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URFM is a **Spiritual Teaching and Christian Counseling** ministry

Matthew 28:19-20, 2 Timothy 2:2

March 20, 2020

Trusting God in Time of Crisis

Dear Friends and Partners in the Ministry,

These days, all of us are continuously bombarded by the news media about coronavirus and the COVID-19. As a faith organization, Upper Room Fellowship Ministry (URFM) strives to provide the best care to our mentees, small groups, and local communities. For all of your spiritual needs (pastoral counseling, prayer, and discipleship) do not hesitate to contact us.

In a nutshell, during a crisis like this, here are some of our recommendations:

- Believe in Jesus, and trust that the Holy Spirit will guide you during any hard times in life.
- Be part of a small group so you can pray and encourage each other in the context of the community.
- Eating healthy (i.e., antioxidant vegetables and fruits), has been shown to improve the immune system.
- Exercising with regularity has been demonstrated to maintain a healthy heart, mind, and body.
- Sleeping well can reduce tension and stress.
- Don't listen/watch/read about COVID-19 (especially from untrusted or unknown sources) more than you have to in order to keep you and your family safe.

Besides these, there are a few extra things that we think would benefit all of our friends and partners.

1. Preventative Measures

Spiritual measures: *"I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!"*" (Psalm 91:2).

- Trust in God—He is the highest divine power in the universe (Proverbs 3:5–6).
- Pray Scriptures regularly, especially Psalm 91.
- Practice gratitude on a daily basis (Psalm 30:12, 1 Thessalonians 5:18).
- Practice kindness daily (Ephesians 4:32, Colossians 3:12).

Emotional measures: *"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you"* (Ephesians 4:32).

- Be a loving person. "Above all, keep fervent in your love for one another, because love covers a multitude of sins" (1 Peter 4:8).
- Avoid fear at all costs. Fear and Faith cannot coexist in the same heart (1 John 4:18).
- Be a graceful forgiver. Unforgiveness may open the door to the enemy (2 Corinthians 2:11, Matthew 18:35).

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Upper Room Fellowship Ministry (URFM)

A Place for *Healing of the Heart and Restoration of the Soul* by *Experiencing Christ* through the *Power of the Holy Spirit*

- Be hopeful at all times (Isaiah 40:31, Jeremiah 29:11). This had shown to bust the immune system.^[i]

Physical measures: “Washed hands are caring hands! In all the lands, wash your hands.”

- Cover your coughs and sneezes with a tissue and immediately dispose of it in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home if you are sick and **seek medical care**.

For more up to date details, please feel free to visit <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>.

2. Symptoms

According to the CDC, the symptoms “have ranged from mild symptoms to severe illness and death.” Some of the visible signs, (but not all-inclusive), are fever, cough, and shortness of breath that may appear 2-14 days after exposure.^[ii]

If you or your loved ones experience any of these symptoms, we urge you to go to the nearest healthcare facility, which is equipped to test you and properly care for you and your loved ones.

3. Know the facts

Based on some limited research I had done, here are some of the essential facts about coronavirus SARS-CoV-2, (Severe Acute Respiratory Syndrome) and the disease it causes—COVID-19. (It’s name derives from COronaVirus Disease 2019).

SARS-CoV-2 is part of a large family of viruses common in humans and some animals, including bats, cattle, camels, and cats. Coronaviruses are named for the crown-like spikes on their surface. Human coronaviruses were first identified in the mid-1960s.

According to the CDC: “The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats.” According to Wikipedia: SARS-CoV—it is “an enveloped positive-sense single-stranded RNA virus that enters its host cell by binding to the ACE2 receptor.”^[iii] It is a single strand of nucleic acid, roughly 26,000 to 32,000 bases long.

Please note that: SARS-CoV, was first reported in Southern China in 2002/2003, and it spread to more than two dozen countries in North America, South America, Europe, and Asia. MERS-CoV—the Middle East respiratory syndrome-related coronavirus was reported in 2012 in Saudi Arabia and spread to more than 25 other countries.

The SARS-CoV-2 virus, the current coronavirus, is a novel virus that emerged in December 2019, in a seafood/wild animal market in the Chinese city of Wuhan, from the Hunan province in Central China. For more up to date details, please feel free to visit <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>.

With love in His service,

Valy Faduma

Life Coach/Author/Spiritual Mentor

End Notes:

[i] <https://psmag.com/economics/optimism-seems-to-strengthen-immune-system-9800>. Accessed on March 13, 2020.

[ii] <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>. Accessed on March 13, 2020.

[iii] https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome-related_coronavirus. Accessed on March 13, 2020.