

Surgery? Covid-19? Anxiety?

Bible verses to comfort you

Then [Yeshua/Jesus] continued telling them, ["Nation will rise up against nation, and kingdom against kingdom. There will be great earthquakes along with famines and epidemics in various places, and there will be terrors along with great signs from heaven. **Luke 21:10-11**, emphasis added](#)

**Do you have quarantine fatigue?
Tired of wearing a mask in the
middle of the hot summer? You're
not alone.**

None of us want to hear more about Covid-19, yet this pestilence doesn't seem to be ending. We know we are in the last days, so we should not be surprised by these occurrences. Our Messiah cautioned us that there would be outbreaks of sickness. **The pandemic is not over, and we must exercise wisdom and caution.**

As though that isn't enough to worry about, some of us struggle with anxiety issues. You might not get Covid, but you might be living in *fear* that you will. May you find *shalom* in the words of Scripture.

I recently had to have an unexpected surgery. Believe me, I was anxious! Anything to do with needles gets me quite riled up. But the LORD is faithful! He gave me a Word just days prior from [Isaiah 58:8-10](#), and the promise contained within provided me the peace I so desperately needed.

["Then your light will break out like the dawn,
and your recovery will spring up quickly;](#)

and your Righteousness will go before you;
the Glory of the LORD will be your rear guard.
Then you will call, and the LORD will answer;
you will cry for help, and He will say, 'Here I am.'"

Isaiah 58:8-10, Tree of life version

I would like to share some other Scripture passages that I believe will help you in whatever situation you find yourself in. Rely on His strength, and I assure you, He will comfort you and free you from fear!

To begin, Psalm 27 is a wonderful Psalm to help overcome fear. The first verse is very well known:

ADONAI is my light and my salvation:
whom should I fear?
ADONAI is the stronghold of my life:
whom should I dread?

Psalm 27:1, TLV

What is needed in times of trouble is **confidence**. Being confident in the LORD means you have the ability to trust that the One in whom you have placed your trust for your salvation is able in the here and now to help you. Psalm 27 address this as well:

Though an army camp besieges me, my heart will not fear.

Though war breaks out against me, even then will I be confident.

Psam 27:3, TLV

Use the Psalms as a springboard for prayer.

The Almighty and Eternal One has helped you before. He will help you again.

You have been my help.

Do not abandon me or forsake me,

O God my salvation.

Psalms 27:9cd, TLV

I love how Psalm 27 ends, particularly as translated by the New King James Version.



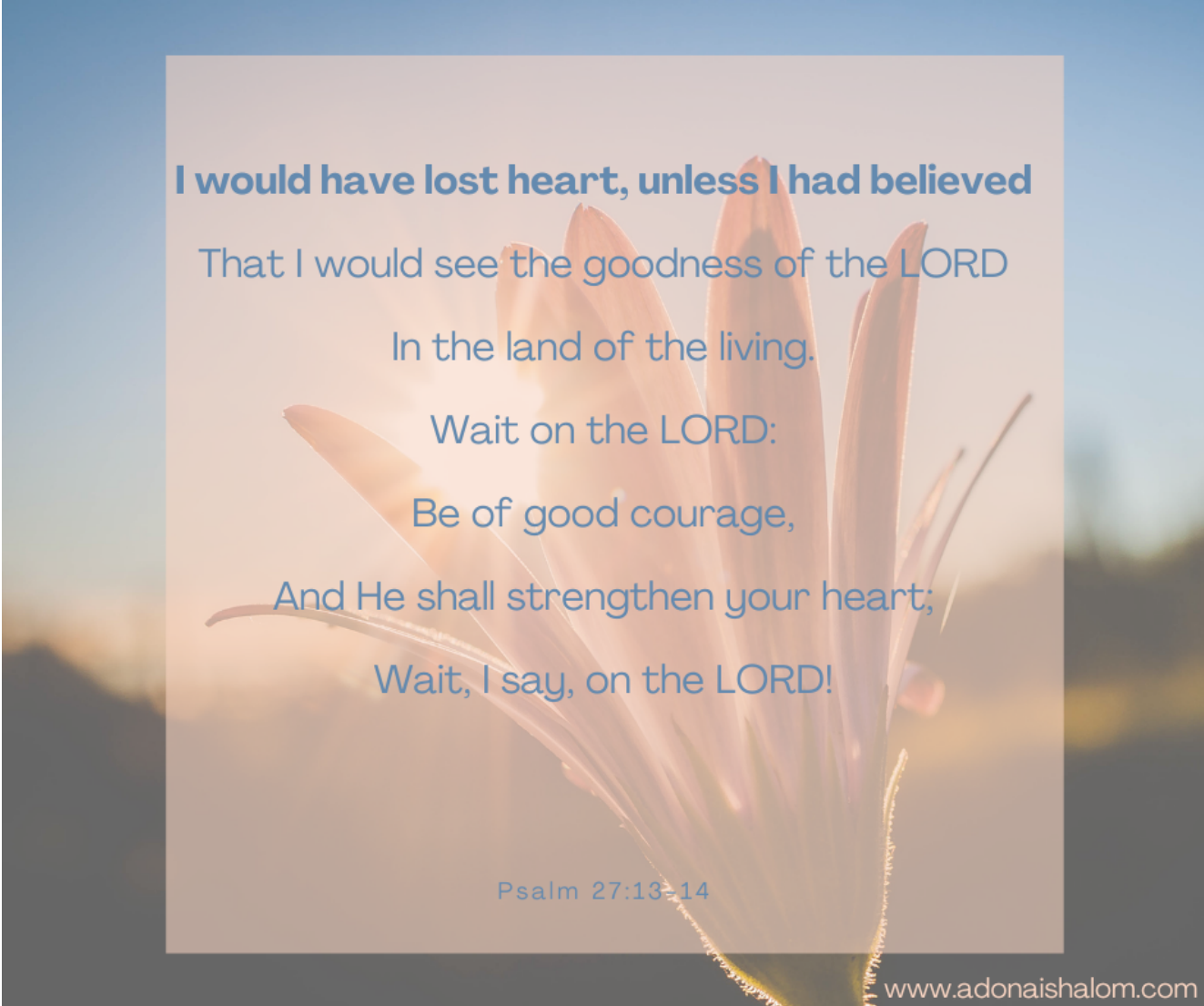
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I would have lost heart, unless I had believed
That I would see the goodness of the LORD
In the land of the living.

