



God's Word for times like these

"We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday's burden over again today, and then add the burden of the morrow before we are required to bear it.

- John Newton



DON'T WORRY!

Philippians 4: 4-9

Fear has the power to paralyse us and send us cowering in dark places. Paul reminds us that the best weapon against fear is prayer, as prayer leads us to God. We serve a God who is all knowing and merciful, who will never turn a blind eye to our every day challenges. He is the God who understands our greatest fear and sent his divine Holy Spirit to comfort us. What are your fears as you gaze into the next few days? When we pray, God transforms our fears, making them insignificant as he enlarges our view of him. May you and I find great comfort in the words of Jesus when he said, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34). Earlier on in this passage, He had asked a soul-searching question, "Can any one of you, by worrying, add a single hour to your life?" (vs 27). When you and I choose not to worry, we are demonstrating our faith in God Almighty!

With your family

Invite each member of your household to think of a nursery rhyme, words from a song, memory verse, etc. Then say 'GO' and

everyone says their words in a loud voice. When you've finished, were you able to understand what each other was saying? Often, when lots of people are talking about something of concern, it is hard to understand what is really happening, and this can create fear within us. Invite everyone to get something that they can use to make some noise e.g. pots and spoons, drums or other musical instruments, etc. Set a timer for 30 seconds and make some noise. Then stop and enjoy the silence for 30 seconds. Today's reading reminds us that in challenging times, God is present and gives us His peace. Talk about how you could experience God's peace within your family this week.

Blessing: Take turns to pray this blessing on each other:

"May the God of peace (v 9) give you the peace of God (v 7) today."

*Lord during these times of fear,
help us to remain grounded in
your love. Amen.*