



Counting Every Blessing

Covid-19 Survival pack 20/03/2020

Emmanuel Church Woodley

How can this time of isolation be a time where we can declutter our lives and focus fully on God?

Matthew 6:25-34 “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? 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? Can any one of you by worrying add a single hour to your life?

“And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. **But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

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Bible Verses

Word of Comfort:

Below are a few scriptures of comfort. Why not pick up your Bible and find your own scripture of comfort.

Jeremiah 29:11

¹¹ For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future

Psalms 91

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty. ^[a]

² I will say of the LORD, “He is my refuge and my fortress,
my God, in whom I trust.” (Continue reading in your Bibles or online)

Psalms 27

¹ The LORD is my light and my salvation—
whom shall I fear?

The LORD is the stronghold of my life—
of whom shall I be afraid? (Continue reading in your Bibles or online)

Deuteronomy 31:8

⁸ The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Joshua 1:9-10

⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

Psalms 23:4

⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Testing Times:

Our faith doesn't hide from, or ignore suffering. In the Bible we hear so many stories of people who have gone through testing times but as they leaned on God, he provided strength. Below are just a few examples, why not pick up your Bible and find some more.

Esther:

Esther was a Jewish woman selected to be queen by King Xerxes. The Israelites were under the threat of genocide and Esther was uniquely positioned by God to help them.

Esther 4:14

¹⁴ For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?"

Job

If there was a place to read about suffering Job is that place. In this book of the Bible, we read an intense story of how a wealthy, blessed man who loves God and is faithful to his command loses everything including his family and health. He is in terrible agony both physically and emotionally. He goes through a journey of being so angry with God and then finally turning back to God, repenting and deciding to trust God even in his suffering. God restores his wealth, family, land and blesses him for his faith. This is a story about trusting God even in our suffering. God knows the pain we go through and He never leaves us there forever. He is ready to rescue us when we trust him- even when it's hard to trust him.

Job 23:13-14

"But He is unchangeable, and who can turn Him back? What He desires, that He does. For He will complete what He appoints for me, and many such things are in His mind."

Habakkuk

The book of Habakkuk is a dialogue between the prophet and God. In the first two chapters the prophet Habakkuk argues with God over his ways that appear to him unfathomable, if not unjust. This is an account of him wrestling with God. Habakkuk was confused that wickedness, strife and oppression were rampant in Judah but God seemingly did nothing. Having received replies the book finishes with a beautiful confession of faith. God makes clear that the corrupt destroys itself and Habakkuk learns to rest in God's sovereign appointments and awaits his working in a spirit of worship. (Biblestudytools.com)

Habakkuk 3:17-19

Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,
yet I will rejoice in the LORD,
I will be joyful in God my Saviour.
The Sovereign LORD is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.

Daily Devotional

Apps

Lectia 365, A devotional app run by 24/7 prayer

You Version Bible- There is a wide range of devotionals that you can access on this app as well as their general bible verse of the day

First 5 App- A devotional for the first five minutes of your day

Got Questions?- The never-ending questions are one of the beautiful things about Christianity. This is an app that will help you get your answers even with the toughest questions.

Soul Survivor- Soul Survivor have said they are working on putting together a daily devotional so keep tuned into their website and YouTube channel for more information.

Going Deeper

If you have access to a computer, why not look at your Bible readings online-

What is the context of them? What are other people saying about them?

Ask God to help you see the truth behind the Bible verses

Remember not all you read or hear online is the truth, in 1 John 4:1 we read:

"Dear Friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone into the world".

Ask yourself:

- Who has written these commentaries or who is speaking in these videos?
- Do I agree with what they are saying?
- Has someone else offered an alternative view point?
- Talk to your friends and youth worker about what you think these verses mean

Reflections

Take some time to reflect:

- How would you summarise the Bible verse?
- What do you think it means?
- What does it mean to you today?

