



COVID-19 UPDATES @ LAKEVIEWPEOPLE.COM

NO WEDNESDAY SERVICES MARCH 18TH & 25TH

SUNDAY, MARCH 22ND SERVICE **ONLINE ONLY**

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OVERCOMING HIGH ANXIETY by Pastor Mark Gentry

So, have you been thinking about COVID-19? How could you not with around-the-clock coverage? How are you feeling? Of course, as Christians we understand we have an enemy who would like nothing more than to see us paralyzed with fear and anxiety. What do we do when we sense our anxiety level rising? Let's look at a few things that will help free us from the anxiety connected with COVID-19 and give us victory in the face of this challenge:

1. Focus our thoughts on God's Word.

2 Timothy 1:7 NLT *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

God's Spirit within us gives us authority over our thoughts and feelings helping us to stay in spiritual order. This same Spirit assures us of God's love for us and permits God's love to flow through us to others. In times of anxiety, it is easy to become self-centered; but God's Spirit helps us maintain the same self-discipline David used against anxiety and depression. Listen to David's dialogue with himself from **Psalm 43:5 NIV**, "*Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*" With the help of God's Spirit, David set aside anxiety by setting his hope on God with disciplined "self-speak".

2. Thank God for His promises.

Psalm 91:9-11 NLT *If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go.*

When our thoughts are focused on God's Word, His promises become clear to us. When we received Jesus as Savior and God, He also became our refuge and shelter! This is a covenant of promise and God keeps His promises; therefore, we can thank God "**no evil will conquer us; no plague will come near our home!**" We thank God that He is **THE Most High and OUR God of Promise**. Remember, thanksgiving is the highest form of prayer.

3. Take action to serve others.

Hebrews 6:10-12 NLT *For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers, as you still do. Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true. Then you will not become spiritually dull and indifferent. Instead, you will follow the example of those who are going to inherit God's promises because of their faith and endurance.*

Those who love and care for others are never in jeopardy of becoming spiritually dull and indifferent. When we are **alert and compassionate** towards the struggles of others, we allow the love of God to flow through us in acts of service. Care and service for others is an act of faith towards God. In times like these, we care for others by communicating with one another to ensure we all have everything we need, by delivering needed food or supplies to those who are lacking, and by sharing encouragement and reminding each other of God's great love for us. In addition, we serve others by following handwashing and social distancing guidelines, and honoring the requests of those in authority over us.

4. Continue to choose joy.

Romans 5:3-5 NLT *We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.*

Though we are currently living an adjusted normal because of the COVID-19 pandemic, we can use this time to strengthen our families and remain confident in our Hope of Salvation. It is in an atmosphere of faith that anxiety is defeated! When facing challenges, it is those of high character and strong faith who will endure and overcome. Endurance is the product of our choice to rejoice in face of trials!

LAKEVIEW CHURCH COVID-19 RESPONSE PLAN

We commit to provide **PRAYER, ENCOURAGEMENT, & RESOURCES** to our church and community during this difficult time. Submit prayer requests at Lakeviewpeople.com.