



Daily Devotional

AS WE FACE THIS TIME OF CRISIS OCCASIONED BY COVID-19 VIRUS

Spiritual Food Guide

No. 2

#5DaysofReflection

Day 1

- Psalm 46 vs 1: God is our refuge and strength, a very present help in trouble.

Psalm 46, I believe, brings comfort and assurance in these times. As we examine this Psalm and see comfort in God's word during such perilous times, we will focus in this unit on:

God our Shelter

Presently, our world and country is in serious turmoil, and persons are seeking answers. Today, as we engage in this study, we have good news, that God is still on the throne and He is watching over us. Just like He did in Esther's time and this, Christian friends give us great confidence during such times. The question for each of us today, is how will we respond during this perilous time? Will our response be one of FAITH or FEAR?

Read Psalm 46

Hymn # 273 VIP – "O Safe To The Rock"

Today, let us pray for God's covering during this time.

Day 2

God Our Shelter

For the last couples of years, let's say the last 10 years, the Caribbean Diaspora and many other places have been experiencing various kinds of challenges and testing. Just to name a few: earthquakes, torrential rains, storm surges, hurricanes, cholera, Chic V, Zika...etc. and we would have seen where we have overcame just by faith.

Today, we are once more faced with a global pandemic, the novel corona virus (COVID-19) and, we are encouraged to place our faith in God, a God who never fails; our refuge, our strength and our help. In light of all the recent happenings, I want to remind us all of God's sovereignty and to reassure us that the Lord is able to watch over His people and that God is a refuge for His people. Indeed, God won't abandon us in these difficult times.

Today, let us pray that God our Shelter will hover over us as we grapple with this crisis.

Day 3

God Our Refuge

God is our Refuge.

The word refuge means: shelter, hope, trust

God being our refuge speaks of Him being our place of safety. (Two days ago we sang "O safe to the rock that is higher than I". The chorus echoes the words "hiding in thee, hiding in thee" (VIP#273).

Proverbs 18:10 reminds us that the name of the Lord is a strong tower; the righteous run in to it and are safe.

One can summarize that God is a place of refuge; a place where David found refuge, a place where the enemy cannot find us. Yes, the enemy sought but could not, and still cannot find! Alleluia!

Question: What does it mean to find a place of refuge?

(Read and reflect on Psalm 62 as you consider the question).

Today, let us pray the people of God will lead the world into finding refuge in God during this time.



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Day 4

God Our Strength

Strength means: Power, Might, Boldness, to be mighty

Many times in life when we are faced with situations and problems, or perilous times, we realise that we often find ourselves in different places without answers, sometimes we feel drained, perplexed, or even defeated. In some cases, we cry out that "we can't! We are not able anymore". But it is during such times we must find strength in an all-powerful God – When like the Psalmist we can shout out "God is my strength". The reality is, God is able to strengthen us and help us to STAND - all we need to do is ask Him.

Let's recall the words of assurance as recorded in Isaiah 40:28-31 (*read*). My Christian friends, it does not matter who we are...God is still a REFUGE. One songwriter said "Call Him by His name – His name is Jesus!" When troubles come and in the days ahead, let us find strength in God...yes, a God who never fails – Psalm 73:26 (*read*), though our flesh and heart may fail, yet we have the assurance that God is our strength and our portion forever.

Question for Reflection:

- In times such as these, let's learn on the everlasting arms of Jesus. In the last 72 hours, have you felt helpless, depressed and powerless?

Turn to God! Journal His faithfulness towards you.

As you journal, listen to this song and then end in prayer for God to strengthen you.

Song: **Maranda Curtis – "You are my Strength!"**
<https://www.youtube.com/watch?v=G37B3XHPc8Q>

Day 5

God our Help

Help means to assist.

I often say to persons, 'I do not have a maid'; I have a helper- she assists me to accomplish things I can't do by myself or I have difficulty with.

For us, **God is our help!**

Psalm 46 states that God is our present help in times of trouble. Let us not be dismayed. God will see us through – read Hebrews 13:5-6 and Psalm 34:17- 19.

I close today's devotion/reflection by saying – "We must not give up; - let us give all fears to God- Let us give God all our anxieties, our worries and join the hymn writer in shouting '*Oh yes, He cares, I know He cares, for this heart is touched by my grief*' – and we have a God who never fails - **Amen.**

Questions:

- Can you find a reason to give God thanks? (state)
- Is there need to flee to the rock?

Prayer: Gracious God, provide a way for us your children, in Jesus name. **Amen.**

Close your reflections with the singing of (or listening to) the hymn '**Our God, Our Help in Ages Past**' - <https://www.youtube.com/watch?v=OBwD0N-lwho>