



Reflections from Pastor Brooke for June 12, 2020

For God is good; God's steadfast love endures forever, and God's faithfulness to all generations. ~ Psalm 100:5

Here's your (or perhaps my) pep talk for the week. Except it's more than a pep talk — it is Truth. I suspect if I said, "God is good," many of you would respond with, "All the time." and if I then said, "All the time," you would respond with, "God is good." That is what the Psalmist is reminding us of in this passage. God is not only good, but God's love and faithfulness are eternal.

In the midst of a pandemic, economic insecurity among communities that were already fragile, civil unrest due to racism, and increasing divisiveness, it is easy to forget that God is good. But God *is* good. God loves you and God loves me and when things seem too overwhelming with everything going on, God still loves us. But I wonder if you are like me: that sometimes in the midst of my weariness I forget that, and I don't act like God loves me. I am curt with my spouse. I lay awake worrying about things over which I have no control. The idea of crawling in bed, pulling up the covers, and hoping it is all gone when I re-emerge becomes very appealing. Except all of those things are still there when I re-emerge. But you know what else is still there? God's love.

So my question to you (and to myself) is: How are we going to live as if God loves us? First, it means we have to take care of ourselves, because God would want us to do that. I know that when I become curt with my spouse or others, it is usually an indicator that I need to do a better job of taking care of myself — remembering that God loves me enough. Even Jesus took a break from his teaching to rest. So I encourage you to rest — rest from watching too much news, rest from being enraged, rest from worry. And then go out and share God's steadfast love with someone who is in need. Loving that person might look like learning more about something you don't know about that person. Loving might look like listening to people who have been trying to get us to listen for centuries. But whatever that love looks like, remember above everything else that God is good — all the time; and that all the time — God is good.

Blessings,

Pastor Brooke