

## **Living with Greater Uncertainty in our lives with Covid-19. How might a Christian respond?**

### **Bringing back balance and equilibrium: Learning from the Psalms**

“Keep calm” - But how can one bring their fears to a state of calm? What can one do to think rational thoughts? What might be our Christian response?

The Word of God in Philippians 4:6 reminds us *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”*. By appropriating this verse, it literally means we should be praying to God about our feelings, telling God how you feel and lament if you must.

Philippians 4:8 encourages us to check our thoughts, against this checklist - think about whatever is true, honourable, just, pure, pleasing, commendable, excellent and anything that is worthy of praise.

If we study the psalms, we find that the psalms are full of emotional language. Biblical scholars noted that we often see in our reading of the psalms a cyclical movement of disorientation resulting from human afflictions to a final orientation in God’s secure love.

The psalmist starts with a description of the reality of present experience of affliction and calling on God in need. He then recounts his past personal experience and convictions of his faith in God. He moves from a place of lament, a plea, a petition to an experiencing of God turning, answering and acting, that eventually brings the psalmist to a final declarative praise proclaiming God’s providential care and power to save.

The man who has been through the experience of such prayer and encounter the Spirit of God will not be the same man at the end as he was at the beginning of prayer.

It is this interweaving of human emotions in prayer in the fellowship of the Holy Spirit that we must face our internal emotions and disequilibrium. Even when the outward remains tumultuous, peace is an inner state that we can find to bring balance and equilibrium. It is this wrestling to keep faith in God despite affliction and our continued calling upon God to come and to soothe our fears and calm our anxieties.