

SANTA BARBARA  
COMMUNITY  
CHURCH

SCRIPTURE FOR MEDITATION

**1 John 4:18a**

There is no fear in love, but perfect love casts out fear.

**Leviticus 25:17**

You shall not wrong one another, but you shall fear your God, for I am the Lord your God.

**Deuteronomy 13:4**

You shall walk after the Lord your God and fear him and keep his commandments and obey his voice, and you shall serve him and hold fast to him.

**1 Samuel 12:24**

Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.

**Psalm 23**

<sup>1</sup>The Lord is my shepherd, I lack nothing.

<sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,

<sup>3</sup> he refreshes my soul.

He guides me along the right paths for his name's sake.

<sup>4</sup>Even though I walk through the darkest valley,

I will fear no evil, for you are with me; your rod and your staff, they comfort me.

<sup>5</sup>You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

<sup>6</sup>Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

**Psalm 27**

<sup>1</sup>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?

<sup>2</sup>When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

<sup>3</sup>Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

<sup>4</sup>One thing have I asked of the Lord, that will I seek after: 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 inquire in his temple.

<sup>5</sup>For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

<sup>6</sup>And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

<sup>7</sup>Hear, O Lord, when I cry aloud; be gracious to me and answer me!

<sup>8</sup>You have said, "Seek my face."

My heart says to you, "Your face, Lord, do I seek."

<sup>9</sup>Hide not your face from me. Turn not your servant away in anger, O you who have been my help.

Cast me not off; forsake me not, O God of my salvation!

<sup>10</sup>For my father and my mother have forsaken me, but the Lord will take me in.

<sup>11</sup>Teach me your way, O Lord, and lead me on a level path

because of my enemies.

<sup>12</sup> Give me not up to the will of my adversaries;  
for false witnesses have risen against me,  
and they breathe out violence.

<sup>13</sup> I believe that I shall look upon the goodness of the  
Lord

in the land of the living!

<sup>14</sup> Wait for the Lord;  
be strong, and let your heart take courage;  
wait for the Lord!

### **Psalm 34**

<sup>1</sup> I will bless the Lord at all times;  
his praise shall continually be in my mouth.

<sup>2</sup> My soul makes its boast in the Lord;  
let the humble hear and be glad.

<sup>3</sup> Oh, magnify the Lord with me,  
and let us exalt his name together!

<sup>4</sup> I sought the Lord, and he answered me  
and delivered me from all my fears.

<sup>5</sup> Those who look to him are radiant,  
and their faces shall never be ashamed.

<sup>6</sup> This poor man cried, and the Lord heard him  
and saved him out of all his troubles.

<sup>7</sup> The angel of the Lord encamps  
around those who fear him, and delivers them.

<sup>8</sup> Oh, taste and see that the Lord is good!  
Blessed is the man who takes refuge in him!

<sup>9</sup> Oh, fear the Lord, you his saints,  
for those who fear him have no lack!

<sup>10</sup> The young lions suffer want and hunger;  
but those who seek the Lord lack no good thing.

<sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the Lord.

<sup>12</sup> What man is there who desires life  
and loves many days, that he may see good?

<sup>13</sup> Keep your tongue from evil  
and your lips from speaking deceit.

<sup>14</sup> Turn away from evil and do good;  
seek peace and pursue it.

<sup>15</sup> The eyes of the Lord are toward the righteous  
and his ears toward their cry.

<sup>16</sup> The face of the Lord is against those who do evil,  
to cut off the memory of them from the earth.

<sup>17</sup> When the righteous cry for help, the Lord hears  
and delivers them out of all their troubles.

<sup>18</sup> The Lord is near to the brokenhearted  
and saves the crushed in spirit.

<sup>19</sup> Many are the afflictions of the righteous,  
but the Lord delivers him out of them all.

<sup>20</sup> He keeps all his bones;  
not one of them is broken.

<sup>21</sup> Affliction will slay the wicked,  
and those who hate the righteous will be con-

demned.

<sup>22</sup> The Lord redeems the life of his servants;  
none of those who take refuge in him will be con-  
demned.

### **Psalm 46:1-3**

<sup>1</sup> God is our refuge and strength,  
a very present help in trouble.

<sup>2</sup> Therefore we will not fear though the earth gives  
way,  
though the mountains be moved into the heart of  
the sea,

<sup>3</sup> though its waters roar and foam,  
though the mountains tremble at its swelling.

### **Isaiah 41:10, 13**

<sup>10</sup> fear not, for I am with you;  
be not dismayed, for I am your God;  
I will strengthen you, I will help you,  
I will uphold you with my righteous right hand.

<sup>13</sup> For I, the Lord your God,  
hold your right hand;  
it is I who say to you, "Fear not,  
I am the one who helps you."

### **Jeremiah 17:7-8**

<sup>7</sup> "But blessed is the one who trusts in the Lord,  
whose confidence is in him.

<sup>8</sup> They will be like a tree planted by the water  
that sends out its roots by the stream.

It does not fear when heat comes;  
its leaves are always green.

It has no worries in a year of drought  
and never fails to bear fruit."

### **Haggai 1:13**

<sup>13</sup> Then Haggai, the Lord's messenger, gave this mes-  
sage of the Lord to the people: "I am with you," de-  
clares the Lord.

### **Matthew 6:25-34**

<sup>25</sup> "Therefore I tell you, do not worry about your life,  
what you will eat or drink; or about your body, what  
you will wear. Is not life more than food, and the body  
more than clothes? <sup>26</sup> Look at the birds of the air; they  
do not sow or reap or store away in barns, and yet your  
heavenly Father feeds them. Are you not much more  
valuable than they? <sup>27</sup> Can any one of you by worrying  
add a single hour to your life?

<sup>2</sup>

<sup>8</sup> "And why do you worry about clothes? See how the  
flowers of the field grow. They do not labor or spin.

<sup>29</sup> Yet I tell you that not even Solomon in all his splen-

dor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### **Matthew 10:29-31**

<sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. <sup>30</sup> And even the very hairs of your head are all numbered. <sup>31</sup> So don’t be afraid; you are worth more than many sparrows.

### **Matthew 28:18-20**

<sup>8</sup> Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

### **John 14:27**

<sup>27</sup> Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

### **John 16:33**

<sup>33</sup> “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

### **Romans 8:14-17**

<sup>14</sup> For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba*, Father.” <sup>16</sup> The Spirit himself testifies with our spirit that we are God’s children. <sup>17</sup> Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

### **Romans 8:35-39**

<sup>35</sup> Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? <sup>36</sup> As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### **Hebrews 10:23-25**

<sup>23</sup> Let us hold unswervingly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

### **James 5:10-11**

<sup>10</sup> Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. <sup>11</sup> As you know, we count as blessed those who have persevered. You have heard of Job’s perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.