Wait on the LORD:
Be of good courage,
And He shall strengthen your heart;

Wait, I say, on the LORD!

Psalm 27:13-14, NKJV, emphasis added



I would have lost heart, unless I had believed
That I would see the goodness of the LORD
In the land of the living.
Wait on the LORD:
Be of good courage,
And He shall strengthen your heart;
Wait, I say, on the LORD!

Psalm 27:13-14

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Psalm 30 is another wonderful Psalm of encouragement.

ADONAI my God, I cried to You for help, and You healed me.

Psalm 30:2

Do not ALLOW your heart to be troubled

I feel that the Ruach haKodesh (the Holy Spirit) illuminated

me to an important spiritual reality, the day I was set for surgery. He reminded me of Yeshua's words in [John 14:1](#) "[Do not let your heart be troubled. Trust in God; trust also in Me.](#)" There's an imperative in there – do not *LET*. Do not *ALLOW*. Do not *PERMIT*.

But that means you and I, we have a choice here. Our emotions can really mess with us, but we are to take control over that by keeping our mind renewed and set on spiritual things. Scripture tells us to take our thoughts captive:

[. . . We are taking every thought captive to the obedience of Messiah . . .](#)

2 Cor.10:5

When I started to really think about that, I found myself better able to control my fear. That's the key, isn't it? *Controlling* your fear, so fear doesn't control you. I kept telling my heart it was not *allowed* to fear. I have not been given the spirit of fear, but of love, power, and a *sound mind* ([2 Tim.1:7](#)). He has given us authority, so we need to use trust Him and use it ([Luke 10:19](#)). Yeshua repeats this instruction in verse 27 of the same chapter:

["Shalom I leave you, My shalom I give to you; but not as the world gives! Do not let your heart be troubled or afraid."](#)

John 14:27

Faithfulness + Faith = Confidence that you will be delivered from your fears

Do you have a track record of being faithful to the LORD and His mission? Overcoming anxiety truly becomes a matter of

faith. If you have diligently sought the LORD prior to undergoing a test or trial, it will naturally be easier for you to rely on Him during the storm and you will be able to confidently confess that He has delivered you from all your fears.

Magnify ADONAI with me

and let us exalt His Name together.

I sought ADONAI, and He answered me,

and delivered me from all my fears.

They who looked to Him were radiant,

and their faces will never be ashamed.

This poor man cried, and ADONAI heard,

and saved him out of all his troubles.

Psalm 34:4-7

Psalm 34 really highlights the way that the LORD reciprocates His love toward those who love and trust in Him.

The righteous cry out and ADONAI hears,
and delivers them from all their troubles.

ADONAI is close to the brokenhearted,
and saves those crushed in spirit.

Many are the distresses of the righteous,
but ADONAI delivers him out of them all.

He keeps all his bones—
not one of them is broken.

Evil kills the wicked—
those who hate the righteous will be held guilty.
ADONAI redeems the soul of His servants
—no one who takes refuge in Him will be held guilty.

Psalm 34:18-23, TLV (v.17-22 in most other English translations such as NKJV)



The righteous cry out
and ADONAI hears,
and delivers them
from all their troubles.

PSALM 34:18, TLV



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Psalms 34:18, Tree of Life Version

As does Psalm 55:22 (v.23, TLV):

Cast your burden on ADONAI, and He will sustain you.
He will never let the righteous be shaken.

Psalm 55:23, TLV (Psalm 55:22, customary)

Remember who it is He says you are

As a believer, if you have determined to love the LORD your God with all your heart, and follow Messiah Yeshua, you are part of a Holy Nation, the Royal Priesthood of believers. You have been saved, sanctified, set apart, and His promises go right along with that.

