



22 April 2020

<sup>25</sup>*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"* <sup>26</sup>*Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"* (Matthew 6:25-26 NIV)

**Dear Family,**

According to a report in The Straits Times (13 April 2020), *"COVID-19 has resulted in new stressors – curtailed social connections, loss of normalcy, fear of death and economic uncertainty – that may affect mental health."*

Feeling anxious in the midst of this pandemic is a natural human response but God does not want us to remain in a heightened state of anxiety. The Word of God tells us in Philippians 4:6, *"Do not be anxious about anything."* Some of us may be thinking: this is impossible to do! But when God tells us to do something that seems humanly impossible, He Himself shows us the way and gives us the power to do it.

**Firstly**, we must remember that we are valuable to God (Matthew 6:26). If He has provided bountifully for the birds of the air, how much more will our heavenly Father provide for us and watch over us, His valuable children.

**Secondly**, Philippians 4:6 goes on to show us the key to dealing with anxiety: *"In every situation, by prayer and petition, with thanksgiving, present your requests to God."* When those anxious thoughts come flooding your mind, instead of dwelling on them, go to our Lord Jesus and talk to Him about every concern upon your heart. Picture yourself taking your load of cares and worries and handing them over to Jesus. Ask of Jesus, our Prince of peace, the *"peace of God, which transcends all understanding"* (Philippians 4:7). Ask Him also for practical handles to cope during this season.

**Thirdly**, we are to present our prayers to God *"with thanksgiving"*. This is an oft overlooked word in Philippians 4:6 and seems contrary to what people will do especially during anxious times. But as we give thanks, we remember God's goodness and faithfulness in times past, and because He is the same yesterday, today and forevermore, we can continue to trust Him to give us every grace to go through this difficult time.

So, the next time you see a bird in the sky or on a tree, remind yourself, *"My heavenly Father, who provides for the birds, will take care of me and my loved ones"* and give thanks to God.

**God's love and peace be with you**  
**Sabrina Ng**