



Since last we met on this page...

AAAHHHH.....

...the United States set a single day record for new Corona virus diagnoses: 100,000 new cases on November 4. Then we broke that record on November 5. And November 6. We're in the midst of a fractious, divisive election season that is still underway as of this writing.

And yet....
The anxiety we feel pervades our homes, our families, our friendships, our churches, our communities – our dreams. (I knew the pressure was getting to me earlier this week, on Wednesday, when I found myself not only vacuuming, mopping and washing clothes, but even breaking out the ironing board!)

The prophet, Habakkuk (1:2) said, *"O Lord, how long shall I cry for help, and you will not hear?"* My paternal grandfather said, "We're in the weeds."

And yet...there are things we can do to lessen our anxiety. We can turn off the television, put down our cell phones, take a walk, flip through pictures of happier times and enjoy the memories, and...we can turn to God's Word.

Psalm 9:9, *"The Lord is a stronghold for the oppressed, a stronghold in times of trouble."* Psalm 27:1, *"The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?"* Psalm 40:1-2, *"I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure."* You can look at Psalm 22:24, Psalm 46:1, and (of course) Psalm 23.

Start at the beginning and make your way through the 150th Psalm. Personally, I'm partial to John 14:27, *"Do not let your hearts be troubled and do not be afraid."*

The picture above is one of my favorites and makes me smile every time I look at it. I have no idea who took it; I encountered it on the Face Book page of a wise friend and colleague, Rev. Dr. Gus Guthrie. The picture is a parable. It can be interpreted as advertising the repair shop's incompetence because (obviously) they can't keep their own grass under control. But it can also be interpreted as a sign of HOPE. Things might be a little out-of-control right now, but they won't always be like this. I look forward to telling my grandchildren tales of how their Nonie learned to use technology in the time of the Covid-19 pandemic!

Seriously though, it's possible that none of these Scripture passages will change a thing in your life; and yet...if they can change your PERSPECTIVE then they just might change your PERCEPTION. And then God can change your WORLD. aaahhhh.....

Ann
Dr. Ann Hitt

Please be in prayer for...

All who are ill
All who mourn
Those who are fearful
Those who have lost their job
Our Church
Our country
The world
Yourself
Me