



By Jessica Bamford

At the beginning of March, no one could predict what life would be like one month later. With the growing COVID-19 pandemic, teachers received alerts requesting that they clean out their desks and change their schedules to teach online.

Jessica Bamford is one of these teachers that had to adjust to this current reality. Burdening thoughts and overwhelming questions bombarded her—and there were no answers in sight.

But thankfully, we serve a God who is in control. Jessica declares, “He will take care of me. He will take care of my family. He will take care of my students. He will take care of all of us. For those of you who are like me and need a reminder of who the God we serve is, read the following verses below. May they bring you comfort and peace with whatever it is you’re facing during this time.”

Here are three truths to claim, shared by Jessica.

1. God Wants to Help

1 Peter 5:7 (NIV) says, “Cast all your anxiety on Him for He cares for you.”

God wants to help us carry our burdens! Hallelujah! What anxieties are you holding on to that you can hand over to God?

2. Give Thanks and Make Requests

Philippians 4:4,6-7 (NIV) says, “Rejoice in the Lord always. I will say it again: Rejoice! ... Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Find something in which you can rejoice! Give thanks to God for it. For those things that aren't going as well, present your concerns and let his peace wash over you.

3. God Has Overcome

John 16:33 (NIV) says, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

This novel coronavirus is frightening and overwhelming for all of us. Thankfully, we can take comfort in knowing that nothing is impossible for our God!

My prayers go out to all the teachers and students across the world affected by COVID-19. May the Lord bless you and keep you safe during this time.

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