



GOD WILL SEE US THROUGH THESE DARK AND FEARFUL DAYS

The days of our years are threescore and ten and if by reason of strength they can be fourscore years. Yet it is their strength, labour and sorrow, for it is soon cut off and we fly away". Psalm 90:10.

Being isolated may put physical walls around me but I should welcome the opening of the barriers to my mind to allow in life changing reflections. In the quiet of the emptiness I see blissful images of things I enjoyed in better days. Yet these little pleasures that I now miss may soon mean less to me as I hope for a closer walk with our Lord Jesus. A favourite song of mine which we do not sing often enough is "I come to the Garden Alone" with beautiful lyrics most appropriate for the isolation we are in.

As a casual Bible reading Christian I should be expecting plagues and pestilences as they are frequently mentioned in the books of Zechariah, Ezekiel, and the pale horseman in Revelation. I have never felt more like a senior until now and I take comfort in Psalm 90:10 to assure myself. Yes, there is hope if we keep our health and our strength. The vulnerability of seniors to this virus does add to my fears, and I can only hope that by building up my immunity I can level the odds of survival and fight it off.

I have learned to:

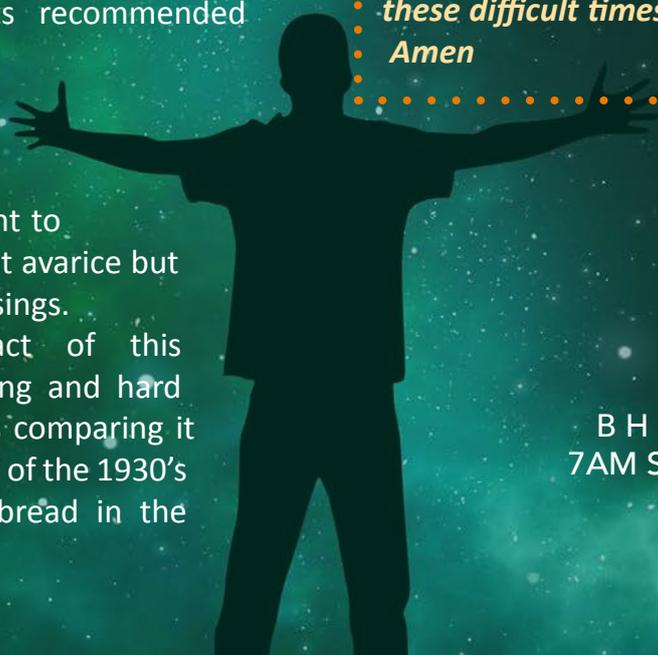
Eat the right foods and resist indulgence,
Use Health supplements recommended from tested sources,
Control my stress and be less anxious, and take ample rest but exercise diligently, and lastly I want to learn to pray hard without avarice but be full of thanks and blessings.

The economic impact of this pandemic will be felt long and hard and even now the IMF is comparing it with the Great depression of the 1930's where you queued for bread in the

morning, jobs in the afternoon and soup and a place to sleep in the evening. Singapore may get off lighter with a smaller contraction in 2020 but growth in 2021, but nevertheless I am mindful there will be widespread loss of employment affecting many households including some in the SAC congregation directly or indirectly. Also, due to lower revenue even the Church finances and expenditure will have to be prudently organised. However, from the lessons of the Asian Financial Crises which I remember well, our Church/Diocese management and the pastors will have the experience to counsel and comfort the affected members of the congregation. I hope we all get through this, a little bit beaten down but can still get up to face another day:

Yes, Dear Lord I am aware of the gravity of the situation but I rest assured you are my Rock and Saviour and through your Grace I will lean on you to see us through these dark and fearful days.

Dear Lord Jesus please keep all my senior and younger brothers and sisters in St Andrew's Cathedral strong in Faith and in body. That Together we may endure these difficult times, in your Glorious name, Amen



B H WONG,
7AM SERVICE

