Reflection for May 24

By Bishop Jung

Cast all your anxiety on God, because God cares for you. (1 Peter 5:7)

There is a profound wisdom that spiritual leaders often ignore: simplicity. Keep the message simple, keep the message clear, keep the message consistent. We are living in anxious times with great uncertainty about the future. Cast all your anxiety on God. Fear-filled messages focus on negativity, and dire predictions elevate our own apprehensions. Cast all your anxiety on God. Grief over loss of loved ones, loneliness through physical separation, and extended isolation fuels despair and depression. Cast all your anxiety on God.

But in what way is it a solution to cast all your anxiety on God? Because God cares for you. In your fear, in your worry, in your nervousness about tomorrow – God cares for you. When you are frightened by the latest news report and you begin to lose hope – God cares for you. When you grieve, when you feel panic, when you feel desolate and lonely – God cares for you.

We may be looking for some complex and sophisticated formula that will carry us through this pandemic period, but it is time to cut through all the confusion
and remember a significant and simple truth: cast all your anxiety on God, because God cares for you.

Blessed Father, Mother, Parent God, receive your children who need the simple reassurance of your loving care. Wrap us in your love, comfort us by your Spirit, and strengthen us in our faith that we might face tomorrow with courage, conviction, and hope. We ask this humbly, in Jesus’ name. Amen.

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With all the turmoil whirling around us in response to the COVID-19 virus pandemic, many of us are caught up in anxiety and worry. Plus, in the church, we are working full time to make plans to care for others who are struggling, to change how we worship and offer connection virtually or through phone calls and emails, and we are caring for people we love in our own families and connections. We are inundated with emails and posts and calls and news giving us latest reports and ideas for ways to respond and mis-information and latest information about healthy protections. We wonder what will happen to our churches and finances. Many of us are overloaded and overwhelmed.

In the midst of all of this, there are people reaching out to make a difference, offering generous care to neighbors and community, posting positive life-giving reflections and being the best of who we can be as individuals and as communities of faith. Thank you for all you are doing. We are collecting your stories and ideas and posting them on our conference website. Send them in and also, let us know how we best can support you.

Each day through this time, we as your Wisconsin Cabinet, will be sending you an email with a brief devotion or prayer to provide you with a small bit of care.
You each are held in and surrounded by our prayers in the spirit of Christ. Keep breathing. Keep safe. Know that we all rest in the grace and Spirit of God.