



Hi Ladies,

Have you found yourself becoming anxious and overwhelmed by the news reports lately? We certainly are living in an unprecedented season when much of life as we know it, has changed. These life changes may easily lead to feelings of insecurity and uncertainty about the future. I want to encourage you that the truth is that God is still in control and His plans for us are for good and not disaster, to give us hope and a great future. Jer. 29:11. So how should we respond in times of crisis?

I've listed a few practical things that you may find helpful:

1. Most importantly, we remain **connected to God**. This is not a time to withdraw and become isolated. This is a time to draw closer to the Lord, to spend quality time in prayer, worship, reading the Bible and listening to what the Holy Spirit has to say to you. Meditate on scripture verses that strengthen your faith. Keep a journal and daily write down 5 things for which you are thankful. Make notes of the scripture verses that stand out to you, and what God is saying to you. It'll change your perspective and keep your faith strong!
2. Remain **connected to people**. Take this opportunity to get everyone involved in meal preparation and eat together around the table, play games, call grandparents and friends on the phone and have an actual spoken conversation. Reach out to neighbors and offer to pray for them. Write a thank you card to the staff at the local hospital, Fire Station, Police Department and to the teachers who are teaching your children online. There are many people making great sacrifices for our safety. Let's thank them.
3. This is a great time to **reevaluate** habits, how we spend our time and our money. To consider our purpose, to identify and break bad habits and develop new better habits. This is a great time to reset some things in our lives that were either

destructive or distracting us from pursuing God and our purpose. Take the time to declutter and purge your closets. Try something different, like eating pizza or cake for breakfast, be creative, try a new recipe, try a new hobby, start learning a language, turn off the TV and read, there's so much that we can do, it just takes a little thought and effort.

4. **Take care** of your health, mental, emotional and physical. Make a decision to come through this well. Take care of your body. Make sure you get enough sleep, drink plenty of water, make healthy choices with regard to the food and beverages you consume, take vitamins and exercise. A walk outside in the fresh air can be like medicine for the soul. Remember this is a 'season' and it shall pass.
5. And lastly, **starve fear and feed faith**. We do this by being mindful of what we listen to, what we speak and what we think about. Instead of listening to the news more than is necessary, listen to worship music. In 1 Corinthians 10:3 -5 we read: 'For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,' so when fear comes knocking, you answer with a Word from the Lord! Meditate on scriptures like Ps. 91, Ps. 23 and Phil. 4:4-8. (I've listed several more below.) Declare these and other verses over yourself and your family out loud daily, and as often as you feel anxiety trying to come upon you. Remember that God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Tim. 1:7

We are praying for you and your family. **Please stay in touch** on Facebook by 'Liking' and Following Chosen Women at Celebration Church, NC for encouraging daily posts and updates, as well as on Instagram and Twitter.

God bless you,  
Michelle Wright  
Executive Assistant / Women's Ministry Director

*'Those who look to Him for help will be radiant with joy; no shadow of shame will darken their faces.'* Ps. 34:5

## RESOURCES:

- **YouVersion Bible App** – a free downloadable App with hundreds of Bible reading plans, devotionals and much more. You can listen to the Bible with the audio feature as well.

- **YouTube –**
  - Not only are there hundreds of **sermons** available on YouTube by reputable pastors and ministers, like Pastors Robert Morris, Chris Hodges, Bill Winston, Myles Munroe, Joel Osteen and women’s ministry leaders like Joyce Meyer, Lisa Bevere and Christine Caine, but you’ll also find:
  - **Worship music** by most of your favorite artists, and
  - **Fitness videos** by fitness instructors that won’t ‘kill’ you on the first session! For healthy aerobic walking exercises check out Leslie Sansone.
  
- **Zoom or Google Hangouts** – free video conferencing downloadable programs. Use these to video call friends or family. For more information about these programs please check the websites:
  - <https://zoom.us/home?zcid=2478>
  - <https://hangouts.google.com/>
  
- **Lifeway.com and Christianbook.com** are a great online source for books, devotionals, cards, etc. Most brick and mortar Christian bookstores have closed but we are able to do online shopping! ☺
  
- **Scriptures to Meditate on:**
  - Ps. 34:7 - *“The Angel of the Lord encamps around those who fear Him, and delivers them.”*
  - Ps. 145:18 - *“The Lord is near to all who call on Him, to all who call on Him in truth.”*
  - Ps. 139:5 – *“You hem me in, behind and before, and lay Your hand upon me.”*
  - Ps. 32:7 - *“You are a hiding place for me; You preserve me from trouble; You surround me with shouts of deliverance.”*
  - Ps. 125:2 – *“As the mountains surround Jerusalem, so the Lord surrounds His people, from this time forth and forevermore.”*
  - Phil. 4:19 – *“And my God will meet all my needs according to the riches of His glory in Christ Jesus.”*
  - Ps. 34
  - Ps. 46
  - Ps. 91