



Calm in the storm

In times like these, maintaining a sense of calm and composure is a test. There are a number of additional external pressures that currently exist which can make people feel uneasy or distressed. In this short read, I want to delve into a few things that have helped me when I need help being 'calm in the storm' during tough seasons of my own life.

Take it one day at a time – There's a reason why the Bible commands us to *"...not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"* (Matthew 6:34, NIV). This is because our minds can become easily overwhelmed with all of the possibilities, expectations and pressures that the future may throw at us. But God gives us grace and strength for the tasks in front of us today. When we choose to focus simply on the one thing we need to do right now, we can give our best to that task because we are not consumed by what is out of our control in the future.

You are not alone – I heard a speaker once say that I is the centre of the word 'Anxiety' – meaning when we think "it is all up to me to carry the load" and we feel responsible for everything in and out of our control, we can become anxious and can mentally go to a place of 'worst case scenario' because the focus is on ourselves. When we remember that we don't have to do life alone, it can be comforting for us and give us a fresh perspective. *"Come to me, all you who are weary and burdened and I will give you rest"* (Matthew 11:28, NIV) – ask God to help and give you strength and wisdom when you feel weak and inadequate for the challenge in front of you. Reach out to trusted friends, family or church leaders who can listen and support you. Call our office if you need to debrief and we would be happy to listen and support you. Seek professional help from a GP, counsellor or other mental health practitioners if you are struggling. There is no shame in reaching out. On the contrary, it takes bravery and strength to admit that you need help.

Remember the storms that you have gone through before – Paradoxically, we can gain so much from the toughest seasons of life. Be reminded of challenges you have previously faced and how you got through them. If you are 'in the storm' right now than know what you are going through is not the end and you can get through it just like you did last time. Remember the lessons you learned and how your character has been shaped and developed as a result of previous seasons of hardship.

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