



PANDEMIC TO PEACE



REPLACING FEAR WITH
FAITH IN A TIME OF CRISIS



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Pandemic to Peace- Replacing Fear with Faith in a Time of Crisis

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~ Dedication~

Pandemic to Peace- Replacing Fear with Faith in a Time of Crisis is a condensed self- help complimentary e-book offering quick, yet supportive tips designed to bring readers spiritual comfort during the 2020 global pandemic.

This e-book is dedicated to all frontline workers and first responders worldwide. Without doubt, you are the heroes of this fight. You have set the example for the world to remember what humanity, compassion and empathy truly is and for that, we are forever grateful. May God bless you all.

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~ Chapter 1 ~

Embracing Change

From sunrise to sundown, there's always a life event that brings about change. Your job promoted you, your boyfriend left you, your car died on you, your friend cancelled on you, a new song inspired you. Change is constantly in motion; we deal with it (or not) and then move on with our lives until the next change comes our way.

Then, there's another type of change, the ones that affect us on a larger scale, like Barack Obama becoming president, the September 11th attacks, the Titanic sinking, Women's right to vote, or Neil Armstrong being the first man on the moon. These

historical events don't happen every day, but when they do, there's a massive global shift.

At the turn of this new decade, one of these larger events happened. On March 11, 2020, the World Health Organization officially declared the COVID-19 outbreak as a global pandemic. This announcement affected all walks of life and changed the trajectory worldwide.

Big or small, change is an inevitable part of life. When we don't have control over things, we start looking for constant reassurance. Since we don't have any control over knowing the outcome of the pandemic, we need to focus on the things we CAN control.

I always used to worry excessively over things I couldn't control. Back in 2007, I was diagnosed with

General Anxiety Disorder with symptoms of excessive worry, back pain, hair loss, shortness of breath, digestion issues and I self-medicated on pain killers several times a day leading to shortness of breath and racing heart palpitations. Anxiety totally took over my life and eventually, I was admitted to rehab for months of intense therapy. The journey was a long road to recovery, but the rehabilitation gave me the cognitive behavioral tools to cope and manage a healthy balanced life.

Attempting to shift your mindset during a crisis can be an emotional struggle, leaving you feeling drained, but rest assured, you can believe that God is always with you. You may not know the future, but you can have faith in God who does.

~ Chapter 2 ~

Letting Go of Fear

Fears about COVID-19 can take an emotional toll on all of us. For many people, the uncertainty about coronavirus is the hardest thing to handle and we're bombarded with information and consumed with constant messaging “How long will the lock down last? What’s the new death rate? What did Trump just tweet? Is the pandemic a conspiracy? When’s the vaccine coming? Who qualifies for emergency funding?” Allowing coronavirus to dominate your thoughts can lead to mental depletion. You can protect your peace by using a helpful tool I teach called the *Burden Bottle*™ which I share in my

workshops to help participants manage overwhelming thoughts. Here's how it works:

Stop. Close your eyes. Take a deep breath. Picture yourself near the ocean as you're holding a beautiful glass bottle in your hand. Now find the thought in your mind that you are stuck worrying about. Imagine moving this negative thought from your mind and placing it securely into the bottle. Close the bottle tightly and hand it over to God. Leave it with Him, allowing you the space to focus on the positive things. During the day, if you're tempted to worry, remember God is holding your bottle and He's carrying all your burdens for you.

1 Peter 5:7 says, “Cast all your anxiety on him because he cares for you.”

~ Chapter 3 ~

Power of Words

Words are an extremely powerful tool and can be used to create or destroy, to hurt or to heal. How many times a day do we allow the fear of the coronavirus dominate our words and every conversation? We say things like, “I am so afraid, the world is broken, I will never recover from this, I will lose my home, it’s a conspiracy, I hate politicians.”

We never think that these words bring negative energy into our vibration and affect us on a physical level, but they do. Did you know sound vibration travels four times faster through water than it does through air? Our bodies are made up of over 70%

water, so you can only imagine how quickly the sound vibration from the negative words affects the cells in our body.

When we complain about our life, those negative words manifest and become a reality. When you say something out loud enough times your words become your truth, not only in your own mind but in the minds of everyone you are saying them to. If you repeatedly say you will be poor, you will be poor, if you repeatedly think you will remain sick, you will remain sick. If you constantly say you are blessed, then you will be showered with God's blessings over your life.

When I was recently interviewed on Ever Talk T.V. in Hollywood during my tour for my best-selling book *A Fresh Start*, I was asked by the panel

about the power of words. I shared one of the 111 affirmations from my book and said to the audience, “You always have the choice to re-create your reality”. Choose your words wisely because your words equal your destiny.

~ Chapter 4 ~

Gratitude and Prayer

You can seamlessly flow from fear to faith when you live in a place of gratitude. Expressing gratitude for everything in your life always brings serenity to your soul. I want you to grab a paper and pen and make a list of everything you’re grateful for, big or small. When you write about gratitude, it becomes harder for you to dwell on your negative

experiences. Your mind automatically shifts to a place of joy because it's impossible to be in a state of resent and peace at the same time.

It's really hard to be grateful or have the desire to pray when you're feeling depleted and hopeless but there's such great power in prayer. God is always with you. Pray for His protection and safety over your family, your relationships, over your health, your finances, and over your home. If it's difficult for you to find the right words, here's a daily prayer you can use if you wish:

“Dear God, I’m in need of your peace right now. Remind me of your constant love, healing, and grace. This crisis feels dark and heavy and the challenges in my life are enormous, but so are the possibilities. This time in my life is full of

opportunities. Thank you that this storm will not last forever, I know I'm only passing through. God, I feel safe and protected in your everlasting peace.”

