

Friday, April 3, 2020

TURN THOSE WORRIES INTO PRAYERS

One of the realities for us as we continue through this COVID-19 pandemic is that we will find ourselves having more moments of feeling anxiety than we may have ever had before. There are so many things with our current reality that will trigger these anxious feelings within us:

- A cough or sneeze may put the worry in us that it is the starts of the virus.
- A pain in the chest or a slight moment of having to take an extra breath may make us more anxious about possibly having it.
- A trip to the grocery store seeing so many people wearing gloves and masks while they shop may bring out more feelings of anxiety.
- Being at the same grocery store and discovering an item you are in need of is not on the shelf may stir some feelings of anxiety
- Accidentally scratching our nose while we are out to relieve an itch may make us worry if our hands were clean or not at the time and have, we just infected ourselves.
- Watching the news and reading the paper each day and hearing the rise in cases or the number of deaths may cause the anxiety to return again.

- As this crisis lingers on certain days may be harder than others to cope through which triggers some anxiety.
- Or being laid off, or knowing your children are laid off from their jobs right now may cause some anxious feelings.

It is hard in our present reality not to have feelings of anxiety and worry. It is our human nature to have these kinds of emotions. As we know, God does not want us to focus on our worries and anxieties but rather He wants us to focus on Him. The apostle Paul understood this. Paul was in prison when he wrote Philippians. Being in prison he experienced the feelings that come with social isolation like we are experiencing right now. He would also know what it is like to have restrictions placed on oneself like we are experiencing at this time as well. There must have been moments during his imprisonment when Paul felt anxious and worried. Paul had a solution though to help him overcome these feelings he was having of worry and anxiety – PRAYER. It helped Paul so much during his time of social isolation in prison that he offered this advice to the Christian church in Philippi:

*Don't worry about anything;
Instead Pray about everything.
Tell God what you need,
and Thank Him for all that He has done.
Then you will experience God's peace, which exceeds
anything we can understand.*

*His peace will guard your hearts and minds
as you live in Christ Jesus (Philippians 4: 6-7)*

Paul's advice here is to turn our worries into prayers. He does not dismiss here letting God know exactly what we need. As we let God know what we need, Paul encourages us to be thankful to God for all things that God has done for us in the past. As we do this, he tells us that we will experience a shift in our thinking and emotions. We will begin to be reminded about God's past faithfulness and how He provided for our needs just as He promises He will do. The Paul tells us that once we are reminded of God's past faithfulness our minds and hearts will once again be at peace knowing God is in control, and that He will faithfully provide us always.

I see a lot of praying for us in the days and weeks ahead as we do our best to persevere through this COVID-19 pandemic. There will be moments in a given day or week when we will have these feelings of worry and anxiety begin to return. We cannot help but feel them at times. When these feelings begin to occur remember what is your best defence against worry – PRAYER. Put prayer into practice and discover God's peace which exceeds anything we can understand including what we are going through now.

God Bless and Keep Safe.

Rev. Dean Adlam