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# HOW TO

## BE THE CHURCH

## DURING A PANDEMIC





## How to be the Church During a Pandemic

1. Unflinching Resiliency
2. Trust-Unto-Death
3. Resurrection Life
4. Mental Health



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# Listening Appointments

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Everyone needs an outlet – a person you can turn to when your feelings of isolation and loneliness are too much to carry on your own. We have a team of pastors who are ready to listen. Tell us what you're going through, what feels hard, or anything else you'd like. We will listen, offer biblical advice, and pray with you. We'll also suggest further resources and mental health professionals if needed. Sign up for your 30-minute listening appointment below. (Coming soon!)

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# Mental Health Resources

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## Addressing a Pressing Concern

- [Suicide Prevention Hotline: 1.800.273.8255](#)
- [Substances Abuse Distress Helpline: 1.800.985.5990](#)
- [The Center for Women & Families: 1.844.237.2331](#)
- [The Brook \(Mental Health\) Hospital: 502.785.8145](#)
- [Find an Online AA Meeting](#)
- [Addicts Redeemed by Christ: 12-step sexual addiction recovery program for men](#)
- [Northeast's Pastor On Call: 502.345.9337](#)
- [Marriage Mentoring at Northeast](#)

## Counseling

- [Freedom Counseling Services](#)
- [Lighthouse Counseling Center](#)
- [HopeWell Heights Counseling](#)

## Reading Resources

- [10 Ways to Thrive in Quarantine](#)
- [Addressing Bad Habits You've Picked Up](#)
- [Mental Health for College Students](#)
- [8 Healthy Habits for Working from Home](#)



## Need Prayer?

We understand that there are times when you need some extra care and prayer. Whatever your situation, we invite you to complete a prayer request. When we receive your request, our prayer team and ministry staff will begin praying for you.

[Submit A Prayer](#)

If you feel the need to speak to someone immediately, please call 502-426-6668 for instructions on how to connect with our on-call pastor of the week. Please stay on the line to get complete information. If you're interested in praying for others at Northeast, please visit our Prayer Request page using the link below.

[Prayer List](#)

## Care Groups

### Online Care Groups

We're in a time where social distancing is mandatory. But, that doesn't mean social isolation. There are ways to get connected to others no matter where you are, and we want to take advantage of that during this time. You can still find comfort, care, connection and support. We've created several groups to help you through this, so if you find yourself wanting to talk/vent/listen/get support, check out these groups. If you can't find what you need, [please email our Care Pastor](#).

- Peer Support for Healthcare Professionals
  - Sundays at 8pm OR Wednesdays at 2:30
- Self-Care during a Pandemic
  - Tuesdays at 2:30
- Grief Support





What is it about a pandemic that has caused mental health struggles to spike?



# **Self-actualization**

Achieving One's Full Potential

## **Esteem**

respect, status

## **Love and Belonging**

family, friendship, community

## **Safety Needs**

personal security, employment, health

## **Physiological Needs**

air, food, water, shelter, sleep

Self-actualization happens better when your life-circumstances are better.



- What is it about a pandemic that causes mental health issues to spike?
- Why am I hoarding toilet paper?
- Why am I binge eating?
- Why am I day drinking daily?
- Why has my screen addiction gone from bad to worse?
- Why can't I sleep?



- Why am I taking long breaks to look out the window?
- Why am I so glued to the news?
- Why am I googling everything about COVID-19?
- Why am I so irritable? So tired? So panicked?  
So full of despair?
- Why is it that I am thinking and acting in ways  
I never would have a month ago?



# **Self-actualization**

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### Philippians 4:4-13

- (1) Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. (2) The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- (3) Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.



### Philippians 4:4-13

(4) Keep on doing the things that you have learned and received and heard and seen in me, **and the God of peace will be with you.** I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. Not that I am referring to being in need; **for I have learned to be content with whatever I have.** I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. **I can do all things through Him who strengthens me.**



It is possible to have peace no matter your circumstances.

Phil 4:7, 9 - "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus....and the God of peace will be with you."

It is possible to self-actualize no matter your circumstances.

Phil 4:11 - "I have learned to be content with whatever I have."



