Thought For The Day

A reflection by Rev John White written as the Coronavirus outbreak began to have an impact on UK life.

We are all affected by the coronavirus one way or the other, but I think we are also affected by the anxiety of what we think is in store for us, and I'm beginning to think that the more severe of the two problems is not the virus but the anxiety of it; indeed it is anxiety which is emptying the supermarket shelves.

St Paul knew about anxiety within his society, and in his letter to the Romans he faced the issue head on. In chapter 8 St Paul wrote, “Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword?” And he could have also said coronavirus.

And his answer to those questions was an emphatic “No,” “In all these things we are more than conquerors through him who loves us.”

The psalmist who wrote psalm 91 had no doubt either about the protection that God gives us, the psalmist wrote, “You who live in the shelter of the Most High, who abide in the shadow of the Almighty, because you have made the Lord your refuge and fortress, the Most High your dwelling place, no evil will befall you”.

Again the first verse of psalm 27 reads, “The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?”.

In Matthew chapter 6 Jesus gives us good advice when things begin to get on top of us. Jesus said in verse 25, “Therefore I tell you, do not worry about your life, what you are to eat or drink; or about your body, what you are to wear.” And at verse 34 he said, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

May the Lord Jesus bless us and keep us safe. Amen