



Episode 11 - Practical Responses to Being Quarantined Show Notes

Podcast Description

In this episode, Tim and Elaine discuss how we can practically respond to the unprecedented circumstances in our world due to COVID 19. When you feel out of control, there are still things you have control over. You will find reassuring and inspiring encouragement as you are reminded of God's faithfulness.

When significant changes in the world challenge our beliefs, we can become anxious and afraid.

- Uncertainty is the soil of fear, anxiety and worry.
- Uncertainty reveals that we have no control.
- The loss of control can create mental and emotional instability

Big picture

Psalm 46:1-3 - *God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea;*

Though its waters roar and be troubled, though the mountains shake with its swelling.

- God is with us
- He is in control
- He has promised to take care of us.
- Nothing is too difficult for God
- Jesus is our peace in the storm (eye of the hurricane)

Personal challenges

James 1:2-3 - My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.

- Testing our faith (trust in and dependence upon God)
- To trust that Jesus is present to provide what we need in these uncertain circumstances
- (Patience with others, the ability to pivot and adjust to our situation, etc.)

Practical control

It is easy to see what you don't have control of.

But what DO you have control of?

- Your attitude (you can choose to reframe into positive)
- Your mind (what are you focusing on (Isa. 26:3; Phil. 4:8; Col. 3:2)
- Your emotions (Fear not! For I am with you)
- Your schedule (at least parts of it)
- Apologize when you make a bad choice (repair relational damage quickly)

Affirmations

- The Lord is my place of safety.
- Though the world crumble around me, I will not give in to fear.
- The Lord is a very present help in times of need (from Ps. 46:1-4)
- Though I walk through the valley of the shadow of death, I will not fear, for God is with me (P's. 23:4)
- When I am afraid, I will put my trust in You (Ps. 56:3)
- The Lord is on my side, I will not fear...(Ps118:6)
- I will say with confidence, "The Lord is my helper. I will not be afraid..." (Heb. 13:6).
- You will keep me in perfect peace as I keep my mind focused on You (Isa. 26:3)
- I can learn to be content in whatever situation I'm in (Phil. 4:12-13)
- God has equipped me for this situation. I have all I need. (1 Cor. 10:13; Ps. 23:1)

Download "[Affirmations for Uncertain Days](#)" Free PDF

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Thanks for listening today, we are thankful for your comments and enjoy hearing from you.

Today's Guest

Tim and Elaine Russo are founders of Relationship Impact Ministries . They are passionate about helping individuals and couples live out their God-given purpose.

Thanks for Listening!

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