~ Chapter 5 ~

Forty Days of Faith

COVID-19 has the world practicing self-isolation, social distancing and quarantine having many people feeling lonely, afraid, depressed and disconnected. However, I'm a firm believer that breakdowns can turn into breakthroughs. Let's take a look at the word '*quarantine*' and the year '2020', the year of the pandemic. The Latin root of the word quarantine is '*forty*' and $20+20= 40$. In the bible, the number 40 symbolizes a period of testing, trials and

tribulations. The flood lasted 40 days. Moses stayed on Mount Sinai for 40 days to receive the Commandments. Jesus fasted for 40 days. I hand picked 40 simple yet powerful bible passages to help you remove negative thoughts when you feel you can't make it through the day, your heart is broken, you lost a loved one, or you've lost the motivation to move forward any longer.

1. "I have learned to be content in all circumstances." ~Philippians 4:11
2. "God fills me with peace when I trust in Him." ~ Romans 15:13
3. "When my anxiety is high, God comforts me." ~ Psalm 94:19
4. "God will bring health and He will heal His people. ~Jeremiah 33:6
5. "When I am afraid God, I put my trust in you." ~ Psalm 56:3
6. "I will not be anxious about anything." ~ Philippians 4:6
7. "The promises God gave me will never end." ~1 Chronicles 16:15
8. "What I ask for in prayer, I believe I have received it." ~ Mark 11:24

9. “God is coming to my rescue.” ~ Isaiah 35:4
10. “The Lord is my light and my salvation” ~ Psalm 27:1
11. “God will wipe away the tears from my eyes.” ~ Revelation 21:4
12. “The joy of the Lord is my strength.” ~ Nehemiah 8:10
13. “Whoever trusts in the Lord will be kept safe.” ~ Proverbs 29:25
14. “Why is my soul so sad? God will give me hope” ~ Psalm 42:11
15. “I prayed and the Lord freed me from all my fears.” ~ Psalm 34:4
16. “My God is my rock; I will not be moved.” ~ 2 Samuel 22:3
17. “God will fight for me.” ~ Exodus 14:14
18. “The testing of my faith produces perseverance.” ~ James 1:3
19. “God will never leave me or abandon me.” ~ Deuteronomy 31:6
20. “Don’t be afraid; just believe.” ~ Mark 5:36
21. “The Lord rejoices over me with shouts of joy.” ~ Zephaniah 3:17
22. “The Lord will cover me under His wings.” ~ Psalm 91:4
23. “All things are possible with God”. ~ Luke 1:37
24. “I walk by faith, not by sight.” ~ 2 Corinthians 5:7
25. “God is always able to provide what I need ”~ 2 Corinthians 9:8
26. “Do not obsess over the uncertainty money” ~1 Timothy 6:17

27. “There’s glory in pain, it produces perseverance” ~ Romans 5:3
28. “I remain still in the presence of God.” ~ Zechariah 2:13
29. “God will heal the nation” ~Hosea 6:1
30. “You will be safe and secure, because there’s hope.” ~ Job 11:18
31. “Be patient in adversity and persistent in prayer” ~Romans 12:12
32. “Trust in the Lord with all your heart” ~ Proverbs 3:5
33. “All things are possible for those who believe” ~ Mark 9:23
34. “God heals the broken hearted” ~ Psalm 147:3
35. “He saved me because of His mercy” ~ Titus 3:5
36. “I do not worry about having enough to eat” ~Luke 12:22
37. “It’s more of a blessing to give than to receive” ~Acts 20:35
38. “God will hear me” ~ Micah 7:7
39. “Fear not, for I am your God, I will strengthen you” ~ Isaiah 41:10
40. “God is sending an angel to protect me.” ~Exodus 23:20

Feel free to pick one or two passages that resonate with you. If possible, try to memorize them so when trouble comes your way, you have it at the tip of your tongue. Passages provide wisdom and show us the way in the midst of chaos. God's word doesn't change. There is no limit to its perfection.

Throughout this global pandemic, I want you to remember one thing. During your darkest times, hold on and believe that the pain you're feeling today cannot compare to the peace you will feel tomorrow. If you fall, have faith, embrace change, let go of fear, pray, speak positive words, express gratitude and then get ready to be amazed by the outpouring of blessings coming your way!

~Karen Carrington Bio~



Karen Carrington is an International Speaker, Talk Show Host, Mental Health Advocate, Author, Certified Personal Success Trainer, recipient of the CIBWE 2017 Top 100 Black Women to Watch in Canada Award and the 2019 Susan B Anthony iLead Woman in Leadership Award. She is a member of Toronto's Women in Film and Television and has been featured on CITY TV, CTV News and Good Morning LaLa Land in Hollywood. She is the author of best-selling book *A Fresh Start* read by thousands as far as Sweden, Africa, Philippines and across North America. Her Talk Show, "The Karen Carrington Show" provides a positive, safe, judgment-free zone, inspiring viewers to be the best versions of themselves. Karen Carrington's life mission is to leave this planet a better place than she found it.



This e-book was written to offer spiritual comfort to all those in need of support during the global pandemic crisis, therefore, if you know someone who is facing adversity and would benefit, please feel free to forward this along.

With Love,

Karen Carrington

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