



***In times like these we need the Bible. In times like these O be not idle.
Be very sure, be very sure your anchor holds and grips the Solid Rock!***

Class Meetings are safe spaces to speak, learn, and reflect on God's presence in our lives. From March 31, 2020 to April 2, 2020, Pastor Simmons met with each class online. Pastor Simmons asked three questions:

1. What emotions have you felt since the arrival and spread of COVID-19?
2. How have you taken care of yourself since we have been told to "shelter in place"?
3. And what Scriptures have anchored you in this season of loss (Grief)?

Below is a list of Scriptures that class members shared have anchored and kept them sane since the arrival and spread of COVID-19. Our hope is these scriptures will provide sustenance, resilience, and hope to the entire church in this season as well. Meditate on them. Memorize them. Post them. Grow from them.

- "The Lord will fight for you; you need only to be still (Exodus 14:14)."
- "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land (2 Chronicles 7:14)."
- "O Lord, our Lord, how excellent is thy name in all the earth! who hast set thy glory above the heavens (Psalm 8:1)."
- "Keep me safe, O God, for in you I take refuge (Psalm 16:1)."
- "May the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my Rock and my Redeemer (Psalm 19:14)."
- "The Lord is my shepherd: I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely

goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever (Psalm 23).”

- “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? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord (Psalm 27:1-6).”
- “I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together. I sought the Lord, and he heard me, and delivered me from all my fears (Psalm 34:1-4).”
- “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 (Psalm 46:1-2).”
- “Be still and know that I am God; I will be exalted in the nations, I will be exalted in the earth (Psalm 46:10).”
- “Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked (Psalm 84:10).”
- “He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’ Surely, he will save you from the fowler’s snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge, his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you make the Most High your dwelling – even the Lord, who is my refuge – then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread upon the lion and the cobra; you will trample the great lion and the serpent. ‘Because he loves me,’ says the Lord, ‘I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation. (Psalm 91).”

- “Thy word is a lamp unto my feet, and a light unto my path (psalm 119:105).”
- “I will lift up mine eyes unto the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and forevermore (Psalm 121).”
- “Trust in the Lord with all your heart and lean not on your own understanding in all your ways acknowledge him, and he will make your paths straight (Proverbs 3:5-6).”
- “There is a time for everything, and a season for every activity under heaven (Ecclesiastes 3:1).”
- “He will keep in perfect peace those whose mind remain on Him because he trusts in you (Isaiah 26:3).”
- “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).”
- “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11).”
- “He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God (Micah 6:8).”
- “Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light (Micah 7:8).”
- “Blessed are the pure in heart, for they shall see God (Matthew 5:8).”
- “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 (Matthew 8:26).”
- “Have faith in God,” Jesus answered (Mark 11:22).”
- "Father, if you are willing, take this cup from me; yet not my will, but yours be done (Luke 22:42)."
- “Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth (John 4:23-24).”

- “Let not your hearts be troubled. Believe in God, believe also in me (John 14:1).”
- “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth (Acts 1:8).”
- “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law (Galatians 5:22-23).”
- “Now unto him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen (Ephesians 3:20-21)!”
- “Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:10-12).”
- “Let this mind be in you, which was also in Christ Jesus (Philippians 2:5).”
- “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 4:4-7).”
- “I can do all things through Christ which strengthens me (Philippians 4:13).”
- “God has not given us a spirit of fear, but a spirit of power, love, and sound mind (2 Timothy 1:7).”
- “For as the body without the spirit is dead, so faith without works is dead also (James 2:26).”
- “Cast all your anxiety on him because he cares for you (1 Peter 5:7).”