Worship Songs

Best of Live Worship - Playlist on Spotify

Bethel Music - YouTube <https://www.youtube.com/user/ibethelmusic>

Rend Collective - YouTube and live streams on Facebook

<https://www.youtube.com/user/RendCollective>

Hillsong United - YouTube: <https://www.youtube.com/channel/UCsOoQeBWPnfWBYAwmO795zg>

Cornerstone <https://www.youtube.com/watch?v=QvLxZEU02uI>

In Christ Alone https://www.youtube.com/watch?v=ENtL_li4GbE

More than Conquerors https://www.youtube.com/watch?v=2p8_4NbrckA

One Thing Remains https://www.youtube.com/watch?v=6_KXsMCJgBQ

Oceans https://www.youtube.com/watch?v=dy9nwe9_xzw

Counting every blessing <https://www.youtube.com/watch?v=82b0Tiy0ykk>

Stand in your Love <https://www.youtube.com/watch?v=oFizRY8w0-I>

I'll Give Thanks https://www.youtube.com/watch?v=fUn76R_OFuM

Canvas and Clay <https://www.youtube.com/watch?v=yGdtZhQ-Vmo>

Online Church Streams

Churches all over the world are thinking of creative ways to do church, now that we can't meet together. Have a look online and find one that you love. Maybe, sit down with your family and find one together. I'm sure your home church will be doing something too. Remember what we said in the 'going deeper' section about discernment? Not all the Christian talks you hear online will be coming from a sound theological place, so make sure you test it- open up your Bible and see if what they have said is biblical. If you hear something you are unsure on- ask your friends, family, youth leader and God to help you see if it is truth.

A couple of recommendations:

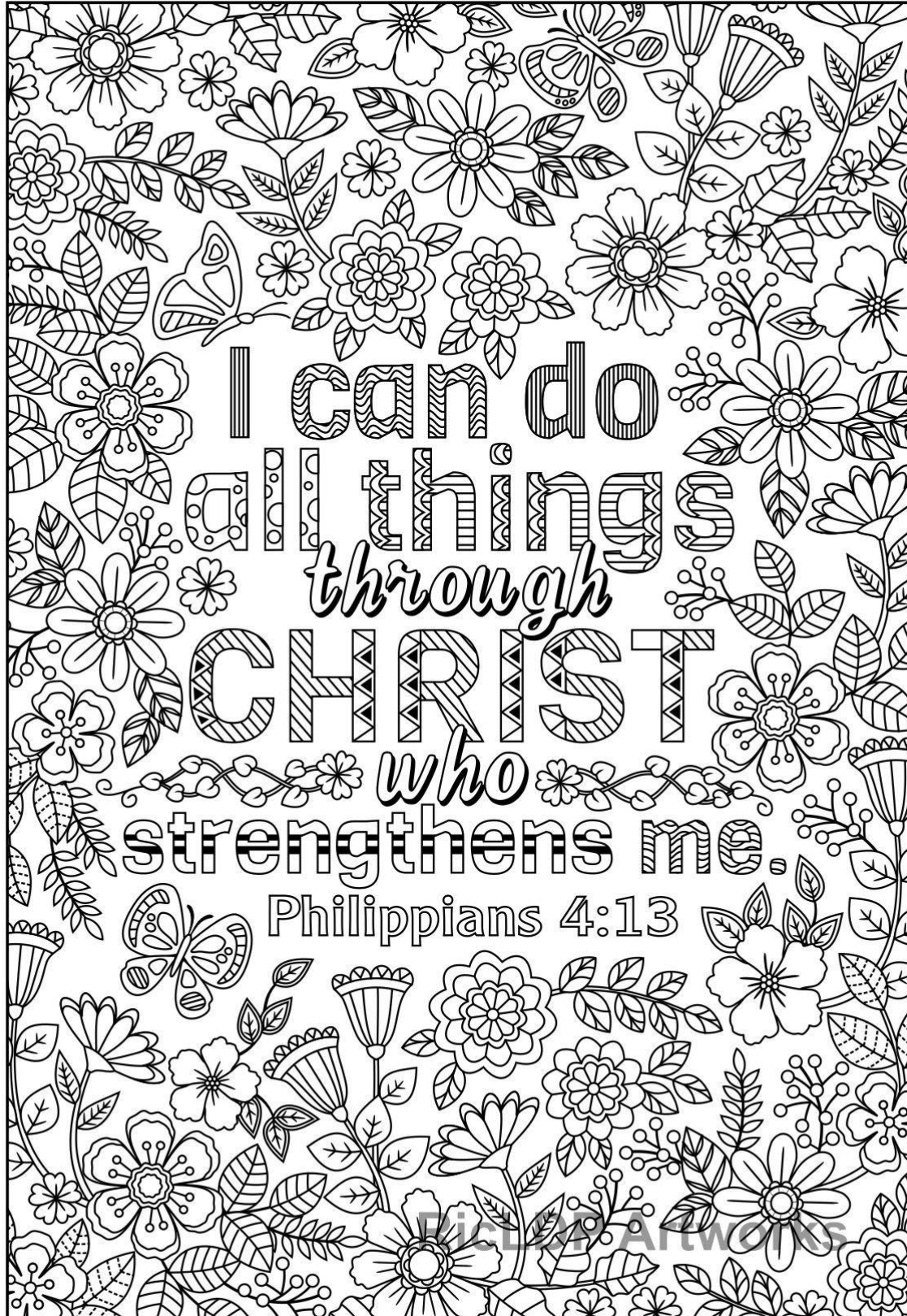
Soul Survivor Watford- Live Stream of their Sunday morning service at 10.30am

