

## Seeking Help in Difficult Times

*“Casting all your care upon Him; for He careth for you.” 1 Peter 5:7*

These are difficult times, filled with difficult dilemmas. It has pleased the Lord to bring this pandemic upon the world, including our nation and people. His judgements are so deserved; yet, God has not forgotten us but instead sends these callings so that we may be turned back to Him. These trials have brought on much fear, anxiety and uncertainty. Depression and loneliness have become very real for many. The necessity to remain homebound and isolated has brought on many struggles for parents, children and the elderly. These changes bring concern for increased rates of unhealthy living, mental illness, as well as rising rates of addictive or abusive behavior. In these troubling days, it remains imperative that we seek help from the Lord and the means of assistance He provides.

First and always, we must cast our cares upon the Lord. He has brought the pandemic, controls the pandemic, and He knows the beginning from the end most perfectly. We humans often prefer to speculate about other causes or motives behind the pandemic. We prefer our own opinion and way. Reverend G. Van Reenen once wrote, “Every man walks a way which seems right to him and tries to stay on that way, no matter how often it happens that it doesn’t end up well.” Let us never forget that God has brought this upon us for His perfect reasons. Therefore, we must first seek Him to bow beneath His judgements, and that He will “in wrath remember mercy.” (Habakkuk 3:2)

The Bible also calls on us to bear one another’s burdens. Now more than ever, we need to reach out to help our fellow man. Find ways to safely aid and assist each other; especially the elderly and disabled. We need to intentionally find alternate methods to communicate and support one another.



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### **Practical Pandemic Pointers**

- Establish a structured daily routine: devotions, regular sleep patterns, healthy diet, and activity.
- Consider getting up and dressing like you would for normal work or school day. Keep a schedule for homework time, meals/snacks, physical activity and free time.
- Find ways to safely help others such as spring cleanup, getting groceries, etc.
- Assist the pandemic efforts by making cloth masks, aiding healthcare workers, etc. It can help our mindset to be working for a cause that is greater than ourselves.
- Intentionally communicate with others via phone calls, letters, email, virtual meetings or sending flowers.
- Find ways to avoid situations and control triggers that may lead to addictive behaviors (alcoholism, gambling, pornography, tobacco abuse, etc.)
- Stay active: walking, hiking, biking, family games, picnics, cooking together, sidewalk art drawings, puzzles, singing and listening to music. Spending time outdoors in the sunshine and fresh air can help maintain a positive attitude.
- Do driveway visits while maintaining the 6 foot social distancing.
- Intentionally recognize and acknowledge positive happenings in your day. The more you look for them, the easier they will be to spot.
- Control your thought processes from being negative. Do not give into the temptation of spiraling down into catastrophic negative thoughts which often lead to excess worry, anxiety, panic, fear, and blame.
- Find a trusted friend or family member to support and confide in.

Reach out to the lonely and vulnerable, and place the needs of others before ourselves.

As individuals, we also need to be wary of the temptations of these times. Having excessive idle time can lead to giving in to addictive behaviors; or excessively searching of news articles and opinions regarding the pandemic. Consider limiting what you view to one or two credible sources, rather than random internet surfing. Try to develop a structured daily routine to include devotions, healthy diet, and regular physical activity. If we do find ourselves in mental or spiritual distress, be willing to seek the Lord and those He has placed around us for support. This may include your family, friends, clergy, counselors, or mental health professionals. Although our human nature tends to resist help from others, God can use these people as tools in His hands as a means for healing. In all things, seek the Lord and His favor. Our best laid plans will profit nothing without God's blessing, and their success lies in His hands. Man proposes; God disposes. As we travel the uncertain journey ahead, we can take comfort that the Almighty is in control of all things. Therefore, let us be given to hope and trust in God as we read in Psalm 118:8, "It is better to trust in the Lord than to put confidence in man."



### **Our Members:**



The Elim committee is available for people to reach out if they are experiencing loneliness, financial stress, job loss, or worry about the pandemic.

Please feel free to call any of our members directly.

As the Coronavirus becomes more prevalent in our area, many older adults and those with health risks may be concerned about going out to get groceries or daily necessities. Many grocery stores and pharmacies are offering curbside pickup or delivery for those who want to limit their exposure. Listed below are a few area stores that provide pickup or delivery services.



#### **Sunshine Foods**

**Rock Valley – (712-476-5326)**

- Tuesday and Friday – curbside pickup
- Call in your order between 8-10am
- Your order will be ready between 1-3pm
- Saturday – in-town delivery
- Call in your order between 8-11am
- Your order will be delivered after 11:30

If you are unable to go out to get your groceries or other basic necessities, the Elim Committee would like to help. Please call **Carrie Van Den Top** if you would like assistance, and she will line someone up to pick up and deliver your items.



#### **Hy-Vee**

**Sioux Center (712-722-2601)**

- Any day of the week – curbside pickup
- Tuesday and Friday – in-town delivery
- Call in your order a day ahead (Monday or Thursday)
- Order Online using Hy-Vee Aisles Online Delivery

