

# together sunday

## 26th July 2020

Help my fear, Lord.

- LINA TOTH (ANDRONOVIENE)



### Are you afraid?

### You're not alone.

Perhaps we're afraid for our children returning to school, or for our elderly neighbours and relatives, our friends. We're afraid of a 'second spike.' Perhaps we are afraid of the decisions we have to make or those that are out of our hands. Perhaps being afraid and vigilant came as a package deal when we were born into a certain race, and COVID-19 has only made life more dangerous. Or perhaps we are afraid of the unknown hidden parts of ourselves that contribute to an unjust society.

Fear is a normal part of life and it can be very useful. Fear can keep us safe from danger. It tells us to run or call for help when a house is on fire. It keeps us moving on the zebra crossing, so we get safely to the other side. But our brains can go overboard. So, we must turn again to Love. We need to take our fear, like everything else, to God.

Liz Milani writes in Pocket Fuel, "There is no fear in love," wrote the writer of 1 John. I used to think that Love banished fear...removed it...No. Even in Love - Divine Love, neighbour love, family-love - fear remains. It's still present. Sometimes the more you love, the more fear there seems to be... Love doesn't have a skerrick\* of fear in it, but it does make space for it, listens to what it has to say is compassionate and

### Families - Love is bigger\*

You will need:

- Paper, pens
- love-heart shapes or love-heart Post-it notes

Instructions:

Fear can feel HUGE and overwhelming. If you want to, you can write your fears about the coronavirus disease or anything else on to a piece of paper.

But then, you can stick love-heart shapes on top of those fears, completely covering them, as a hope or a prayer to be set free from fear.

gracious. Love wraps its arms around fear and comforts it to a place of calm.

"So if you feel stuck in your fear, that's OK. Don't focus on the fear, pay attention to the Love... Love makes way for courage. Stay on the path of Love even though you are afraid."

Say this prayer aloud or to yourself and work through the journal sheet on page 2.

Help my fear, Lord,  
and my unbelief.  
Help me to learn  
Your goodness  
by heart.

Help me, Lord, in the midst of my doubts  
and worries,  
To begin to see  
what you see  
when You look  
at my world.  
Imprint that vision  
somewhere deep within  
where it can stay,  
and speak,  
and live.

- Lina Toth (Andronoviene)

\*a tiny amount

In the bible it says, 'There is no fear in love, but perfect love casts out fear.' 1 John 4: 18



\*activity adapted from [prayerspacesinschools.com](http://prayerspacesinschools.com)

# Prayer Points for July

While we pray through this list of fears, let's remember to focus on LOVE which is always LARGER.

## at home

- ▶ The elderly, lonely, chronically sick, disabled, vulnerable who are afraid about the easing of restrictions.
- ▶ All of us who are afraid about easing of restrictions
- ▶ Those with mental health problems who are facing yet another change of outlook and way of being.
- ▶ People who are subject racism.
- ▶ The housebound who are finally able to access church who may be afraid of a return to 'normal church services'.
- ▶ Those subject to domestic abuse.

## your life

## in school

- ▶ Hungry kids whose anxiety will be worsened by hunger.
- ▶ Parents who are afraid about sending kids to school in September.
- ▶ School-leavers who are uncertain about their next steps.

## at work

- ▶ Church leaders who are taking a break or who are working through the summer.
- ▶ Politicians making decisions.
- ▶ All leaders making decisions.
- ▶ People speaking up for justice.
- ▶ People who have to do jobs which expose them to risk (e.g. teachers, healthcare workers, delivery drivers, retailers).

IPRAYMK  
together

# journal sheet

HELP ME LORD BY LINA TOTH (ANDRONOVIENE)

## Prayer text

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## Journal prompts

*What are you afraid of?*

*What are you struggling to believe?*

*What do you already know of God's goodness?*

*How could you learn more?*

*How could you remember what you know?*

*What doubts do you have?*

*What are you worried about?*

*Sit quietly and ask God to show you the world through the eyes of Love.*

*Sit and focus on your vision of God's glorious creation for a few moments.*

*Make a note of what you have seen, heard or felt so that you can hold on to this moment.*

*Read the whole prayer again - it might feel a bit different. And then give thanks God.*

## Notes

