

PSALM 91: GOD'S PROMISE OF PROTECTION

We live in uncertain times and daily life has been turned upside down by the spread of COVID-19. During this moment of unprecedented disruption and fear of the coronavirus pandemic, God has a message for us, the modern church, in [Psalm 91](#). In this Psalm, we see a powerful promise of protection from God in a time of a global pandemic.

FAITH IN CHRIST CAN OVERCOME FEAR OF CORONAVIRUS

In verse 1 of **Psalm 91**, the first thing God calls his people to do in a time of crisis is to rest. To dwell in his shelter! See, you don't have anything to fear when you know who shelters you. God is watching over you – and anything that threatens you. Next, in verse 2, God is named “my refuge and my fortress”. So, it doesn't matter the size of the problem – God is a refuge for small, everyday problems and a mighty fortress in the face of large-scale attacks! So, ask yourself: **when a crisis comes, who do you trust?**

24-7 PROTECTION

As we continue through [Psalm 91](#) to verses 5-7, we learn that we have 24-7 protection from God. He's awake when you're asleep watching over you. You can cast out every fear and anchor your heart in bold faith.

Now, in times like these, **the battleground for this crisis isn't just physical – it's mental and emotional, too**. Mentally, be careful not to constantly check social media and watch the news 24-7 during this time:

There's so much fear-mongering out there, and as followers of Christ, there is no need to let fear hijack your mind or heart. Physically, are you taking common-sense precautions? Wash your hands and social distance. Do everything the professionals tell you, just do it without fear. Are you caring for seniors? Loneliness is real – write your senior neighbor a note or ask if they need groceries delivered. What about praying for healthcare workers? Pray Psalm 91 as a **prayer of protection** over them, that God would sustain them as they care for the sick and minister to the hurting!