

# Meditations During Isolation

**Drawn directly from, “*Bible verses about coronavirus: 20 scriptures to help those feeling isolated and discouraged.*”**

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<https://faithcounts.com/bible-verses-about-coronavirus-20-scriptures-to-help-those-feeling-isolated-and-discouraged/>

# God Sees Us

Hagar experienced social distancing and isolation when she fled in desperation to the desert! There she came to know God as the one who truly saw her. In this moment, notice God's gracious eyes on you.

”

She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, "I have now seen the One who sees me.

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GENESIS 16:13

# God Hears Us

When we endure suffering, it can be hard to feel that God is near. And yet from the isolation of the whale's belly, Jonah cried out to God and God heard. God is listening to you today.

”

In my distress I called to  
the Lord, and he  
answered me. From  
deep in  
the realm of the dead I  
called for help, and you  
listened to my cry.

---

JONAH 2:2

# God is With Us

Whether you or your loved ones are confined at home, hospitalized, separated by geography, you need not fear, for God is present even in the darkest valleys.

”

Even though I walk  
through the darkest  
valley, I will fear no evil,  
for you are with me.

---

PSALM 23:4

# God is for us

If you're wrestling with how to think about COVID-19 theologically, you're not alone. What we know for certain is twofold: God is not the author of suffering and God is a redeemer.

”

For he does not  
willingly bring affliction  
or grief to anyone.

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LAMENTATIONS 3:33

# God Knows Our Suffering

Whatever you are facing today is not lost on God. God recognizes the very particular ways you are stinging and is concerned for you.

”

God looked on the Israelites and was concerned about them.

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EXODUS 2:25

# God is Near to the Brokenhearted

If you are brokenhearted today, if you are grieving, if your spirit is crushed, God is near. Make room today to get quiet and offer God your hurting heart.

”

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed

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PSALM 34:18

# We Can Look to God When We're Helpless and Confused

The particular challenges our planet is facing are unprecedented. We don't know what to do. And yet in the midst of chaos, we fix our eyes on God, who is reliable.

”

We do not know what  
to do, but our eyes are  
on you.

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CHRONICLES 20:12



# God Receives Us when We're Overwhelmed

When we're weary, burdened, and overwhelmed, God is faithful to receive us and gives us the gracious gift of rest. Make time to crawl up into the lap of the Father who is ready to receive you.

”

Come to me, all you who are weary and burdened, and I will give you rest.

---

MATTHEW 11:28

# We are Fiercely Loved

That over which we have little or no control—hardship, persecution, famine, nakedness, danger, sword, and COVID-19—is no barrier to receiving and embracing Christ’s great love 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.

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ROMANS 8:35,37

# God Shows Up in Our Weakness

When we recognize and embrace our weakness—as we are being forced to do in these days—we are often able to see God show up in powerful ways. Keep your eyes open.

”

But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

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2 CORINTHIANS 12:10

# We Choose to Trust God

Despite all the fearful reports we hear from anxious relatives and read online, we can choose daily to put our trust in God.

”

Though the olive crop fails and  
the fields produce no food,  
though there  
are no sheep in the pen and no  
cattle in the stalls, yet I will  
rejoice  
in the Lord, I will be joyful in  
God my Savior.

---

HABAKKUK 3:17-18

# We Choose Not to Succumb to Fear

Being told not to be afraid isn't always so helpful, is it? But it's possible when it's paired with the reliable promise of strength and support from a faithful provider.

”

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 41:10

# We Choose to Give Our Fears to God

Many today are carrying a heavy load: health worries, employment insecurity, financial concerns, care for vulnerable family members, and so much more. Pause to name and release every anxiety to God.

”

Cast all your anxiety on him  
because he cares for you.

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1 PETER 5:7

# Love is the Antidote to Fear

The antidote to fear is not courage, it's love. When you choose to receive and embrace God's love for you, fear is banished. And when practice love, you participate in banishing fear—yours and others'!

”

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

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1 JOHN 4:18

# We're Made to Share One Another's Burdens

Despite the fact that our natural human impulse is to prioritize our own needs above others', we honor Jesus when we alleviate the burdens others are carrying by sharing them.

”

Carry each other's burdens, and  
in this way you will fulfill the  
law of Christ.

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GALATIANS 6:2