

Dear friends,

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
(Matthew 6:34 NIV)

We all know there are times in our lives that are especially demanding. It helps to know that they don't last forever. For example it was stressful when we prepared and sat for our final professional exams. But we knew that there was a cut off point for the exams. Whether we did well or not, there was the day when the exams would over. But what happens when we are in a stressful demanding time and we do not know when this period will end?

Many of us in the medical services have been "on" since the Covid-19 pandemic started. We have worked hard and continue to work hard but we have no idea when the crisis mode will be over. We have been on Dorscon orange for sometime now and there is no certainty when this situation will change. How do we go on, especially mentally, emotionally and spiritually? (We need to take good care of our physical health of course.)

Jesus gives us one clue --- live a day at a time. It would seem that God wants us to live a day at a time and doles out His grace for us in day-sized portions. Of course we need to plan for the future and we entrust that to His hands but we live in the present, a day at a time.

So for each day then, begin by committing the day to the Lord. (A nutritious breakfast helps.) At work we focus on what we need to do trusting God to give us the strength, focus, and love, to do our best. We embrace the mini sabbaths during the day --- tea breaks and lunches. If we are to have minimal personal contact with others, let us connect through social media. Perhaps online, or with print books, we can spend time reading the bible, or some devotional literature, to strengthen our hearts.

At the end of the day we look forward to going home. We will enjoy our hot shower baths! Then we relax, connecting with people in whatever way we can, catching up on reading, doing some journaling, or watching some favourite TV series. I would suggest we limit how much news we consume as the news industry is biased towards emotional titillation. Scripture reading and prayer helps keep us rooted in the God who sits on His throne.

Finally a good night's rest. Adequate sleep is so important. And the Psalmist gives us the secret of a good night's sleep. (Camomile tea also helps.)

I lie down and sleep;
I wake again, because the Lord sustains me.
I will not fear though tens of thousands
assail me on every side.
(Psalm 3: 5 - 6 NIV)

Sometimes it feels like we are assailed on all sides. But our Abba Father has that covered. We rest in Him and find refreshment for a new day.

In these difficult times, we continue to follow our Lord, one day at a time.

Your brother,

SooInn

Chaplain,
CMDf Singapore