark at thegospelcoalition.org
- "[Life Together for a Church Apart: Lessons from Bonhoeffer for COVID-19](#)" by Marshall Griffin at ftc.co

### *Resources for Parents*

- "[6 Ways to Lead Your Family in Isolation](#)" by Chap Bettis
- "[How to Talk to Children About the Coronavirus](#)" by Cameron Cole
- "[How to Talk to Your Kids about Coronavirus](#)" by Dane Hays
- "[Family Resources for Discipleship During COVID-19](#)" by Zach Cochran
- "[Lifeway Kids at Home](#)" free kids materials from Lifeway.com
- "[Reading Recommendations during the Coronavirus Shutdown](#)" by Jason Thacker

