**God’s Promises for Troubled Times**

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. (Deuteronomy 31:8)

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)

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? (Psalm 27:1)

I sought the LORD, and he answered me; he delivered me from all my fears… The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing. (Psalm 34:4,7-10)

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… 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 the works of the LORD, 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. “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. (Psalm 46)

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. (Psalm 55:22)

Psalm 91

*1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.*

*2 I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust”.*

*3 Surely he will save you from the fowler's snare and from the deadly pestilence.*

*4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.*

*5 You will not fear the terror of night, nor the arrow that flies by day,*

*6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.*

*7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.*

*8 You will only observe with your eyes and see the punishment of the wicked.*

*9 If you make the Most High your dwelling – even the LORD, who is my refuge –*

*10 then no harm will befall you, no disaster will come near your tent.*

*11 For he will command his angels concerning you to guard you in all your ways;*

*12 they will lift you up in their hands, so that you will not strike your foot against a stone.*

*13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent.*

*14 “Because he loves me”, says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.*

*15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.*

*16 With long life will I satisfy him and show him my salvation”.*

This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength”. (Isaiah 30:15)

I have chosen you and have not rejected you. 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 41:9-10)

But now, this is what the LORD says – he who created you… he who formed you… “Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD, your God, the Holy One of Israel, your Saviour… you are precious and honoured in my sight… I love you… Do not be afraid, for I am with you”… (Isaiah 43:1-5)

Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. (Isaiah 46:4)

So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’.

For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matthew 6:31-34)

Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. (Matthew 10:28-31)

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don't you care if we drown?”. He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?”. They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”. (Mark 4:37-41)

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom… Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.

(Luke 12:32-34)

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 14:27)

… In me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33)

Therefore, there is now no condemnation for those who are in Christ Jesus… And we know that in all things God works for the good of those who love him, who have been called according to his purpose… If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies…. Christ Jesus, who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?... No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:1,28-39)

We were… chosen… according to the plan of him who works out everything in conformity with the purpose of his will. (Ephesians 1:11)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, 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. (Philippians 4:6-7)

For God did not give us a spirit of fear, but of power, love and a sound mind. (2 Timothy 1:7)

Cast all your anxiety/worries on God because he cares for you. (1 Peter 5:7)

When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last. I am the Living One; I was dead, and behold I am alive for ever and ever! And I hold the keys of death and Hades”. (Revelation 1:17-18)