



The negative headlines of the COVID-19 pandemic seem to never end. In the midst of it all, the Church has a promise and a hope that is so much brighter than the darkness. We have GREAT NEWS.

Today we are releasing a weekly inspirational segment to keep us connected and uplifted as we process this volatile situation. No, this is not an April Fools joke. Be watching your email on Wednesdays for a new release. I hope this helps us all keep our eyes on Jesus.

## Stress, Control and Surrender

Are you stressed? Author, David Benner, as quoted by Peter Scazzero in *Day by Day*, talks about our need for surrender if we want the good life God intends for us. He writes:

“Life brings us a steady flow of opportunities to practice choosing surrender. Events that we would never choose enter our lives regularly--sometimes as small interruptions to our plans for the day, and other times as crises that change our life forever. Regardless of the magnitude, these events serve as reminders that, despite our efforts and desires, we are not in control.”

If we are going to handle crisis in a healthy way, we need to be clear about three things: Admit that feelings of stress are normal. Admit that wanting some semblance of control is normal. Admit that asking for help, though needed is *not* normal.

We all know that trying to assert control over things outside ourselves can only increase stress and muddy our thinking. So, why not try the most counterintuitive yet healthiest means of regaining your footing in the midst of chaos: *surrender*. Rather willing yourself to push through difficulties on your own, consider calling out to God, “*our ever-present help in times of trouble*” (Psalm 46:1).

To paraphrase the words of Jesus: *If you really want to know how to save your life and live in peace, ease your grip on the life you desperately want to control and give it back to Me. I can help.* (cf. Matthew 11:28, 16:25.)

Hungry for Life!

Pastor Doug Lutz  
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