



With everything going on, a lot of us go into reaction mode and never slow down long enough to process what we are feeling. Take a minute to gather your thoughts. How are you doing? _____

What has been the biggest challenge for you this week? _____

What has been the biggest blessing this week? _____

Which piece of the armor of God do you need the most right now? Belt of Truth, Body Armor of God's Righteousness, Shoes of Peace, Shield of Faith, Helmet of Salvation, or the Sword of the Spirit?

How can you engage your will to keep your attitude in check? _____

Which scripture in the post spoke to you the most? _____

Write it out on a post it note or somewhere that you will see it often and memorize it this week.

God gave us the appropriate response to this trial: "Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good. He gets the last word; yes, he does," (1 Peter 5:10-11 MSG).

Grab a journal and walk yourself through these steps:

1. Keep a cool head.
2. Stay alert.
3. Keep your guard up.
4. Remember that our brothers and sisters are suffering with us.
5. Trust that God has a plan.