**Resource #1** – *“…for my soul trusteth in thee: yea in the shadow of thy wings will I make my refuge, until these calamities be overpast.” Psalms 57:1*

* In difficult times, sometimes the most important thing we can do is point ourselves and each other toward our loving Father’s embrace. The Father’s Embrace: Finding Comfort in Presence in the Coronavirus Scare (<https://www.accounseling.org/the-fathers-embrace>)

**Resource #2** – *“Let not your heart be troubled: ye believe in God, believe also in me.” John 14:1*

* Sometimes the storms in our lives seem bigger and we can easily turn toward fear instead of trust. We must learn to look to Jesus in these times, knowing He is right there beside us all the time. Calming our Fears article (<https://www.accounseling.org/calming-our-fears/>)

**Resource #3** – *“Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait I say, on the Lord.” Ps. 27:14*

* Unexpected circumstances in our lives can increase our stress quickly. As we trust in the Lord and cast our cares on Him, He can help us deal with this stress in God-honoring ways. Managing Stress article (<https://www.accounseling.org/managing-stress/>)

**Resource #4** – *“For the Lord God is a sun and shield: the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly” Ps. 84:11*

* When things in our lives, both big and small, do not go as we hoped, we need to find our grounding in the Lord. Learn about how to deal with the unmet expectations in our lives on these podcast episodes: Dealing with Unmet Expectations podcast (<https://www.accounseling.org/unmet-expectation-podcast-episodes/>)

**Resource #5** – *“I can do all things through Christ which strengthen me.” Phil. 4:13*

* There is a special stress that those caring for others can feel. As a church, we have the opportunity to be aware, to be prayerful, and to be purposeful in encouraging these caregivers in large and small ways. If we are a caregiver ourselves, we must be willing to reach out for help when needed even while continually finding our strength in the Lord. Dealing with Caregiver stress article (<https://www.accounseling.org/caregiver-stress/>)

**Resource #6** – **“***Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2*

* Coronavirus is affecting us all. What are some aspects we should consider as we respond to this situation with our families, churches, and neighbors? Learn more on Maintaining a Healthy Self During COVID-19 *Breaking Bread* podcast (<https://www.accounseling.org/coronavirus-podcast-episode>)

**Resource #7** - “Rejoicing in hope; patient in tribulation; continuing instant in prayer;” Romans 12:12

* The uncertainty of the world can give rise to a range of emotions in our lives. This section of our website contains several articles, podcasts, and resources designed to help us and those we love navigate emotions such as fear, worry, stress, and unmet expectations. Hurts & Emotions Resources (<https://www.accounseling.org/hurtsandemotions/>)

**Resource #8** – *“And whether one member suffer, all members suffer with it;” 1 Cor. 12:26*

* We have an opportunity as the Body to think through how we can look out for and help each other during and after these difficult times. This resource contains important thoughts to consider. Helping One Another after a major stressor (<https://www.accounseling.org/helping-one-another-after-a-major-stressor/>)

**Resource #9** *– “It is good that a man should both hope and quietly wait for the salvation of the Lord.” Lam. 3:26*

* Sometimes when we go through difficult situations, we realize that ultimately our view of patience needs to change. Learn more on this article: Patience: A Long View article (<https://www.accounseling.org/patience/>)

**Resource #10**- “According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.” 2 Peter 1:3-4

* A series of promises from the Scriptures meant to bring encouragement and strength in difficult times. Learn more on God’s Promises to the Believer (<https://www.accounseling.org/gods-promises-to-the-believer/>)