

# MONDAY

## DEVOTIONAL BY JAY

### Trusting God In Moments Of Anxiety

There have been many times in my life where I have been anxious and afraid. Times where I have allowed fear and uncertainty to get the best of me. Like some of you, lately, I've been feeling a little bit of anxiety over this whole coronavirus stuff. Just the other day, a friend of mine showed me a picture her dad sent her of him at Costco standing next to a random shopper wearing a military-grade gas mask. That's pretty crazy, the lengths people will go to secure their livelihood. Toilet paper, Lysol wipes and Purell hand sanitizer, (Who would've thought) have become precious commodities nowadays. Anyway, how are YOU feeling with this whole COVID-19 news circling around?! If you're shaken up about it, I don't blame you. It really is pretty scary that something this dangerous is sweeping the world, and it's affecting all of our daily lives. But God doesn't want us to live in FEAR. Today, I'd like to share 3 truths from the Bible to remember when you're feeling a little anxious during this time. Before getting there, let's read this scripture: *Philippians 4:6 (NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

#### TRUTH # 1 GOD IS IN CONTROL

Coronavirus is scary because it feels like everything around us looks OUT OF CONTROL. Everyone out there is feeling a sense of panic and worry, at times losing control and acting uncharacteristic. But even when we feel like we're IN control, God actually is. So don't worry: God hasn't lost control of the situation we're all in! He's got you covered.

#### TRUTH # 2 GOD HAS A PLAN

Right now, a lot of us are having to cancel our plans for things like parties, social gatherings, vacation trips etc... Schools all around are closing and your parents might be working from home. All of our plans are up in the air! Romans 8:28 (NIV) says: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."* Even when you can't make a plan, God has a plan: a BIG plan to work for your good, for your well-being.

#### TRUTH # 3 GOD IS WITH YOU

Some of you may be feeling like you're in self-isolation, or quarantine, unable to see your friends or extended family. Everything feels super weird and out of sync. That isolation could cause a little anxiety, leaving you asking yourself "when are things going to get back to normal again? God is in control, He has a plan, and He is with you. I would encourage you to spend some time in prayer, making your requests known to God, the God of peace Who listens to every need. He is for you, He's working all things for your good and He will never leave you abandoned. Joshua 1:9 (NIV) *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

## PHILIPPIANS 4:6

6 DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD.

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