A Note from Our Pastor:

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” ~ Philippians 4:6

Good Morning Dearly Beloved,

As we continue in these unprecedented times and we proceed with defining our new normal the thoughts of this verse have been heavily on my mind. The Apostle gives diligent instruction to the disciple of Christ not only for times of grave concern but for our day-to-day life.

Anxiety can become the companion of any believer in Christ when we begin to feel ourselves alone. The scriptures repeatedly remind us of the importance of walking with other disciples and experiencing that fellowship. When we lose that we can become despondent and anxious. However, we should not misconstrue what the Apostle means when he says “be careful for nothing”. This phrase doesn’t mean that we shouldn’t have concerns or that we shouldn’t apply ourselves to tasks in order to provide for our family or support our congregations. What the Apostle is warning against is the painful anxiety of feeling independent in this life.

In Andy Andrews seminal work, *The Traveler’s Gift*, he identified seven decisions that determine personal success. It is first important to highlight that these are decisions not habits. A habit is something we practice routinely until it becomes automatic or just part of who we are. Many would argue that being a successful person or being a good disciple is based on your habits. However, I believe the scriptures support the idea that it is a continual series of choices that make us good disciples not habits that we do without thought.

The third decision that Andrews identifies is being a person of action. Andrews writes, “when I am faced with the choice of doing nothing or doing something, I will always choose to act!” This thought aligns exactly with what the Apostle writes in Philippians 4:6. What actions should the disciple choose to take? To turn to the Lord in supplication and prayer. To sing praises, to read the scriptures, to drop to our knees in prayer, and to turn to him in thanksgiving. These actions are always our choice to perform instead of sinking into anxiety and inaction.

Dearly beloved, our Lord understands that we are living in difficult times. He understands that many are facing uncertainty about their jobs, businesses, and financial well-being. That many are suffering and alone. That many are facing stressors that they have never faced before. But let us be thankful that he has given us tools to use in this time. Let us be reminded that we have been told that we can come boldly before the throne of Grace. May we choose action over anxiety and hope over despair.

Our prayers are with you daily,

Brother Jeremiah