

This Sunday's Scripture, 3/22

John 6:16-21 (NRSV)

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

2 Timothy 1:7 (NRSV)

... for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

It is natural to be afraid, but rather than living with a spirit of fear, God empowers us to live with a spirit of power, love, and a sound mind. Living with the "spirit of cowardice" shrinks our humanity. Only the power of love, along with self-control, can counter fear. The alternative to the anxious life is the joyful life.