



## Reflections from Pastor Brooke for May 8, 2020

*You're my cave to hide in, my cliff to climb. Be my safe leader, be my true mountain guide. Free me from hidden traps; I want to hide in you. I've put my life in your hands. You won't drop me, you'll never let me down.*

~ Psalm 31:3-5 (The Message)

This Psalm is not only a cry for protection, but also a statement of faith in God. Fear and faith are often thought to be opposite, but I am not convinced they are. Within this Psalm, there is faith that God won't let us down, won't drop us; that God is our cave to hide in. But there is also fear in wanting to hide. Fear and faith can coexist.

Plenty of us have fear in the midst of this pandemic. First may be fear for our own health and the health of our loved ones. What if they get sick? What if I get sick? If I get sick, who will take care of me since I live alone? If my loved one gets sick, will he recover since he already has health problems? *Be my safe leader, be my true mountain guide.*

We may have fear about the economic impact on ourselves and on our country. I have already been laid off and now they are cutting my spouse's salary by 30 percent. How will we provide for our children? I relied on piecing together income through various part-time jobs and none of them exist now. How will I pay my bills? I had planned on retiring in five years, but with the stock market dropping that much, I don't see how I can. Will my retirement dreams ever become a reality? *I've put my life in your hands.*

We may have fear about returning to worship together in person. I am sick of looking at a computer screen and having to learn how to get into the worship service. Why can't we just get back together and be really careful? I am afraid to go back to worship. What if someone gets sick and we have an outbreak in the congregation? If we do get back together, will it really feel like worship if I can't hug my friends, we all have to wear masks, and we can't sing for fear of spreading the virus? *I've put my life in your hands. You won't drop me, you'll never let me down.*

Faith and fear can coexist. Having fear doesn't mean you do not have faith. But remember that even in the midst of our fear, God is there. God is there as our protector and our rock. It doesn't mean nothing bad will happen, but God is with us through it all. Thanks be to God, we are not alone!

*Blessings,*

*Pastor Brooke*