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To MY NEIGHBOUR



Seventh-day
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SIMPLE TO WAYS

Remain Hopeful
During A
Pandemic

SIMPLE WAYS TO REMAIN HOPEFUL DURING PANDEMIC

In such uncertain times with COVID-19, we desperately seek and need the hope of Jesus every day to strengthen and sustain us during such pandemic. Some ways that you can continue to keep your hope in Jesus during crisis:

1 Be Grateful

Each day that God allows us to wake up and experience the freshness of a new day, we should be grateful.

Psalm 107:1 states "Give thanks to the Lord, for he is good; his love endures forever." Maintaining a grateful heart for the gift of life each new day will uplift your spirit, renew your minds, and change your perspective. I invite you to continue to remain hopeful by giving thanks to God for the gift of each new day.

2 Tell Your Story

By telling our story of how God has kept, strengthened, and delivered us, it will inspire hope and encouragement in you and others.

When Jesus healed the demon possessed man he told him "...*Go home to your friends, and tell them what great things the Lord has done for you and how He had compassion on you.*" Mark 5:19.

During this current climate where we are practicing social distancing, it is imperative that we are creative in finding ways to stay connected and encouraged. When you tell the good news of how God has kept you, it will serve as a source of hope in these unsettling times.

3 Use Your God-Given Gifts

Another way to remain hopeful is using your God-given gifts to bless others 1 Peter 4:10 states "As each one has received a gift minister it to one another, as good stewards of manifold grace of God". There are many people who are seeking

for hope during such pandemic. By sharing and giving what God has blessed you with will inspire, encourage, bring hope, and strength in the lives of you and others.

4 Read and Study God's Word

It is easy to become discouraged or anxious, not knowing what the next day will bring with the nature of such pandemic. But reading and studying God's word will keep you hopeful and encouraged during difficult times.

The Bible provide you with assurance that help renew your minds with peace, comfort, and strength such as Josua 1:9 states "Have I not commanded you? Be

strong and courageous. Do not be afraid do not be discouraged, for the Lord God will be with you wherever you go." The great news about God's word is that it is always available and designed to keep you spiritually connected to God.

Today, I invite you to carve out time day to read and study God's word for hope and strength. In these uncertain and unprecedented times, it is important that you continue to remain hopeful in Jesus by being grateful, telling your story, using God-given gifts to bless more importantly stay connected by reading and studying His word.

