



Spiritual resources

For when we feel worried or anxious:

**God wants to bring us healing
restoration and peace.**

In this covid-19 year, we have faced many restrictions and changes in our lives, which at time have been scary and unpredictable. For many, this has exacerbated our feelings of anxiety and fear.

As a Christian, I believe that God wants to bless people with the knowledge of His love and care, and so I am putting together these spiritual resources to help us when we feel overwhelmed or unsure. Hopefully they will give us tools to help us, to find a deeper peace.

1. Bible verses and stories that help us:

1 Samuel 17:1-50 David and Goliath - Facing giants

Psalm 42 - When we are disturbed, God is with us, and gives us hope.

Psalm 91 – God sends his angels to help us

Psalm 131 - We can rest with God

Isaiah 42: 28-31 - God renews our strength

Isiah 45: 1 - I will give you treasures from darkness

Matthew 8: 23-27 - Jesus calms the storm

Matthew 11: 28-30 - rest for the heavy burdened

John 14: 27 - Jesus's gift of peace

2 Corinthians 2: 3-7 God comforts us, so we can comfort others

2. Sometimes we need to have a musical input - we might play hymn music we enjoy, words that give us hope, like “ Yes, Jesus loves me”,



“All my hope on God is founded” and “What a friend we have in Jesus”.

There are also a number of modern song writers who are both comforting and inspiring:

Laura Daigle - Love like this, You came running, You say, Rescue

Laura Story - Blessings, Perfect peace, Grace, He will not let go

Andrew Peterson - Be kind to yourself, My one safe place, After the last tear falls

Casting Crowns - Just be held, Praise you in the storm, Love moved first

Jason Gray - Be your own kind of beautiful, Not right now, The wound is where the light gets in

King and Country - God only knows, Shoulders, Hope is what we crave

Nicole Nordeman - Every mile mattered, listen to your life, Sound of surviving

There are many others - Rend Collective, Yvonne Lyon, Danny Cokey, Mercy Me, Francesca Battistelli, Hillsong, Michael Card, Mandisa etc.

3. Prayer/ meditation.

Sometimes it can be good to use a phone app - eg Lectio 365, Abide, Pray as you go. The Abide app costs about £20 a year, or there is a free version - it has daily meditations, but also meditations for anxiety, not being able to sleep etc - so it has a lot of variety in it.

A daily devotional can also be good, eg Daily Bread which gives verses, reflections and prayers for each day. You can get a leaflet or a devotional book, from authors like Joyce Meyer, Stormie O'Martin, Bear Grylls, Max Lucado, Sarah Young, Lysa TerKeurst. They can all be found on Amazon.

Finding a favourite chair, a symbol of a cross or a candle, can create a peaceful space where we can focus on God. Some people try some breathing techniques or use a journal, to help them remember answered prayer, and to have a record of how they are feeling.

4. Putting things in order!

Our environment can have a profound impact on how we feel. The place that we live - if it is dirty, cluttered, and full of stuff - that can affect our mood. When we have energy, letting go of stuff we don't use or need, can create space. Surrounding ourselves with light and colour, things that have good memories associated with them, can help. They become symbols of hope and love. This can be a long process, but even clearing one surface can be great!

Getting paperwork in order, is hard work, but can make you feel so much better.

5. Exercise.

Often if we are feeling a bit overwhelmed, it can be easy to retreat into a chair and stay there. If we are able, some exercise can improve our mood - whether that is some chair exercises, a brisk walk in the park, being out on a

bike! Exercise can release endorphins, and help us feel so much better, just a little each day.

6. body work.

Sometimes we forget that our bodies are tired, though work and family commitments. Maybe we need to notice where we are sore, and see a physio or osteopath or chiropodist where needed. Relaxation can be key, though trauma informed yoga, stretching, , breathing exercises, or Capacitar - there is a capacitar emergency kit, which is available online and can help with letting go of stress, tension and trauma - <https://capacitar.org>

7. Medicine - GP –

If we are struggling, it is always good to talk to our GP about how we are feeling, if we are feeling under the weather, struggling with low mood, anxiety or stress. They know our medical history, and can recommend resources that are available to help.

God is full of light and love - He is the God who heals. These are different suggestions, so we can all leave behind things that injure us - eg too much social media, and to create new patterns which enable us to be healthy. Let us keep in touch with others, as we seek to find a way forward, being honest, encouraging and praying for one another is so good.

Let us pray - Dear God, You are our Creator, thank you that we are made in your image, and precious and valued. Lord Jesus, You shared in our humanity, and understand our struggles. Because of the cross, forgive our failures, heal our hurts, and send Your Holy spirit to enable us to let go of all that hinders us, and to have courage to embrace a life style that brings health and peace and rest. We know it doesn't happen over night, so grant us patience, and perseverance and hope. Meantime, may we rest in your love, Amen

