

Keeping Calm in the Crisis

Psalm 37:1-9, 39-40

Paul commands us to “Be anxious for nothing” (Phil. 4:6-7). Peter echoes the same: “Casting all your care (anxiety) upon Him, for He cares for you” (1 Peter 5:7). All day long the Lord is with us. The same God who has helped us in the past is with us in the present, and He will faithfully help us in the future.

An example of someone who stayed “contagiously calm” in facing a difficult situation is taken from World War II. During this global conflict, the Nazis occupied what is today modern-day Ukraine. At one point in this nightmarish war, an eight-year-old girl and her parents were marched into the woods by a soldier to be executed over a pit. Her mother asked the soldier if she could pray a blessing before they died. He shook his head yes, so she said a blessing for her family and also for the soldier. The soldier shot into the air once for each one of them and then gently pushed them backward into the shallow pit. They played dead until dark and then escaped, eventually immigrating to the U.S. This was the perfect blend of trust in God, loving your enemy and living in the present moment with calm strength. It encourages us today to ever choose to trust our faithful God, not only for eternal life, but also for our daily lives here on earth.

The Psalmist, in Psalm 37, reminds us how we can calmly face times of trouble:

- 1) Trust in the Lord and do good (v. 3);
- 2) Delight thyself in the LORD (v. 4).
- 3) Commit thy way unto the LORD (v. 5).
- 4) Rest in the LORD (v. 7).

The result: “And the LORD shall help them, and deliver them: He shall deliver them from the wicked, and save them, because they trust in Him (v. 40).

~George Zeller: www.middletonbiblechurch.org



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