<https://www.youtube.com/channel/UCURYwUX9bCutrcsAz2rYN2w>

Hackney Church London- Church Broadcast on Sunday Morning <https://hackney.church/>

Colouring

If you Google Christian Colouring for Adults you get lots of options! Why not get your Bibles out and turn them into a colouring book?



Mental Health

Let's all take a breath...

Job 33:4

The spirit of God has made me, and the breath of the Almighty gives me life.

NHS: This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict you're breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes

How can we protect our mental health?

1 John 4:18

There is no fear in love. But perfect love drives out fear.

Some advice from BBC

Limit the news and be careful what you read

- Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news
- There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites

Have breaks from social media and mute things which are triggering

- Mute key words which might be triggering on Twitter and unfollow or mute accounts
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming

Stay connected with people

- "Agree regular check-in times and feel connected to the people around you,"
- If you're self-isolating, strike a balance between having a routine and making sure each day has some variety.

Avoid burnout

It is important to have down time. Mind recommends continuing to access nature and sunlight wherever possible. Do exercise, eat well and stay hydrated.

AnxietyUK suggests practising the "Apple" technique to deal with anxiety and worries.

- **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- **Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.

Help Lines

If you are feeling over whelmed and need someone to talk to ...

<i>Organisation</i>	<i>What they do</i>	<i>Help line</i>	<i>Online</i>
Young minds Crisis Messenger	Free, 24/7 crisis support by trained volunteers with support from experienced clinical supervisors.	24 hours Text YM to 85258	
Samaritans	If you're in distress and need support, you can ring Samaritans for free at any time of day or night	Free phone, 24 hours: 116 123	www.samaritans.org email jo@samaritans.org
Papyrus (Prevention of Young Suicide)	Confidential advice and support for young people who feel suicidal	08000684141 or text 07786209697 (9am-10pm weekdays, 2pm-10pm weekends and bank holidays	www.papyrus-uk.org email: pat@papyrus-uk.org
CALM	Offer support to young men in the Uk who are down or in a crisis	0800585858 (5pm-midnight)	www.thecalmzone.net webchat available
Childline	If you are under 19, you can confidentially call, email, or chat online about any problem big or small	Freephone 24/7: 0800 1111	www.childline.org.uk Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address. Chat 1:1 with an online advisor.
The Mix	If you're under 25, you can talk to the Mix for free on the phone, by email or their webchat.	Freephone: 0808 808 4994 (1pm-11pm daily)	www.themix.org.uk

Bible Verses for Mental Health

Psalm 121

- 1 I lift up my eyes to the hills— from where will my help come?
- 2 My help comes from the Lord, who made heaven and earth.
- 3 He will not let your foot be moved; he who keeps you will not slumber.
- 4 He who keeps Israel will neither slumber nor sleep.
- 5 The Lord is your keeper; the Lord is your shade at your right hand.
- 6 The sun shall not strike you by day, nor the moon by night.
- 7 The Lord will keep you from all evil; he will keep your

4 Matthew 28 v20

Jesus said, “And remember, I am with you always, to the end of the age”

Psalm 23

- 1 The Lord is my shepherd, I shall not want.
- 2 He makes me lie down in green pastures; he leads me beside still waters
- 3 he restores my soul He leads me in right paths for his name’s sake.
- 4 Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me.
- 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long

Photo Credit: Mark Price

Poem

'And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being and were still. And listened more deeply. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal,

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara

For Daily updates...

Activities, prayers and worship songs, please follow Emmanuel Church Woodley's Facebook page
<https://www.facebook.com/ECWYOUTH/>

You are not in this alone!

Resource by Laurie-Ann Price