

Dear Friend

With each passing day, the news about Covid 19 gets worse, and our levels of fear and anxiety inevitably heighten. Fear is a normal and proper response to threat, releasing adrenaline into our bodies which increases our physical capabilities as well as our mental capacity. However, prolonged periods of experiencing fear can also lead to stress, anxiety and an inability to function. It is highly significant that throughout the Bible the Lord repeats this call: "Do not be afraid" 366 times, so I understand - I've never actually counted them myself!

If we are to overcome the kind of fear that paralyses us or robs us of peace or a good night's sleep etc. we need to know why it is that God can so often say "Fear not" to his people who were facing even worse circumstances than we are today.

I'd like to suggest three key reasons.

1. God is. The basis of our faith is that we do not exist as a result of randomness, chance or blind process. All that is, seen and unseen, exists because God willed it and spoke it into being. We exist because God exists.

2. God is good. The Bible affirms continually the goodness of God. After God had finished his work of creation he saw - which means paid attention to, regarded closely and observed - all that he had made and behold, it was very good. The innate goodness of creation has not changed, as the innate goodness of God is unchangeable. His goodness extends to every human being and his will for each of us is for our good. We may have to experience all sorts of bad things in this world, but out of all these situations God is still able to bring goodness.

God is Good



3. God is good all of the time. The human story is all too often one of turning to God when something terrible happens, and forgetting about him when everything is going well. The reality is that we need God all of the time, even when it seems, on a sunny spring morning like this one, that God is in his heaven and all is right with the world. Since the earliest times, of course, much has been wrong with the world. Many years ago a series of letters were written to the Times newspaper on the subject "What is wrong with the world". The author G.K. Chesterton wrote this: "I am." We all have a share of responsibility to bear for the way things are, but let's remember that God is good all of the time; that our sins are forgiven; that his promises can always be trusted, and that perfect love - his perfect love - casts out fear.

From the *Thought for the Day* website:

Another quote from A.W. Tozer:

What we need very badly these days is a company of Christians who are prepared to trust God as completely now as they know they must do at the last day. For each of us the time is coming when we shall have nothing but God. Health and wealth and friends and hiding places will be swept away, and we shall have only God. To the person of pseudo faith that is a terrifying thought, but to real faith it is one of the most comforting thoughts the heart can entertain.

A. W. Tozer

Today's verse

Watch, stand fast in the faith, be brave, be strong.

1 Corinthians 16:13
The New King James Version



Something to make you smile:



The only thing Flat Earthers fear is sphere itself.