

## **Watch**

In times of crisis, whether it's something personal happening in our own lives, or something global, like what we're dealing with now in COVID-19 – in those times, it's easy to feel a many emotions. And maybe, one of those emotions is loneliness.

The prophet Jeremiah comes to mind when thinking of feeling totally alone in a time of crisis. Jeremiah may not have dealt with a global pandemic like we're dealing with now, but you can't argue that he didn't experience crises in his life. And in that moment of crisis, he may have felt like there was no one there with him.

## **Read**

**Jeremiah 1:1-19     &     Isaiah 43:1-3**

## **React**

What do you think it was like for Jeremiah to hear what God was telling him to do?

How can the story of Jeremiah and the words of Isaiah help remind you that God is near in all situations in life?

Is there a moment of struggle that you can look back on and see God walking beside you?

What are things you can do in your life to focus on God in times like this that will help remind you that God is near?

What are ways that you can be with those that might feel lonely in times like we're in now?

## **Reflect & Pray**

Spend some time today thinking about those moments in life where you felt totally alone. Look back on them and look and see where you can find God walking with you in those moments. And as we continue to walk through this moment of crisis, remember those times that God was with you. Even when it might not have felt like it.

*Father, You are with us in the good times and bad. I pray that as we continue to walk through this time of crisis, may we remember that we're walking through it together. And not only are we walking through it together as a body of Christ, but You are walking through it with us as well. I pray that we can find peace in the knowledge of Your promise today and every day. Amen*