

## Be Not Afraid of God

*“There is no fear in love” 1 John 4:18*

So often we are afraid to talk to God, fearing that He will stop loving us, maybe even punish us. God is almighty, all-powerful and all knowing, because He is all loving. God is love! Love that is never ending, unchanging and unimaginable in its endless facets and depths. God already knows what we've said, what we've done or thought about doing... God longs to commune with us, to help us, to love us unconditionally, but we have to let Him. Love is found in prayer, prayer is acknowledging God and opening our hearts to Him.

***“Do not fear: I am with you; do not be anxious: I am your God, I will strengthen you, I will help you, I will uphold you with my victorious right hand.” Isaiah 41:10***

Make this Lent a journey of prayer. Walk with God, through the Readings each weekend, reflect on this season of prayer. Surrender to God all that you fear, all that burdens you and keeps you from delving deeper into your relationship with God. **Reflect, Surrender and Pray** let this be your mission for Lent.

### Lenten Meditation

Lord, I sit before you cold and hurt, sad and alone; I await your presence, but it seems as if your presence will never come. I'm angry not with others, even those who have hurt me and rejected me; I am angry with myself. I can't help but question: Was it I who gave them cause to hurt me? Did I do wrong by them, giving them reason to resent me? I reflect on what transpired and see the opportunities to love, which I so often chose to discard or failed to see. I am before you now, not to seek solutions, or magical answers that make everything all better. I sit before You, lost and unsure of what to do, of what to say, or even how to respond...

May I once again become your humble servant, complaining not about what I cannot control, but to serve with an open and compassionate heart. May I die, yes O Lord, may I die; to my selfish ways and surrender my contempt of others, which denies them of a loving response in all matters both great and small. No one deserves my righteousness, or my selfish ego. Whomever I encounter, I must encounter with love. There is no other way than this, the way of the Lord, the way of love.

I exist to live for others, not for myself. I live to glorify God, in all ways, and in all things. Let me not ever forget this call of mine...Father, allow not my selfish desires and my ego of entitlement to reign over my life and seek to gain power in his world. Let my life be only love, let it speak, echo and produce nothing less than love...

If I should be callous and uncaring to those around me, humble me Lord by Your grace and teach me to be compassionate beyond my abilities and to love beyond my limited human understanding. May that my life be lived in the light of your face in another's eyes, and in the burning desires of your Spirit.

May I enter fully into the Spirit of prayer and may it become more important than the very air that I breathe. May that my love become the source and summit of my life here on earth. For in the love of others is found the greatest love of all... You.