

## God Is With You

By: Adriana Pasos, Spiritual Ambassador Program Coordinator  
AdventHealth

As our world is changing before our very eyes with the COVID19, I wanted to encourage your hearts today with some promises from GOD'S word. He "is our REFUGE and STRENGTH. A VERY PRESENT HELP in trouble. THEREFORE, we will NOT FEAR," because HE is our HOPE. Psalm 46:1,2. In times like these, let us PRAY. Let us HOPE in the GOD who holds the universe together. And let us TRUST in the ONE who promises to NEVER abandon us.

### YOU ARE NOT ALONE

"I will NEVER leave you, nor forsake you. I am with you ALWAYS. Even till the end of this age." Matthew 28:20



### DO NOT WORRY

"Do not worry or have any anxiety about ANYTHING, but in EVERYTHING, by prayer and petition, with thanksgiving, make your requests known to GOD, and the PEACE OF GOD, which surpasses all understanding will guard your hearts and minds through CHRIST JESUS." Philippians 4:6,7

"Cast all your care upon HIM for HE CARES FOR YOU. 1 Peter 5:7

### FEAR NOT

"The LORD is my light and my SALVATION. Whom shall I fear? The LORD is the STRENGTH of my life; Of whom shall I be afraid?" Psalm 27.

"For God has not given us a spirit of fear. But of POWER and of LOVE and of a SOUND MIND." 2<sup>nd</sup> Timothy 1:7

### PEACE

"PEACE I leave with you, MY PEACE I give to you; not as the world gives do I give to you." "Do not let your hearts be troubled, neither let it be afraid. John 14:27

### HOPE

"Even youths grow tired and weary, and young men stumble and fall; but those who HOPE IN THE LORD will RENEW THEIR STRENGTH. They will SOAR ON WINGS LIKE EAGLES; they will RUN AND NOT GROW WEARY; they will WALK AND NOT BE FAINT." Isaiah 40:30-31

### WHAT CAN WE DO

- Be safe
- Stay connected
- Pray with/for—
  - Our Front-Line Team
  - Our Leaders
  - Our Hospitals
  - Our State
  - Our Country
  - Our World

### REMEMBER—

- PRAYER is not canceled
- LOVE is not canceled
- TRUST in GOD is not canceled
- HOPE is not canceled

### THANK YOU

We are PRAYING for you and praise God for you! Through these difficult times, you and I can stand in the gap by PRAYING for one another and being a CALM & REASSURING presence. May the words of our Eternal Healer bring you courage and comfort today as you serve throughout our hospitals. And may we breathe this prayer together as one: "HE is MY REFUGE and MY FORTRESS; MY GOD, in HIM I will TRUST." Psalm 91:2

With gratitude for who you are and all you do,

**Sperantza Adriana Pasos**