

Faith not Fear

How are you doing? I know that we are living in a different world now than when we last met in worship. As the reality of this pandemic unfolds before us, it is important that we see to our spiritual health. Isaiah 41 reminds us that we are God's chosen and we are his. Isaiah goes on from there to say, "So do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my Righteous hand." The words "do not fear" in this meditation are not my words to you, they are God's words to you. With God directing our path, we are taken care of. So, my suggestion is faith rather than fear.

And I realize that is easy to say, and difficult to live, but, with God shining a light on our path, we really do not have any reason to fear. God will take care of us, even in the worst of times.

So, in light of Isaiah 41:10, I have some suggestions to lead you to the path of faith, not fear. One thing is to limit the amount of time you spent listening to repetitive information about this pandemic. Check in on your news or social media from time to time to see if there are any changes, but don't saturate your whole day with discussions about how fearful this terrible disease is. An overdose of that type of information is a recipe for fear, not faith.

Another intentional thing that might empower faith and cut down on fear is to direct the conversations that you have with others in a way that does not overly embrace the culture of fear, but asks that question, how can I make a difference remembering Isaiah's words, "I will strengthen you and help you. I will uphold you." It is important to follow the guidelines and restrictions that our health officials are placing upon us to control the spread of this pandemic, but within that context, how can you help your neighbors? Can you pray? Can you make a phone call or send a text letting someone know you love them? Perhaps send a card to someone who is more isolated than you.

Fear is an inward emotion where you are thinking primarily about yourself. Faith is a state of mind where you turn it all over to God and trust that our great God will be our guide. In faith, all that is left for us is to ask how we fit into God's plan.

Fear shuts God out and replaces God with worry and doubt. Fear causes people to try solve the problem by overstocking with provisions rather than trusting that God will supply our needs. Fear causes us to feel isolated. Faith causes us to feel united in God by the power of the Holy Spirit. I encourage you choose faith over fear and God will take care of the rest.

Isaiah 41:10 So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.