

## **Weekly Meditation from Rev. Harris**

Scripture for the week: 2 Corinthians 4:7-9

Dear Church Family,

My Middle School principal and 8<sup>th</sup> grade Bible teacher Mr. Paul Theule, inscribed these words from St. Paul into my 8th-grade graduation Bible. “ But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard-pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” (2 Corinthians 4:7-9, New International Version)

Those words have been an anchor for my life ever since then. It can be tempting to despair, to feel pressed in, isolated, and afraid. We wonder how long will we have to spend at home, when will things return to normal, we can become fearful and worry about how we will make it through these times. Fear, despair, doubt, worry are natural emotions, it's okay to feel them. However, don't stay there. For we are reminded that we might be hard-pressed, perplexed, and struck down but in all these things we have a treasure that is in our hearts; God is still present with us.

As members of the United Church of Christ, the Heidelberg Catechism one of our witnesses of faith asks this question. “Question: What is your only comfort in life and in death? Answer: That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ. What great hope do we find in these words! In all things, we belong to Christ Jesus.

We may feel perplexed, confused, frustrated, and have cabin fever. Yet, in these challenging times we can still be reminded of the goodness of God. I have seen God's goodness by spending time with my wife, connecting with church members on the phone, teaching my theology students via zoom, immersing myself in books, and more importantly slowing down to hear God's voice. Where have you seen God's goodness this week?

This week, look for God's power that is at work within you. Hold fast to our faith in our triune God, the Father who has created us, the Son who has redeemed us, and the Spirit who comforts us. Believe in the good news each and every day that you belong to God.

**Reflection Questions:**

1. Light a candle this week and as you light it to reflect on where you see God's power and love at work this week?
2. Where can you meet God this week? Is it in prayer, virtual Bible Study, calling a church member, slowing down and allowing yourself to rest?
3. Pray for those who need healing, pray for doctors, nurses, grocery clerks, and all those who are struggling during these times. Finally, pray for renewal that we might all encounter God's spirit in new and fresh ways.

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