

Our readings today remind us that no matter how bleak life gets, God is with us - so do not be afraid.

In our world today, fear abounds.

What does fear do to you? Paralyze you? Shut you down? Do you turn you inward and collapse? Do you strike out at others? Fear manifests itself in so many ways.

Do not be afraid. Jesus tells us that a sparrow does not fall to the ground without God knowing about it – and caring about it. And we are worth so much to God.

Do not be afraid. God is close to us.

Think about a time someone you love was afraid. What did you do – Reach out - hold their hand – hug them – offer comforting words like I am here with you....I won't leave you alone...I love you....

It is times like these that God works through us to alleviate another's fear.

This week give your fear over to God....let God take your hand and hold you close....hear God say to you....I am here with you. I won't leave you alone. I love you.

Let us pray that we may transform our fears into a relationship of trust – giving our lives to the God who cares deeply for us and loves us so.