

DEVOTIONAL MESSAGE

How to abound in this challenging times ... by Fred

- **Q** catalogue of events in recent times, such as: The Coronavirus Pandemic that led to ever-changing protocols in government and places of work
 - Outpouring of fake news on social media and its toll on people
 - Myriads of conspiracy theories in high and low places
 - Breakdown of social order in form of lockdown and restriction of movements culminating into Social isolation or physical distancing
 - Family bereavements and lots of sadness about the way and how people died
 - Economic woes and recession
 - Lots of uncertainties in government policies, people's situations, and the future
 - Feeling of powerlessness by people and nations including "super-powers" whose arsenals of nuclear and military wares have no means of controlling the micro-enemy
 - Psychological disturbances and trauma
 - Increase in hate and hate crimes across the world
 - Violation of worshipers and places of worship
- All the above, to name a few had mixed to form a rainbow of "New normal" that may well signal how our life and lifestyle may have changed forever.
- Our savior Jesus Christ in *Luke 21:36* advised "*Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man*"
- We learnt from two characters; Job and David who God testified about as men that occupied special places in His heart and how they weathered the storms of their lifetimes
- We need to have a deep relationship and conviction like Job to be able to say, "*I know*" that my redeemer liveth despite firm opposition from seemingly religious friends undermining his spiritual status.

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WEEKLY EVENTS/NOTICES

Week 32

We need like David to:

- Meditate on the word of God as the key; no wonder David stated that first in the very first chapter of his book. *Psalm 1:1-6; 19:7-11*
- Have our “source of energy” within us and not outside of us and by that, I mean to have “God as our first instinct” no matter what we are going through. *Psalm 46:1-2.; 16:8; 61:2; 42:1-2*
- Dwell in the “secret place” of prayer. David knew the importance of prayer and he prayed like someone conversing with a close friend *Psalm 3:1-8; 5:1-12; 17:1-15; 20:1-9*. “Woo God” i.e, David knew how to call/draw the attention of God to his situation. *Psalm 6:1-10; 10:1-18; 13:1-6*
- Remind ourselves of past testimonies to stir up our faith in expectation of God will yet do *Psalm 4:1-8; 77:5-20*
- “Assert the integrity of our heart” before God in the place of prayer. *Psalm 7:1-17; 17:1-4; 18:20-29*
- Reflect on the person and power of God and sing praises to the most High. *Psalm 8:1-9; 18:30-48; 19:1-6*. This have the potential to lift us out of the valley of despair
- Testify of God’s goodness to inspire other believers. *Psalm 18:49-50*
- Encourage yourself in the Lord “why are you cast down oh my soul?” *Psalm 42:11*
- Make peace with God by “seeking forgiveness quickly” if we are caught in sin so as to be restored “with a right-spirit”. *Psalm 51*
- The book of psalm brings us into the sanctuary and draw us away from converse with men, about politics, philosophy, disputers of this world and direct us into communion with God by solacing and reposing our souls on Him.
- The lives and approaches of Job and David are proven with the ability to lifting up and letting out our heart towards God and can help us to be in the mount with God despite many sinking into the valley of despair in this trying times.
- *Psalm 91: He that dwelleth in the secret place of the most High shall abide..... Amen!*