

Knowing God's Love in a Time Of Fear

Read 1 John 4:15-19.

Short reflection by Pete Greig(24/7/prayer) Everywhere I look right now I encounter fear. The news is scary. There is fear in peoples' eyes. But the apostle John says that God's "perfect love drives out fear." The Greek word for driving out here is "ballei." It's the same word used of Jesus driving out the money-lenders from the temple and casting demons out of the oppressed. It's forceful. Love doesn't just soothe our fear. It isn't polite. There is a violence about the way it kicks terror out of our hearts and minds. It's important to face the facts, even when they are scary, but even more important to focus on the ultimate and enduring reality of God's love. One of the primary longings of the human heart is for security; a place of safety, for our spirits, souls and bodies. In this text, the Apostle John brings a fresh revelation that confidence and stability come only in the recognition of Jesus, the beloved Son of God. To acknowledge Him is to welcome the Father's love, which is the purest place of refuge for our whole being. His love dispels completely any fears faced in this life. There is much uncertainty in these times, with many unsure of where to turn and what to trust. Yet God is able to keep us fully in perfect love, for He is perfect. In the midst of a global crisis, may we turn our attention and our affection to Jesus, allowing His love to settle the anxieties of our circumstance.

For reflection and prayer-

How am I feeling fearful and what about? Try and name it- Is it for myself/Others? Talk to God about it, tell Him your fears, even if they seem irrational and ask Him to bring comfort as you read His word. God draws extra close to us when we are afraid.

Read....Psalm 91- all about God's love and protection for us.

Imagine yourself huddled under the safe protection of a big wing over you (verse 4), keeping you warm and hidden and close to God's heart. Spend some time imagining hearing God's heart-beat, as a baby in a womb hears the mother's heartbeat. Choose to believe that God is holding you in the palm of His hand. He is watching over you. He promises He will never leave or forsake you.

Pray for those on your heart at this time- Family, Relatives, Friends.

Those isolated, NHS workers, people suffering with Covid or other vulnerable health issues, Care home residents, staff, emergency service workers, politicians, researchers etc ...

Thank God for the Vaccine and our health service.