1. Rejoice in Jesus at all times.  
Philippians 4:4 - Rejoice in the Lord always;  
again I will say, Rejoice.



The reason why we worry so much about our physical needs in life is because we forget our spiritual inheritance in Christ.



- ☒ POTUS + Republicans + Dems + Scientific Community in league together
- ☒ COVID-19 is secretly a bioweapon.
- ☒ The vaccine is the mark of the beast.
- ☒ This is all a plot to end religious liberty.
- ☒ Bill Gates for sure involved.
- ☒ 5G cell-service too.



## 2. Pray your anxieties with thanksgiving.

**Philippians 4:5-6** - The Lord is near. Do not worry [be anxious] about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## Praying your anxieties to God

- builds intimacy with Him.
- gains perspective from Him.
- and shows trust in Him.



## 2. Pray your anxieties with thanksgiving.

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I pray. → God answers. → I thank.

I pray. → I thank. → God answers.



## In Gethsemane:

**Luke 22:43-44** - An angel from heaven appeared to Him and gave Him strength. In His anguish He prayed more earnestly, and His sweat became like great drops of blood falling down on the ground.

**Luke 22:42** - "Father, if You are willing, remove this cup from Me; yet, not My will but Yours be done."



## On the Cross:

**Matthew 27:46** - Jesus cried with a loud voice,  
“My God, My God, why have You forsaken Me?”

**Luke 23:46** - Then Jesus, crying with a loud voice, said,  
“Father, into Your hands I commend My spirit.”



“We must trust God is saying, ‘When a child of Mine makes a request, I will give them what they would’ve asked for if they knew everything I know.’” - [Dr. Tim Keller](#)



### 3. Think on the things of God.

**Philippians 4:8** - Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.



## Instead of Thinking...

- What might come true
- What I can't control

## Think...

- What is true
- What I can control



God will provide what I need.

Matthew 6:31-33 - “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.”



God will work this for good in my life.  
Romans 8:28 - And we know that God causes everything  
to work together for the good of those who love God  
and are called according to His purpose for them.



Nothing can ever separate me from God's love.

**Romans 8:35-39** - Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things, overwhelming victory is ours through Christ, who loved us.



Nothing can ever separate me from God's love.

Romans 8:35-39 - And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.



Either this side of Heaven or the other,  
all will be healed.

Revelation 21:3-5 - I heard a loud shout from the throne, saying, "Look, God's home is now among His people! He will live with them, and they will be His people. God Himself will be with them. He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." And the One sitting on the throne said, "Look, I am making everything new!"



Jesus is always with me.

Matthew 28:18-20 - Jesus came and told His disciples,  
“I have been given all authority in heaven and on earth.

Therefore, go and make disciples of all the nations,  
baptizing them in the name of the Father and the Son and  
the Holy Spirit. Teach these new disciples to obey all  
the commands I have given you. And be sure of this:  
I am with you always, even to the end of the age.”



## Instead of Thinking...

“I am stuck at home.”

“Social-distancing is a violation of my freedoms.”

“I am going to run out of food and TP!”

“My future plans are ruined.”

## Think...

“I am safe with loved ones.”

“I will sacrifice to love my neighbor.”

“I have what I need and a church family who will help.”

“God has different plans for my future that are good.”



## Instead of Thinking...

“I’m all alone.”

“I might get sick  
or die.”

“Let’s spend more time on Netflix  
with Joe Exotic.”

## Think...

“Jesus is with me.”

“Probably not. But death is not  
the end, it’s a door.”

“Let’s spend more time  
with Jesus.”



## 4. Keep it up!

**Philippians 4:9** - Keep on doing the things that you have learned and received and heard and seen in me...



1  
Rejoice  
in Jesus  
at all times.

2  
Pray your  
anxieties with  
thanksgiving.

**Philippians 4:13**

3  
Think of  
the things  
of God.

4  
Keep  
it Up!



### Philippians 4:11-13

...I have learned to be **content** with whatever I have.

I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through Christ who strengthens me.



**\*Philippians 4:13**

Whatever I have, wherever I am, even during a pandemic,  
I can flourish through Jesus who strengthens me.

\*adapted



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