

PREPARATION FOR THE FINAL CRISIS

The great crisis is just before us. To meet its trials and temptations, and to perform its duties, will require persevering faith. But we may triumph gloriously; not one watching, praying, believing soul will be ensnared by the enemy.

In the time of trial before us God's pledge of security will be placed upon those who have kept the word of His patience. . . .

Brethren, to whom the truths of God's word have been opened, what part will you act in the closing scenes of this world's history? Are you awake to these solemn realities? Do you realize the grand work of preparation that is going on in heaven and on earth? Let all who have received the light, who have had the opportunity of reading and hearing the prophecy, take heed to those things that are written therein; "for the time is at hand." Let none now tamper with sin, the source of every misery in our world. No longer remain in lethargy and stupid indifference. Let not the destiny of your soul hang upon an uncertainty. Know that you are fully on the Lord's side. . . .

Is the softening, subduing influence of the grace of God working upon you? Have you hearts that can feel, eyes that can see, ears that can hear? Is it in vain that the declaration

of eternal truth has been made concerning the nations of the earth? They are under condemnation, preparing for the judgments of God; and in this day which is big with eternal results, the people chosen to be the depositaries of momentous truth ought to be abiding in Christ. Are you letting your light shine to illumine the nations that are perishing in their sins? Do you realize that you are to stand in defense of God's commandments before those who are treading them underfoot?

It is possible to be a partial, formal believer, and yet be found wanting and lose eternal life. It is possible to practice some of the Bible injunctions and be regarded as a Christian, and yet perish because you lack qualifications essential to Christian character. If you neglect or treat with indifference the warnings that God has given, if you cherish or excuse sin, you are sealing your soul's destiny. . . . While mercy lingers, while the Saviour is making intercession, let us make thorough work for eternity.

The return of Christ to our world will not be long delayed. Let this be the keynote of every message.

—*Testimonies for the Church*, vol. 6, pages 404-406

Editor's Note: As the effects of the COVID-19 global pandemic are affecting so many aspects of life, we hope these tips will be helpful as we continue coping with the "new abnormal" we face each day.

The COVID-19 pandemic is an unprecedented crisis. It's not only a threat to our physical health. Even those who haven't themselves been infected are still affected by the various consequences of the pandemic. Here are some ways to boost psycho-social-spiritual resilience in this and other crises we may face.

1 IT'S A CRISIS. FACE IT. Let it be what it is; not more, not less. There's no turning back nor running away. It's one step at a time on an unknown path into an unknown future.

2 IT WILL BE DIFFICULT. ACCEPT IT. Don't persuade yourself or others that all is well. It's not. Be honest, be real, be true. A crisis brings out the best and the worst in us. Therefore, be patient, kind and compassionate—with others and with yourself.

3 WHAT YOU DO MAKES A DIFFERENCE. Be intentional about it. Optimize your lifestyle. Stay connected with God and people you care about. Take care of others. It will help you keep things in perspective and give you a pause from your own worries and troubles.

4 IT'S TIME FOR REFLECTION. ENTER INTO IT. Take a time-out: Think, reflect, meditate, feel, talk, connect. Put first things first. Is it work? Is it money? Is it health? Is it friends? Is it family? Is it God?

5 THERE IS HOPE. EMBRACE IT. A crisis is a temporary thing. It will pass, whatever the outcome. As long as there is life, there is hope. And, for the Christian, even death is not the end. Trust that "God works for the good of those who love him" (Rom 8:28 NIV).

Good things may come out of a crisis. This is a time to care for oneself, for one's family and friends, for church members and for the communities we are in. It's a time to reach in, reach out, reach up! Let us grieve the losses well. Let us be open to God's work in us and around us so we may recover well. May we come out of this crisis more dedicated than ever to live the lives God has called us to live.

From GC Adventist Health Ministries

