

**Self-Guided Meditation:
Wavering Between Fear and Faith**

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What we had hoped would last a few weeks is now in its' third month. It is easy to get restless, upset, frustrated at the restrictions and the COVID-19. It may also disrupt our prayers. Consider these things:

1. Praying between fear and faith.

In days like this, I feel keenly that “we do not know what we ought to pray for” (Romans 8:26). Things are not the way they should be and I am troubled by it. Sometimes I don't know what to pray about it. Yet God is with us. “The Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God”(Romans 8:26b-27). I am thankful that the Holy Spirit prays with me, sanctifying my prayers and bringing to God what I really, deeply need. My prayers may sound like this:

News reports, concern about my family, social isolation – these shout to my anxious heart and drown out your blessed assurance. Yet, O God, I remember that even though I pass through the valley, you are with me. I want to rest in your presence.

I have concern for my physical health. It is you who made me and you know me inside out. I thank you that I am one of your people, a sheep in Your pasture. I want to rest in your care.

I worry about how long this situation will go on. I am weary and discouraged. I want to align my mind and my heart with the promise that you are in control. Reach out your hand and hold me safe.

2. Praying in Times of Trouble

Consider using the following self-guided meditation over the next few days.

Take a few moments to let your inner thoughts settle. Be still.

Reflect on these passages (they are written out on the back):

Psalm 100

Sheep in His Care

Matthew 14:22-33

Walking on Water

As you begin, ask God to speak to you through the Scripture. Read Psalm 100 slowly and meditate on what it means to be a sheep of the Lord's pasture and how he cares for you. Read Matthew 14 and hear Jesus say, “Take courage! It is I. Don't be afraid.” Also, see how Peter could walk on water when his eyes were on Jesus. Meditate on what it means to be held by the hand of Jesus who saves!

Sit quietly for a minute and pray your thoughts to God.

Read the passage once more, resting in God's presence in Christ Jesus for you and with you.

Psalm 100

¹ Shout for joy to the LORD, all the earth.

² Worship the LORD with gladness;
come before him with joyful songs.

³ Know that the LORD is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

⁵ For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

Matthew 14:22-33

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."