



Psalm 91:1-2

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.^[a]*

²*I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."*

Prompt: Where are you living today? Are you constantly listening, watching, or reading the news? Are you addicted to social media? Put it down. Fast from your social media and news outlet today and replace it with worship and study of Psalm 91.

Psalm 91: 5

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

Prompt: His faithfulness will be your shield. Write down all the times God has been faithful to you in times of fear and worry. Then write a prayer thanking Him and asking for greater trust.

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."

Prompt: The word "commanded" can also mean "appointed." God is not surprised by where you are during such a time as this. Take great assurance that He is with you, and He wants to use you in the middle of this battle. Who will you encourage today with the hope of Jesus?

Matthew 8:26

He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

Prompt: Despite their fear and lack of faith, He calmed the storm. Ask yourself why you are afraid. How can God take your greatest fear and be God in the middle of it?

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. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Prompt: Journal your thankfulness and your fears. Pray for your neighbors here and around the world. Ask God to use you mightily in this time of trial and fear. Ask to be a vessel of peace everywhere you go.



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