

Psalm 42:5 The Message (MSG)

5<sup>o</sup> Why are you down in the dumps, dear soul?

Why are you crying the blues?

Fix my eyes on God—

soon I'll be praising again.

He puts a smile on my face.

He's my God."

Good Morning! NO snow today and in my opinion, that is a good thing! Spring flowers are beginning to poke their heads through the ground and birds are singing! Spring is on its way!

The question I have for you today is, do you talk to yourself? Many of us would say, yes of course, however if I start answering myself, then I'm in trouble. Some of us talk to ourselves when we need some encouragement, perhaps we are going in for an interview for a job or college interview and we give ourselves a little pep talk, "you can do this!"

In Psalm 42, David is having a conversation with himself. His faith reasons with his fear. It is a classic pep talk! Is your faith telling you that you need to "fix your eyes on God"?

No matter what age we are - youth missing friends, and yes even school, young adults missing their place of work, or someone a bit older who is suddenly home all of the time because the need for sheltering at home prevents us from doing the things we do. Are our fears outweighing our joy in life? Are we losing interest in doing the things we love to do because we are only seeing that we must stay home, alone? We are not the first to feel this way; David, in the Psalm feels this way. We are not being punished by God; we are being given an opportunity to see things in a new way! I have said before that God is not in the COVID-19 virus, God is in the **response** we have to this virus. God provides the opportunities; we must learn new ways of growing our faith, doing things in different ways to be the Church, outside the walls of the physical church.

This verse is actually David challenging himself to put his worries and concerns before God and to realize that the hope God brings to him is what will guide him.

Today, challenge yourself to bring before God all the worries that you have. Challenge yourself to believe that as we walk this journey of Lent, God is in our response to these days of COVID-19 and that we may sing and pray words of praise to God for all the blessings we have. Have a chat with yourself and tell yourself God is with you; you are not alone.

Let us pray,

Heavenly Father, take away the dimness of my soul. I confess that I have allowed myself for (insert your own words here) to steal my enthusiasm for living in this troubling time. Spark a renewed passion in me, push aside the clouds, and let me feel Your presence; where there are gray clouds, let me see color. Help me to find a new purpose, a new way of doing things so that where there seems to be no purpose in my life now, I will find new things to do and see, a new purpose in my service to You. Amen

Friends, this is a challenging time for all of us, but it is also a grand opportunity for us to discover new ways of serving our LORD!  
Peace and love to each of you,

*Pastor Linda*