

# THE LORD, our constant companion

**M**any of us have gone through unexpected trials in our lives. How do we navigate through unpredicted changes? I recall the analogy of a pilot flying a plane. When the plane is in the sky the pilot has to keep his eyes focused on his compass to know where he is heading. Likewise, I try to keep my eyes focused on God rather than external circumstances. Our core values form that inner compass that gives us the impetus, stamina and direction to navigate changes in a crisis. These core values are cultivated in our family upbringing, spiritual institutions like churches and relationships with our significant others. Most of all, our core values are derived from the closeness of our relationship with the Lord. John 15:4 says 'Abide in Me and I in you.' In the midst of crisis, we need to cling to the Lord. This Circuit Breaker period is a good opportunity to develop intimacy with the Lord. Think of him as our constant companion. The Lord can shape His purpose in us in this time.

#### Prayer:

Lord, be with me at this time and be my constant companion. Let me listen to your small still voice as I spend quiet time at home. Let me not be distracted and despaired by external circumstances, but let my eyes be steadfastly fixed on you. Amen

John 15:4

**ABIDE IN ME,  
AND I IN YOU.**

**As the branch  
cannot bear fruit  
of itself unless  
it abides in the  
vine, so  
neither  
can you  
unless  
you  
abide in Me.**



DR SNG BEE BEE  
SATURDAY  
4.30PM SERVICE