

HOW DO WE HANDLE ANXIETY?

*Cast all your anxiety on him
because he cares for you.
1 Peter 5:7*

REFLECTION

Living with the Covid-19 endemic in the new normal is stressful and unsettling because we fear catching the virus and death robbing us of the life we live. There is no cure and the vaccines available are only as good as mitigation measures. When nothing we do seems to work, our anxiety will cause us to be weary or even depressed.

How should we then cope with anxiety?

The apostle Peter teaches us to cast (i.e. throw out) our every anxious thought and feeling to God. We can bare our raw emotions to God because He cares for us.

But there is fresh fodder to stir us up psychologically every day, e.g. someone we know catches Covid-19, more people in our community dying, further disruptions to livelihood, and protect measures implemented by the authorities to help us don't seem to bring much desired effect. When we are stirred up, we want to take immediate action ourselves, e.g. recently, a grandmother was hospitalized after trying to self-medicate with an unapproved drug to prevent Covid-19 infection.

In our anxiety, we do not want anyone to deal with our raw feelings. We want to be in control of our own feelings. What helps is we must first humble ourselves before God to let Him rule and reign over us. Only He is in control over our circumstances and feelings. We must not rely on our own understanding (1 Pet.5:6). We must also be alert and sober, to be fully attuned to God (1 Pet. 5:8-9).

May this be a reminder to us in handling our anxiety everyday:

Humbly turn your eyes upon Jesus
Look full in his wonderful face
Cast all your anxiety on him because he cares for you
And the things of earth will grow strangely dim
In the light of his glory and grace

PRAYER

Dearest LORD, everyday, everywhere we turn, fear looms large. Sickness and deaths, loss of jobs and livelihoods, loneliness and helplessness are present everywhere. Yet You alone are the Way and the Truth and the Life. Let Your presence comfort us, that we may turn our focus away from self-dependency and turn our eyes to You our LORD. Let Your Spirit guide us, open our eyes to look beyond the endemic that we may rejoice in the victorious life You have given us in Christ Jesus. Amen

SUPPLICATION

- Pray for those who are unvaccinated against Covid-19 that the Lord be gracious and to protect them against any infection. Let their eyes turn to Jesus and away from the bondage of fear and self-help. Pray for those who have received their booster shots that their bodies be further strengthened. Pray for those who have been infected but are recovering that they be able to develop stronger immunity.
- Pray for provisions for those whose livelihoods have been disrupted, for wisdom to adapt to the post pandemic economy, and for hope and wisdom to press on in life.
- Pray for the leaders of all nations to fear God and act justly as they meet to map out new policies to improve the lives of all peoples equitably. Pray for the leaders in every church to be filled with grace and wisdom in seeking to rekindle hearts for God in the new normal.
- Pray for God's protective hand for BRMC and its leaders to regather our flock to worship Him. Pray for every believer to grow in faith and knowledge of God, for strength to live life fully in both its ups and downs.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Philippians 4:8

***If you need any prayer or pastoral care support, kindly contact the pastoral care team via:
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