

How to respond to fear during a pandemic

Isaiah 41:10 “Don’t panic. I’m with you. There’s no need to fear, for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, keep a firm grip on you.”

Romans 12:10 “Be devoted to one another in love. Honor one another above yourselves.”

2 Timothy 1:7 “For God has not given us the spirit of fear, but of power, and love, and self-control.”

1 John 4:18 “There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.”

Philippians 4:6-7 “Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.”

Romans 8:14-15 “Those who are led by the Spirit of God are children of God. The Spirit you received doesn’t make you slaves. Otherwise you would live in fear again. Instead, the Holy Spirit you received made you God’s adopted child. By the Spirit’s power we call God Abba. Abba means Father.”

There are plenty of scary things in our world. Let’s face it—the coronavirus is one of them. We can’t go to school, the grocery store, church, or our friends’ houses the way we used to. We need to wear masks to protect ourselves and other people.

Does this ever make you feel afraid? Sometimes it might feel like FEAR is trying to speak louder than any other emotion. But when we turn to the Bible, we remember that LOVE drowns out fear. God knows we will face scary things in our lives. God doesn’t want us to pretend the scary things aren’t there. Instead, he wants us to do everything we do out of love.

So how should we react to the coronavirus pandemic?

1. **Talk about it.** Don’t let your fears build up inside you. Talk to someone you trust about what makes you afraid. Stay connected with your friends and family, even if you can’t be with them in person.
2. **Wear a mask** to keep yourself and others safe. This is part of what it means to love your neighbor. Even if you’re not afraid of getting sick, there are plenty of people whose bodies are not as strong as yours. Think about the fear they might feel.
3. **Read these verses.** If fear is speaking louder than love, remind yourself of God’s love.
4. **Pray.** Give your fears to God. Pray for people who are weak or sick.