Encouragement for Uncertain Times

It’s like every time you turn on the television, log onto social media, or read a newspaper, you hear about ANOTHER shocking statistic--how many people are unemployed, the lack of medical equipment, how many are living with the coronavirus dubbed COVID-19, and sadly, how many have succumbed.

Maybe this thing has hit too close to home for you. Maybe family members contracted the virus, friends, or perhaps even you are dealing with the effects. This is the first time that many people have experienced something like this in their whole entire lifetime. And while it may be far from over, “this too, will pass.”

Until it does, however, here is some encouragement to help you through these uncertain times.

* Take care of yourself

During this time, it is important to take self-care measures as best as you can. Just how we pay are paying even more attention to our physical health during these times, it is equally important to pay attention to our mental health as well. In the midst of isolation and self-quarantining, the adjustment can take different forms for many different people.

* Check on someone

Just because we are advised to be physically distant, it does not mean that we have to be disconnected socially. Organize a video conferencing meeting with family. Take a senior under your wing. This could be a senior citizen or a graduating senior who is having a hard time missing out on certain milestones. There are many community groups who are organizing ‘adopt a senior’ programs. Check one out!

* Have faith

Operating out of a place of ‘not knowing’ is hard sometimes. But for those of you who are believers--we know that during these uncertain times and always--our certainty lies in the *I am.* Our certainty is in God.

[**Philippians 4:6-7 (NIV)**](https://www.biblegateway.com/passage/?search=Philippians+4%3A6-7&version=NIV)

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*