

How This Singer-Songwriter Found Peace Amid Fear of COVID-19

Melissa Helser, who records with the Bethel Music label, says she felt an overwhelming wave of fear from the coronavirus pandemic due to having suffered from an autoimmune disease for 20 years.

“I was like, ‘Lord, I really need your help,’” Helser says. “And what the Lord said to me was, ‘Melissa, I want to give you a gift. I want to give you a sound mind’ [see 2 Tim. 1:7]. I went to bed that night, and literally all night long, I woke up every hour, and I was praying for the Lord to give me a sound mind. ...

“What the Lord actually started speaking to me was, ‘You have a choice, Melissa, and I’m asking you to lean into wisdom. I’m asking you to abandon the fear.’ It was beautiful and I felt something lift off me.”

Her husband, Jonathan, says he wonders if the biggest battle we’re facing is not the virus, but fear.

To watch the entire video for more hope during this season of uncertainty around the world, [click here](#).