“Then it will happen, as a result of your listening to these ordinances, when you keep and do them, that ADONAI your God will keep with you the covenant kindness that He swore to your fathers. He will love you, bless you and multiply you. He will also bless the fruit of your womb and the produce of your soil, your grain and your new wine and your oil, the increase of your herds and the young of your flock, in the land that He swore to your fathers to give you. From all peoples, you will be blessed—there will not be male or female barren among you or your livestock. ADONAI will remove all sickness from you, and He will not inflict on you any of the terrible diseases of Egypt that you knew, but will inflict them on all who hate you.”

Deuteronomy 7:12-15, TLV

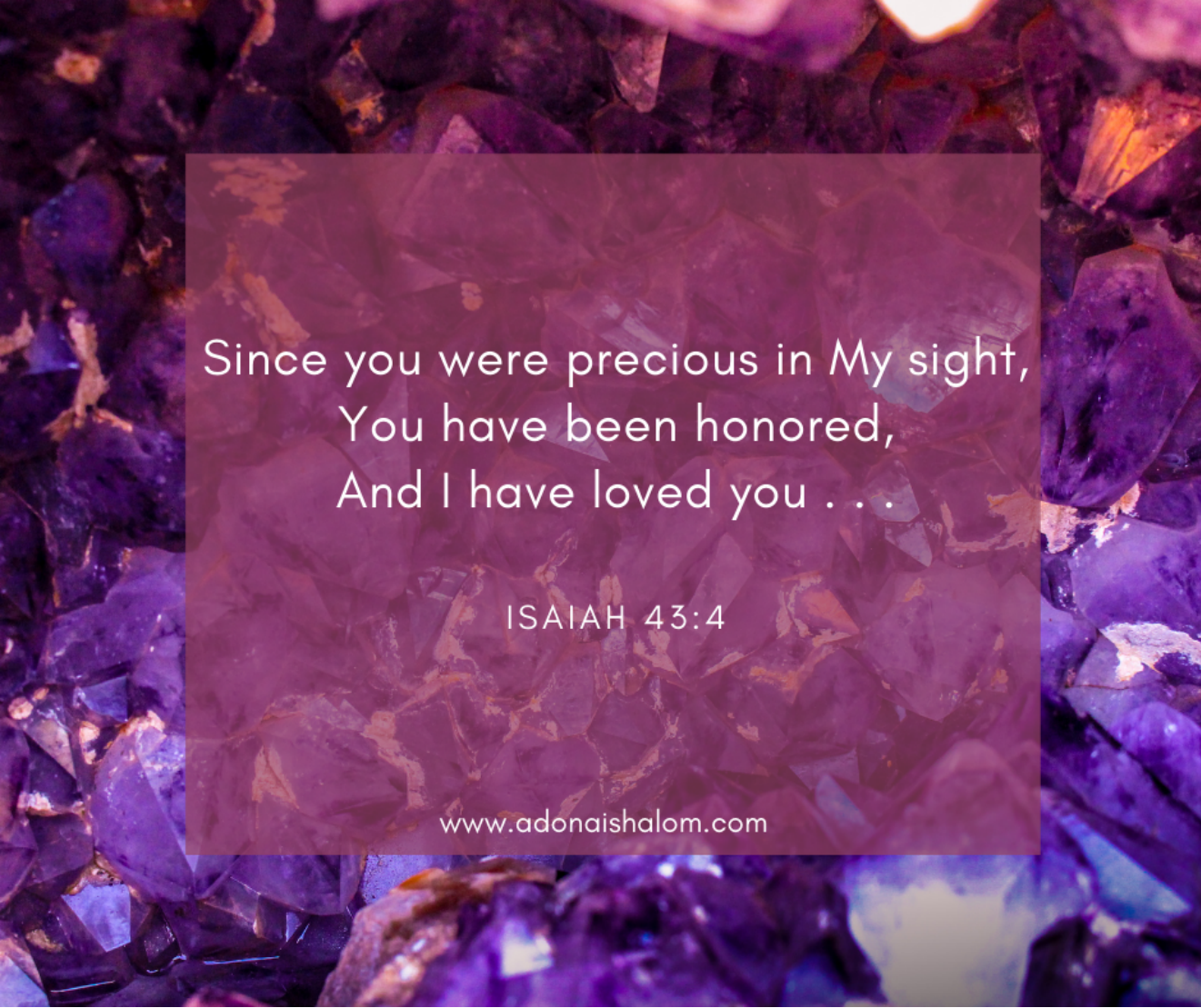
So remember, the LORD loves you, and He will honor your faithfulness.

Since you were precious in My sight,

You have been honored,

And I have loved you

Isaiah 43:4, NKJV



Since you were precious in My sight,
You have been honored,
And I have loved you . . .

ISAIAH 43:4

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Have you been encouraged today? What are some of YOUR favorite Bible passages to get you through a tough time? Comment below! Shalom, mishpocha