

# Day 4

## Trust: Do not be afraid, believe

### Scripture

- **Acts 27:23-26**, Keep up your courage.

“For the last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, ‘Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.’ So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. But we will have to run aground on some island.”

- **Psalms 56**, Be merciful to me, my God.
- **Luke 12:22-34**, Do not be afraid, little flock.

### Meditation

In the midst of the tempest Paul’s encouragement and hope contradicted the fear and despair of his fellow travelers. Our common call to be disciples of Jesus Christ entails being a sign of contradiction. In a world riven with anxieties, we are called to stand as witnesses to hope by placing our trust in God’s loving providence. Christian experience shows us that God writes straight on crooked lines, and we know, against all odds, we will not drown or be lost. Because God’s steadfast love endures forever.

### Prayer

Almighty God, our personal suffering leads us to cry out in pain and we shrink in fear when we experience sickness, anxiety or the death of loved ones. Teach us to trust you. May the churches we belong to be signs of your providential care. Make us true disciples of your Son who taught us to listen to your word and to serve one another. In confidence we ask this in the name of your Son, and in the power of the Holy Spirit. Amen.

**Prayer Intention:** For the Church, that God would inspire God’s people to continue the quest for Christian Unity and that our hearts be filled with the gift of Jesus’ love for all ... We pray to the Lord.

### Questions:

- What are the images of God that sustain you through times of questioning?
- Where are the places and who are they people who give you hope for the future?

**Action:** Spend some time with the people or in the place that give you most hope.