



Ascension

Ascension WI EAP

Spiritual Health during COVID-19

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In our quest to be healthy we need to nurture all aspects of wellness, including spiritual. Ascension's mission is rooted in the healing ministry of Jesus, and for many people, the Bible provides direction and comfort during this time of COVID-19, and anytime. This article will offer strategies to integrate spirituality into your life, and provides scripture for hope and healing.

STEP AWAY. Take a break from social media, TV, and noise. Find time and space to be quiet and reflect.

Psalm 46:10 Be still, and know that I am God.

*Isaiah 41:10 So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.*



READ SCRIPTURE. There is a lot of comfort and direction to be found in the Bible. Many people

memorize verses that help them through times of trouble, and bring them to mind when they are stressed or anxious.

Psalm 119:105 Your word is a lamp for my feet, a light on my path.

*Psalm 91: 14-15 "Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.
He will call on me, and I will answer him;
I will be with him in trouble, I will deliver him and honor him.*

PRAY. Acknowledge your fears, frustrations, and disappointments. Ask God for help. Know that he cares for you and wants to give you every good thing.

Phillipians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

GET OUTSIDE. Whenever possible, take a walk, breathe some fresh air, soak up some sunshine, and get a different point of view. If you can't get out, sit by a window and take in some light and breeze.



Job 12:7-8 But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you.

Lamentations 3:22-23 Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

CONNECT. We were made to be social people and live in community with others. Use technology to stay close to loved ones, work friends, and your church. Video chat, broadcasts, phone calls, social media, email, and even snail mail are your tools! Stay connected and avoid isolation which leads to loneliness, depression, and loss of perspective.

Look for opportunities to serve others by sharing your talents to make face masks, using your money to support local small businesses,

and offering your time to call a senior in your neighborhood.

1 Thessalonians 5:11 Therefore encourage one another and build each other up.

1 Peter 4:8-10 Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

REST. Allow yourself time to take a nap, watch a movie with your family, and go to bed early. These are stressful times; be patient and gentle with yourself.

Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.



For free and confidential hope and help for any personal or workplace concern, contact Ascension WI EAP today!
