

Thursday - March 18

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence...

For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.

Psalm 91:2-3; 11-12 (NIV)

Have you ever been in that place where life just isn't going right for you? Four months ago I was trapped in my thoughts, nervous, anxious and in darkness.

Thoughts swirled of doubt. Of worry. Am I good enough? Does anyone care? Did I make a mistake? Will my text be answered? How did I get here? Can I fix it? What's going on in this world? Do I matter? I don't belong...

I could have curled up under the weighted blanket and hibernate until these feelings passed—but God sent an angel - in the form of a new friend, who literally walked beside me each week, with her 80 pound boxer shepherd dog in tow, as we got our steps in, at a local park. She is a member of PUMC. This angel listened to my swirl and said - we'll take you at PUMC! So, I got involved. It snowballed quickly into a whole lot of PUMC angels. I discovered new friends and reconnected with old. Everything was so easy. It just felt like divine intervention. A light began to shine in me. I was connected. The light was healing. I realized I do matter. I am loved and appreciated for the authentic me. Everyone gets caught up in their head. It's through the relationship with God and others, caring others, and positive activities, that frees us from the darkness. That makes us connected. PUMC did that for me. And this is my refuge in the people of PUMC.

Pat

Prayer: Peace be with you. May Peace be with you who are awash in thoughts of doubt, worry, anxiety, and nervousness. May God abolish these thoughts and feelings from your mind and shine the light of Christ upon you. May you gain strength and healing, connections, love, communion, and most of all, within you - peace. Amen.