



Care in a time of CORONA

Five tips for living by love, not fear

These tips are adapted with permission from Nathan Betts' article, 'The Coronavirus: Choosing Love in a Time of Fear', originally published on www.rzim.org.

1. Quiet

It is difficult to live by love when we are worried. But a quiet mind helps us. Take time daily to be quiet. It enables our minds to find the stillness we need.

"Be still, and know that I am God." - Psalm 46:10

2. Prayer

Pray often. Set aside various times of the day for prayer, calling out to God for help. This reminds us that we cannot do things on our own. We need His help. If we call out to Him, He will answer.

"Pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:17-18

3. Listening to God

Take time daily to read or listen to the Bible. This helps us understand God and how He has acted throughout history – in times of hardship, plagues, war, famine and peace. And it helps us understand how He might be working today in our lives and in the world.

"Now then, my children, listen to me; blessed are those who keep my ways. Listen to my instruction and be wise; do not disregard it." - Proverbs 8:32-33

4. Understanding

Understanding is vital to loving. In order to love your neighbour, friend or family member, you need to understand them. This takes patience and care. It requires us to ask more questions of one another, and to listen.

"Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion ... Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." - Philippians 2:1,3-4

5. Thoughtful care

While we are in lockdown, we need to find creative ways to express care and kindness without being physically present. We can call or WhatsApp our friends. Or send them a note of encouragement. We can check in on elderly or vulnerable neighbours to let them know they are loved.

"Carry each other's burdens, and in this way you will fulfill the law of Christ." - Galatians 6:2