

Friday, March 19

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## TRUTH REDISCOVERED

*My comfort in my suffering is this: Your promise preserves my life. Psalm 119:50*

January 2020 and I am depressed! Sundays in particular. Walking to and from my home and church has become very difficult. I have to stop multiple times to catch my breath. So out of character! Some days, just getting out of my car and walking into the house, I have to stop and let my legs rest and catch my breath. Don't want to talk about it. Ego, pride, self-esteem, whatever, is getting in the way. I need help, though, and comfort!

Cardiologist says it is a heart valve issue, and it needs to be replaced. But, it's April now, and we are in the midst of the Covid-19 pandemic, and that also frightens me. I'm in quarantine and even more discouraged. Surgery is being scheduled for July, and every day I am filled with worry and anxiety.

It's not that I am unprepared for this moment, just momentarily blinded by the stress of the events unfolding. Then I remember Peter's instructions to the church elders in 1 Peter 5. So, I begin by revisiting his message. I've always thought of my life as a blessing and surely with a purpose, even when I didn't know what that purpose was. So, Peter reminds me to take my eyes off myself and in verse 7, directs my focus where it belongs. *Cast all your anxiety on him because he cares for you.* And in verse 10 he continues to remind me to whom I am responsible: *And the God of all grace, who called you... will himself restore you and make you strong, firm and steadfast.*

Surgery was successful, I have not contracted Covid-19, recovery and healing were so much faster than expected, and I am grateful to God for his grace, comfort and healing.

Paul reminds us to call upon the Lord by prayer and petition and make our needs known, *and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:7.

I am humbled by God's presence in my life! I thank Peter for our little chat!