

April 8, 2020

Personal Good Friday

We looked to this famous story of the Holy week for clues that we can apply to our lives today. In the trial, Jesus was brought before the strongest human power of his time, Pontius Pilate. Pilate asked him if he was guilty of the Hebrew charges and became angry when Jesus said nothing. He said, “Don’t you know I have the power to crucify you or free you?” Jesus answered, “You have no power over me; the only power comes from above.”

Presently, I see COVID-19 as the biggest threat to human beings in every country. Fear and anxiety are evident everywhere. The news shows are filled with only negatives news. What can we take from this story two thousand years ago?

I have begun to practice going silent when the fear and negativity approaches me. I work to not engage it and stay still. As I become more still, the fear energy subsides. It allows me space to breathe and go inside and connect to the only POWER in the Universe. I can then remember this POWER is only GOOD. It’s the reconnection to my Source that sustains me during so much fear. It is from here I experience MY PEACE which is not of this world.

Stay well,
Rev Dan
Sr. Minister