

## **When Times Get Tough**

### **Ready:**

“Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.” - Philippians 4:4-6

### **Set**

Our world is facing one of the fiercest pandemics in history. It has disrupted everyone’s lives by shutting down businesses, schools, and athletic events. The cases of infections and death are increasing. The world is in a panic. Even in these times of crisis we can pause, rejoice, and give thanks to the One who is in control.

Similarly, our world is under attack by the spiritual forces of evil. Its spread can wreak havoc. Just like the CDC has guidelines in place to reduce the risk of spreading or contracting the Coronavirus, we can follow spiritual guidelines that can prevent our risk of losing faith and encouraging others in theirs.

For example, we must “socially distance” ourselves from worldly ways, clean our hands often by bathing in God’s Word, and live pure and upright lives, practicing godliness and holiness. In Christ, we are the light in the darkness, offering hope and peace to others by encouraging them to replace their fear with faith in God. We can give thanks and rejoice in our Savior for His greater purpose.

We have God’s peace that transcends all understanding. God calls us to be strong and courageous. The greater our faith, the less our fear. God can use us to be the calm and peace in others’ lives. We can help them focus on the Lord rather than the fear or the problem our world faces. He is our Savior!

### **Go**

1. As Christ-followers, what should our response be to the current crisis?
2. What steps can you take to help others replace their fear with faith?

### **Workout**

- Matthew 14:28-32
- Joshua 1:9
- Hebrews 12:14

### **Overtime**

“Father, thank You for Your divine intervention in our lives. Help us to experience Your presence and peace amidst the chaos around us. Replace any fear with steadfast faith in You.”

**Bible Reference:**

Philippians 4:4-6

Matthew 14:28-32

Joshua 1:9

Hebrews 12:14



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