



AM Bible Study - Sam Young, Jr., Teacher - Wednesday, August 25th 2021
Scripture Readings – Christian Standard Bible

Topic: How to face your Pandemic!

INTRODUCTION – When we place our pandemic in God’s hands, He places peace in our hearts and joy in our day-by-day situations. When everything seems to be going against us, we must remember as Henry Ford once said, “the airplane takes off against the wind, not with it.”

The Facts

Know that some things in life are beyond our control. Isaiah 41:10

Some things in life are beyond our control. The only thing we can control is how we react to things out of our control. When we can’t control what’s happening, we can challenge ourselves to control the way we respond to what’s happening. Remember our power comes from God.

Master your emotions by tapping into the power of God. Philippians 4:6-7

We are to be led by peace as we master our emotions. We should not allow our emotions to make our decisions. “Wisdom says wait; emotions say hurry.” Even when we don’t see it. Even when we don’t feel it. God is lovingly at work in our lives through the power of the Holy Spirit to help us change our emotions.

Get involved in mediating on God’s Word. Psalm 86:11-13

Meditating on the Word of God helps us to understand how to apply God’s Word in all areas of our lives. Meditating gives us greater understanding of what God wants from us and thereby providing us with guidance. Meditation equips us with the wisdom we need to navigate through our pandemic.



Understand that your frustration, hurt, anger and disappointments are natural. Jeremiah 29:11-13

Disappointments are God's appointments. They are natural. They can sometimes be a divine appointment in disguise. Remember God is bigger than our hurts, anger, disappointments and frustrations. In the midst of our pain, storm and rain, He has a plan for us and it's good. When we place our problems in God's hands, He puts His peace in our hearts.

Seek help and support during your pandemic. Psalm 34:17-18

Many people hate to ask others for help. When should we be strong enough to stand alone, smart enough to know when we need help, and brave enough to ask for it? There is nothing wrong with seeking help, in fact Scripture encourages it. God helps us through other people. We must never be afraid to get wise counsel and help from others. Asking for help doesn't mean you're weak, but it means you are strong and wise.

Understand that life happens. Romans 8:28

Life will cause us to face problems and pressures that are too big for us to resolve. When life happens, we must evaluate our situation, ask God for wisdom, obey His Word, and trust Him to bring the help we need. Our personal pandemic troubles, point out our weaknesses and prompts us to rely on God in ways that we wouldn't unless we had significant needs.

In the midst of life's challenges, we have the victory. Second Corinthians 4:8-10

All of us face emotional pandemics in life but we can have victory through Jesus Christ our Lord. We should never consider defeat as an option. No emotional pandemic can hedge us in. We can win every pandemic that we face in life because we have victory. We must tell and persuade ourselves that "we win."

CONCLUSION – In the midst of your pandemic, please remember that life is a camera. Just focus on what's important, capture the good times, develop from the negatives and learn to take another shot. The pandemic isn't the pandemic. Your reaction is the pandemic. Don't dwell on your pandemic! Share your feelings with trusted others who will pray for you and give you Godly advice.