



NOT ON OUR WATCH

So you are stuck at home?

Colossians 1:17 And he is before all things, and in him all things hold together.

This week has changed for many of us. We had so many plans we thought were going to play out, but turns out God has other plans. It is not very often that all the world stops to talk about one specific thing. It's not very often that the world shuts down. Why don't we think about this as a mandatory rest time ordained by God? Rather than thinking about all the things we are missing and having to cancel, how about we focus on the one who holds all the things together. Rather than thinking about our schedules being all messed up, let's enjoy those around us. Rather than playing the "what if" game in our heads, we should fix our eyes on Jesus, who is not surprised by any of this. Talk about fear, yes. Call it what it is, yes. However, at the end of the day surrender it all to the one who holds it all together. Fear is a bully who has won for far too long this weekend. Rather than listening to the bully all week long, quiet his voice with the truth from God's Word.

Deuteronomy 31:8

It is the Lord who goes before you. He will be with you;
he will not leave you or forsake you. Do not fear or be dismayed."

Psalms 34:4

I sought the Lord, and he answered me
and delivered me from all my fears.

Psalms 34:8

Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!

Psalms 56:3-4

When I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I shall not be afraid.
What can flesh do to me?

Romans 8:6

For to set the mind on the flesh is death,
but to set the mind on the Spirit is life and peace.

Our emotions and fears cannot drive our actions this week. What we believe is revealed in our actions, therefore, we must act with faith, love, and reverence for the God who holds all things together. Talk with your children about this, call it what it is, control your own anxiety, and rest in your slowed schedule. Growth happens when we slow down and focus. This is the perfect time to slow down and focus, but let's slow down and focus on the one who holds all things together. Try not to focus on social media and what the world is telling us. It is only through Christ that we can have hope, peace, comfort, and strength in times of uncertainty.

Family Reading Plan While you are Stuck at Home

Here is something to do together as a family over the next few weeks.

Read a Chapter from the book of Proverbs each day for the next 31 days. They are short and full of wisdom.