

Daily Devotional, May 11, 2020 Do Not Let Your Hearts Be Troubled

Jesus said, “Do not let your hearts be troubled. You believe in God, believe also in me.” John 14:1 (NIV)

Yesterday’s Gospel reading began with “Do not let your hearts be troubled.” This is also translated as “Be at peace”, “Let nothing disturb you,” “Do not be worried and upset.” How often, however, over the past two months, have we been very much troubled, frustrated, or otherwise anxious? Who hasn’t felt lost? Who hasn’t wondered “what day is it?” We *want* to know “the way” and we feel like we *need* to know “the way.” It is at such moments that Jesus comes along and reminds us that He *is* “the way”! His encouragement is to continue to follow Him, one step at a time, one day at a time.

It is always amazing to me to see how in times like these the Holy Spirit lives and works among us. When Jesus promised to send the Holy Spirit to his followers after his death, he was assuring them of an ongoing, living presence that would continue to be and do everything Jesus was and did while walking the earth. And sure enough! Just when we need it, the Gospel proclaims, “Do not let your hearts be troubled.”

God has known from the beginning where we would be today, what we would need, what we would feel, how we would struggle. As this Gospel passage continues, Jesus says, “I am the way and the truth and the life.”

It is comforting to reflect that when we don’t know the way out of this pandemic or the way forward into a future with the “new normal;” or when we don’t know where the truth lies in all the theories we are hearing about virus-related remedies, practices, sources and resources; or when life is threatened, abruptly shortened, lost, or forever changed; when we don’t know how to find the way or the truth or the life, we can look to Jesus. He knows and he gently asks us to have faith.

Seeing things in this light, the words of Thomas Merton (Roman Catholic monk and spiritual writer) can offer us some consolation and hope. From his book, *Thoughts in Solitude*:

Prayer of Abandonment

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and that I think I am following your will
does not mean I am actually doing so.
But I believe the desire to please you does in fact please you.
And I hope I have that desire in all I am doing.
I hope I will never do anything apart from that desire.
And I know if I do this you will lead me by the right road
though I may know nothing about it.
I will trust you always though I may seem to be lost
and in the shadow of death.
I will not fear, for you will never leave me to face my perils alone. Amen.

If you find yourself getting troubled, worried, frustrated, or anxious, as we try to cope with this uneasy time, don’t give up. This darkness will pass, so hang in there!
Christian writer, Corrie Ten Boom once said, “There is no pit so deep, that God’s love is not deeper still.”
Believe in God, believe also in Jesus.