



**Hope
for the
Heart**

June Hunt, Founder.

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Remember Your Hope: *“Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassion never fail, They are new every morning, great is Your faithfulness. Lamentation 3: 21-23.*

The headlines of the Coronavirus are sweeping every news channel and everyone’s social media feed. Many are panicked, living in fear. How should we respond to this evolving situation? Here are some practical guidelines from God’s Word.

Stay informed: *“Let the wise listen and add to their learning” (Proverbs 1:5).*

In times like these, it’s easy for misinformation to spread. Check with your local health services and organizations, as well as the *Centers for Disease Control (CDC)*, to stay up to date about what’s happening in your community.

Take precautions: *“A prudent person foresees danger and takes precautions” (Proverbs 27:12 NLT).*

Listen to what your health officials tell you—wash your hands, stay home from work if you’re sick, avoid unnecessary travel, keep your living and work space clean.

Don’t live in fear: *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).*

In times of uncertainty, fear seems inevitable. Remember that even in troubling times, God is with you—to help you and uphold you.

Pray fervently: *“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth” (1 Timothy 2:1–4).*

Pray for local, state, national, and international leaders, that God will help them make wise decisions to help stop the spread of this virus. Pray for those who are ill, that God will heal them. Pray for those who have lost loved ones, that God will comfort them. Pray for all health care workers, to be protected and have strength to help those who are sick.

Be an encourager: *“Encourage one another and build each other up” (1 Thessalonians 5:11).*

Even though many institutions have temporarily closed and social contact is limited, there are still opportunities to reach out and love others. Through phone calls, text messages, emails, video calls, and social media—you can check in to see how loved ones are doing and encourage others with prayer, a kind word, or sharing a passage of God’s Word.

Trust God: *“When I am afraid, I put my trust in you” (Psalm 56:3).*

This virus is a reminder that there are many things in this world beyond our control. However, we can choose to trust God, who is in control of all things. The Bible says that God *“works out everything in conformity with the purpose of his will” (Ephesians 1:11)*. We can trust that the Lord will use this situation to fulfill His plans for our good and His glory.

Remember your hope: *“Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness” (Lamentations 3:21–23).*

In the coming weeks, we will celebrate the resurrection of Jesus Christ. Easter is a reminder that even in the worst circumstances, there is hope. Because of Jesus, our future is secure and we always have a reason to hope. While the Lord has not promised that we will escape pain and suffering in this life, He does promise to be faithful and to love us each day.