

# TIPS

## To Give Hope in these times

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.

**Deuteronomy 31:8**

### Develop a positive attitude in the face of fear

#### + Our current circumstances bring out our true personal and Christian character.

If you have unresolved fears, they will come out during this time. For that reason, work to develop a positive attitude in these moments of uncertainty. God is taking care of us.

#### + Take time to battle and defeat your fears and personal insecurities.

Search for Bible verses which bring you healing.



  
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### +Focus on the opportunities you have during this crisis.

Don't focus on what you lack, but rather search for new ways to fulfill your needs.



### + Enjoy getting to know your family better.

Enjoy the extra time you have to spend with your spouse, children and other family members to get to know them better.



### + Think positive

You have more time to improve the areas of your life where you need to grow. Teach your family and your Church to think about how they will face the future..

### +What would you do if you were fearless?

When we think in this way, we realize the limitations that only exist in our minds.



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## **+Fear paralyzes us and prevents us from seeing the power of God in our lives.**

Remember the times when God worked miracles in your life. Re-live them! This gives us peace and fills us with a sense of safety. Bring your fears to God's healing touch. Renounce your fears. Affirm you are free from fear because the perfect love of God casts out all fear.

## **+Consider the origin of your fears.**

Bring this situation before God. As it says in Ecclesiastes 3:15, "... God will call the past into account."

## **+ Our lives change when our fear disappears.**

God wants you to be free from fear. 2 Timothy 1:7 says, "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline".

