

Useful links and suggestions to help us deal with:

Loneliness and isolation

Phone around a few friends. Everyone is pleased to hear a friendly voice and it's great because no one is out! Even the vicar is at home, always ready for a chat or a prayer.

Or you could wrap up warm and go and stand in your garden. You will get a smile or a cheery word from every dog-walker and jogger and all your normally sedentary neighbours who suddenly find their allotted daily constitutional so necessary.

Boredom

United Christian Broadcasters – National radio stations UCB1 and UCB2

Video on Demand - Watch inspirational video content from teaching to documentaries and dramas

Podcasts - Listen to the latest UCB devotionals or catch up with the previous 14 days

Free UCB Player app – from the App Store or Google Play

Premier Christian Radio (on DAB nationally, Freeview 725, iPhone and Android apps) have worship, prayer and Bible teaching 24 hours a day

Church of England There is a range of Christian resources available at www.churchofengland.org

Watch **The Pilgrim's Progress** – Revelation Media is offering this award-winning movie free for a limited time. Watch online and share with your family, church, school, neighbours and friends at www.WatchPilgrims.com

Or Tour some of the world's most beautiful churches and cathedrals

Including the Sistine Chapel! Free virtual tours:

<https://www.premierdigital.info/post/virtual-churches-a-list-of-places-to-visit>

Why not do your own **Bible Study**? You can search for words, references and themes in the Bible here:

<https://www.biblesociety.org.uk/explore-the-bible/>

Lectio Divina invites you to savour and mull over God's words quietly, slowly and intently. Try it here:

<https://www.biblesociety.org.uk/explore-the-bible/lectio-divina/>

And always, pray, pray, pray!

Guides and suggested prayers are available here:

<https://www.24-7prayer.com/coronavirusprayer>

<https://youtu.be/fmf3hXwSLn4>

Anxiety and Fear

Filling our minds and hearts with God's Word is vital always and particularly now.

Nourishing our spirits properly enables us to centre our lives on Jesus and draw guidance and reassurance from his Holy Spirit.

There are many Daily Reading notes available or you can connect with the Bible online at:

<https://www.biblesociety.org.uk/explore-the-bible/lyfe/daily-lyfe/>

biblegateway.com has a vast range of Bible translations and study resources as well as devotionals from popular writers like Max Lucado and a specially written COVID-19 14-day Bible reading plan.

Breath Prayer has been practiced in the church for millennia. It is a form of contemplative prayer linked to the rhythms of breathing which is focused on being with God and awakening to his presence in all things. Read more and try it here:

<https://www.christianitytoday.com/women-leaders/2018/february/take-time-for-breath-prayer.html?paging=off>

Christian Meditation - Several members of our churches find the Soultime app very helpful. It is available from Soultime.com

Daily Reflections supporting Good Mental Health

<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health/>

Questions

Wondering what God is doing in the midst of the Coronavirus pandemic is perfectly natural. He welcomes our questions as long as we are prepared to listen to his answers.

Several reputable Bible teachers are wrestling with the Biblical interpretation of the world situation and how God is working out his good purposes through it.

You can read some of their conclusions here. If you find anything particularly helpful, don't forget to share it with family and friends.

Where is God in a Coronavirus World?

New book by Professor John Lennox. Chapter one can be downloaded free and book can be pre-ordered from TheGoodBook.co.uk

COVID-19 and God

<https://answersingenesis.org/is-god-real/covid19-and-god/>

Does Isaiah 26:20 Mean the Quarantine Is Due to God's Wrath?

<https://www.crosswalk.com/faith/spiritual-life/is-isaiah-2620-about-a-quarantine.html>

What does Psalm 91 really say about the coronavirus?

<https://www.biblesociety.org.uk/explore-the-bible/bible-articles/what-does-psalm-91-really-say-about-the-coronavirus/>

Eleven reminders the coronavirus crisis gives us

<https://answersingenesis.org/coronavirus/2020/03/27/covid19s-impact-on-aig-and-biblical-response-by-ken-ham/>

The Storm Has Come – The Wise and Foolish Builders

<https://www.womanalive.co.uk/stories/view?articleid=3205>

Church leaders and NHS professionals share their prayers for the UK and the world

<https://www.premierchristianity.com/Blog/9-prayers-on-coronavirus-to-add-your-Amen-to>

A pastor who battled the virus tells his story

https://premierchristian.news/en/news/article/pastor-who-faced-death-from-coronavirus-says-he-audibly-heard-voice-of-god-for-first-time?_psrc=personyzePopularArticles

Coronavirus: How to understand the death toll

Not a Christian article but it gives some helpful and illuminating context for the alarming figures we are bombarded with every day.

<https://www.bbc.co.uk/news/health-51979654>