

As the Economy Crunches Down...

by Pastor Jean Duran

Each week our nation's economic situation comes home as I hear about folks in our church family who have lost their jobs or are expecting to lose their jobs. Reports of anxiety and depression are on the rise. As people of faith, do we have any tools to help us through such a tough time? Simply answered, "YES!"

Fear not, for God is with you and will never leave or forsake you! Remind yourself daily of this truth. Claim God's promises from the Bible.

Everyone, your church family, is praying for you and is here to encourage you.

Attempt church: worship, Bible study, service, fellowship...these will anchor you in the current storm.

Reach out to others and get the focus off of you! Navel gazing is the quickest way to sink into depression. Caring for others and putting your energy into doing good fills your life up and makes you realize what a difference you can make in our world on Christ's behalf.

Needs analysis. Now is a good time to reevaluate your priorities. What will your spending patterns reflect as you divide your income between "spending, saving, and sharing"?

Open yourself up to be "teachable." God can work good, even in this situation, in YOU! Will you be open to renewal and transformation as a result of your circumstances?

Thank God for all things and in all circumstances. This "faith lens" helps you to focus on the blessings from God that are present even though times might be tough.