

# LOOK up, out, & in



## *Hey River Church,*

Jasmine Mayeda here. I am writing to you from my couch, with my puppy on my lap, and I wanted to share some thoughts that will hopefully encourage you in these trying times... So for me the biggest challenge I face when I feel out of control of a situation is going inward. Looking at myself and my needs and what I can do to lessen my anxiety. Now don't get me wrong, that's not entirely wrong or bad. I think it's healthy and important to make sure you're caring for yourself in a time of uncertainty and unknown, but it can become a problem when that's where we stop.

Maybe today remember to not only look inward, but to look up. Look to our God of the impossible and our God of miracles. He is so good and is working even when we don't see it or feel it. We can put our trust and our hope in Him for He is our rock and our firm foundation. He is our peace beyond understanding.

And although we cannot meet in a church building or go to church together we are still the church so remember to also look around you. See the people in front of you and besides you, across the street from you and in the grocery aisle six feet from you (a little social distancing reference for you ;) How can you bless that person or bring hope and kindness and care to that person or family? How can you be Jesus' hands and feet, the carrier of the good news to those around you?

Let's listen not only to our own needs, but let's try our best to be open to who / where God leads us and be a blessing.

Elbow bump,  
Jasmine Mayeda  
River Church Worship Pastor

*"Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. When he saw the crowds, **he had compassion on them** because they were confused and helpless, like sheep without a shepherd. He said to his disciples, "The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields." — Matthew 9:35-38 NLT (emphasis mine)*