

3.20.20 Meditation – Psalm 91

“You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, ‘My refuge and my fortress; my God in whom I trust.’”

Governor DeWine was requesting today that all who can should be “sheltering in place” as a way to slow the spread of this pandemic. It is important that everyone care for themselves as we become more physically distanced from one another. We can become increasingly fearful about our health, our finances, and securing food or supplies. We can become lonely, bored, and angry because we feel so out of control. It’s important to use some healthy coping skills.

- Connect with others by phone, email, text, social media or snail mail. Stay in contact with family, friends and neighbors.
- Utilize technologies like Skype or FaceTime.
- Keep a daily schedule. Try and sleep, eat, do chores, accomplish tasks, and relax like you would do regularly.
- Practice relaxation techniques. Breathe deeply and exhale slowly, exercise, meditate, pray, or stay busy with hobbies or projects. Clean out a closet or workshop.
- Include fun activities in your day. Share a joke, listen to music, plan your garden. Balance the stressful messages you’re hearing with some uplifting moments.
- Talk about your experiences and feelings with someone you trust. Unspoken feelings of loss and anxiety can build and cause a sense of helplessness and hopelessness.
- Work to maintain a sense of hope. Fast from excessive news overload. Keep a gratitude journal. Stay engaged in ways you can be part of someone else’s solution to problems.
- Stay connected to God and the family of God. Listen to Christian music, read a devotional, start a prayer journal. God will be with you whatever comes your way today.

It is important to stay proactive about our health – body, mind, and spirit.

My song for today is “It Is Well with My Soul.”

One of my God-sightings today was in the Franklin First kitchen, as volunteers labored to bag meals to hand out the front door of the church. They were working together with smiles and positive attitudes.

May the Lord bless you and keep you.

Pastor Laura