

Reflection for Sunday 26 July 2020

Are you an adrenaline junkie? Or do you jump at the first shadow? Do you enjoy a good horror film, or are you behind the sofa at Dr Who?

Fear has an important part to play in our lives – our bodies are programmed with a “fight or flight” response to any threat we face. Fear heightens our awareness which helps to keep us safe. But what happens when the fear takes over?

Sometimes fear creeps up on us. I remember once listening to “War of the Worlds” on my own at home. I was ok, until it went dark, then I was not so keen!

This lockdown has brought lots of opportunities for fear. Fear of catching the virus; fear of others catching it or being in contact with it and not knowing. Sadly the virus does not show itself in bright purple stripes, so is difficult to spot! We have the fear of not wanting to go out; the fear of losing our jobs; the fear of what we are losing in our society; fear itself.

So what can we do about it? Aesop once wrote that “slow and steady wins the race”. Could we apply that here? Are we going too fast in our coming out of lockdown? Or not fast enough? Do we know enough about how the virus works for our lives to go back to some sort of “normal”? And what should that “normal” look like?

Pre-pandemic, one of our biggest fears was that of change. But change is inevitable. We grow up, we develop new technology, we find new ways to do things. Are we ready for change in our society? To value the things we took for granted before. To care for the people that were forgotten before. To change the way we think so we can rewrite our future and not be bound by our history, learning from it instead.

Are we ready to take a leap of faith into the unknown? For some, reopening of shops and pubs and even churches could not come soon enough. For others it will take some time for them to venture out. Both responses are equally valid. Nobody knows how we should feel, as nobody has been here before.

We have one advantage – we have a faith that strengthens us in our fear. It does not remove our fear, but gives us the courage and confidence to face it. We trust in God that we will not be abandoned, and that whatever is coming, God will be with us.

So whether we are sitting in the pub enjoying a good pint; or happier staying in until things improve, let us look to the future with confidence. Let us have the courage to take the steps necessary for our world to change for the better

As we wait for a solution to this issue, let us walk alongside each other as we take our journey out one step at a time. May our faith strengthen us; God’s wisdom guide us; and may God journey with us every step of the way.

Keep safe

RevRuth

