

## **Living with Greater Uncertainty in our lives with Covid-19. How might a Christian respond?**

### **Pressing in with Prayer**

Worrying about a threatening event will not prevent it from happening. Worry is a sign perhaps that we are further from God than we should. Worry is when we are looking down at the circumstances more than we are looking up to God.

At this time with the Covid-19 situation where there is a global sense of fear, anxiety, worry and uncertainty, it is normal and common that we are feeling unsettled in our hearts. May we all the more persist in our prayers and the reading of Scriptures, that will anchor our hearts and our thoughts on a firm foundation in Christ Jesus.

There are many biblical passages in the bible that reminds us not to fear and not to worry. Proverbs 12:25 and 14:30 tells us that anxiety weighs down the human heart but a tranquil mind gives life to the flesh.

Begin each day by reading these verses aloud and meditate on them, renewing our minds:

*Isaiah 41:10 "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.";*

*John 16:33, Jesus said "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."*

*And finally, may we proclaim Psalm 91:1-2 that as we live in the shelter of the Most High, may we abide in the shadow of the Almighty, and will say to the Lord, "My refuge and my fortress; my God, in whom I trust"*

May we each make time to pray, to seek God with all our hearts for the divine peace that only Jesus can give. May the peace that transcends all understanding guard our hearts and our minds in Christ Jesus.