Corona Virus Social Distancing Daily Devotion #1

Title - Fear Doesn’t Need to Be a Part of Our Lives, Ever!

**Matthew 6:25-34 (NASB)** 25  "For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? 26  "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? 27  "And who of you by being worried can add a *single* hour to his life? 28  "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29  yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30  "But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith! 31  "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32  "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33  "But seek first His kingdom and His righteousness, and all these things will be added to you. 34  "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Fear is controlling. Fear is overwhelming. Fear is debilitating. Those are just some of the things that come to mind the moment the word fear is mentioned. We have all experienced fear. And this virus has created a lot of fear, worldwide no less.

But fear doesn’t match what Jesus teaches in His sermon from the mountainside. In other words, our Lord speaks against fear and its many attributes. In fact, He clearly says, we have no need to fear, anything or anyone, except the Lord.

So, when we are fearful, what is the best plan of the best way to deal with it? Jesus says, first, we are to look at the value He has put on human beings. We are far more valuable than anything in this world. And He gives a couple examples of worldly things, birds and flowers. Why those examples? Because they are examples of living things. Things He created but have no ability to provide for themselves. So, His point is, if He takes care of those things, and they are less important than people, why would we ever worry, which is a modified form of fear?

His commandment to us is, stop worrying! Stop being afraid of what you can’t control! Stop putting your trust in what you can do for yourself and trust Me (Jesus).

That is a radical departure from how our human brains work. We have the insatiable need to be in control and when we are not in control, fear comes out. Fear is nothing more than a sinful way to react to circumstances that are out of our control. But since our heavenly Father is always in control, and His Spirit lives in us, we never have a reason to fear.

Questions to think about.

1. Make a list of your greatest fears that are attached to the corona virus or anything else or anyone else?
2. Ask yourself why you are afraid of the things you just listed. Is it because you are not in control or because you have little trust in God?
3. Ask yourself to identify what God must do to convince you that you are safe through this whole pandemic?
4. Work back through your list and offer your fears individually to God, asking Him to forgive you for not trusting Him.
5. Finally, rest in the love God has for you.
6. Now, spend a moment in prayer, thanking God for His protection and His decision to allow you to be with Him in eternity, not matter what happens in this life.