Protect yourself from the coronavirus
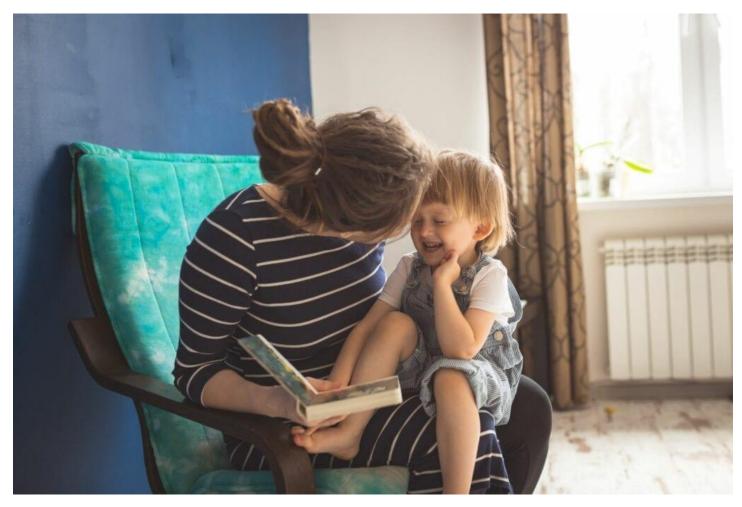
March 6, 2020 |

The media is sounding cries of alarm about the spread of the coronavirus around the world. Many feel helpless about what to do. But there is something one can do to protect themselves from contagion. A spiritually inspired state of mind can render a virus harmless and protect one's health from infection.

I love the promise of protection found in the 91st Psalm:

Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.
This I declare about the LORD:
He alone is my refuge, my place of safety;
he is my God, and I trust him.
For he will rescue you from every trap
and protect you from deadly disease….
Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.
Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday….
If you make the LORD your refuge,
if you make the Most High your shelter,

no evil will conquer you;
no plague will come near your home.
For he will order his angels
to protect you wherever you go.
New Living Translation

The "Most High," is divine Mind. The "shelter of the Most High," is spiritual consciousness.

One of the most effective steps you can take to protect yourself from the coronavirus, is to keep your thought in a healthy place—in the omnipresence and omnipotence of God—where disease is no threat.

Categorized under: healing, health, spirituality
Tagged with: blessings, protection, spiritual mindedness, supply, understanding