

## ALPHA COUNSELING SERVICES

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Dear friends!

Have you heard the saying that "if you can't sleep try counting sheep"? Then came "if counting sheep doesn't help try talking to the Shepherd"! So recently I woke up in the middle of the night and couldn't get back to sleep and I was quoting the 23<sup>rd</sup> Psalm you know- *The Lord is my Shepherd* and when I got to the verse 4 I stopped right there! *Even though I walk through the valley of the shadow of death*, my mind raced to all the valleys we must now walk through with the threat of death all around! Until March we didn't think that a trip to store or a park or to the neighbor's house might cause our death! Now the aisles in the supermarket are valleys with who knows what danger hiding there or with some person walking by! The media continues to refer to what we are going through as 'A NEW NORMAL' and that can cause additional fears because life, as we know it, has changed in a hurry.

The rest of verse 4 boldly states *"I will fear no evil for you are with me!* For us Christians even if we get sick and die our destiny is to arrive in a better place! I love 2 Corinthians chapter 5's encouraging statements about this life and the next.

*2 Corinthians 5:1-9 for we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this tent we groan, longing to put on our heavenly dwelling.*

*if indeed by putting it on we may not be found naked. For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life. He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee. So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please Him!*

In this time of uncertainty concerning our health and that of our loved ones we need to be confident in our faith and have His peace! John 14:27 is an important verse in my life and I encourage you to think on it.

I've become aware of pastors on the news demanding 1<sup>st</sup>. Amendment Rights given us in the US Constitution that we have the right to assemble BUT Romans 13:1-7 says we are also to be subject to "governing authorities" for our good! Please read these verses and let me know what you think.

I am in the office seeing people and taking all possible precautions so please pray for us as we minister.

God Bless You!

*Richard & Debi*