



**Day 9 - Contagious Love**  
**Wednesday, March 25, 2020**

*So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.*  
Isaiah 41:10

During these very uncertain times, it's only natural to feel some anxiety or even fear. I suppose that's just part of being human. But it's important not to let fear paralyze us. The Bible tells us repeatedly to fear not.

With all of the troubling news and disruptions to our lives, the isolation some will undoubtedly endure, and the worry many have for loved ones; it's easy to allow a sense of fear and feeling of helplessness in, to let those forces control our behaviors and outlook. Despite our current circumstances, we are reminded that God is the constant; the rock upon which we can rely in the most difficult of days.

It's during stressful times that Mr. Rogers always urged children to look for the helpers, and that's good advice for all of us. So as our businesses, schools, and governments close, let's offer a special prayer for those upon whom we rely most and often appreciate least - our teachers, police officers, firefighters, nurses, and first responders. They help stand watch over us and care for us, sometimes at a cost to

their own families and health. Let's ask God to shield them from harm and boost their spirits so they are best able to do the work they are called to do.

Blessings to All

~~ *Brent Ghan*