

## Changes (Wednesday meditation)

by Reverend Victoria Ney

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Transitions and changes in life are hard. I get a little nervous every time I hear the phrase “New Normal,” because it means something has changed—and that change is going to be with us for quite a while!

Transitions usually mean that one part of your life’s story is over and a new one is about to begin. Usually, that’s the that space where faith is tested and fear tries to creep in.

I know this Covid-19 virus and sheltering in place feel like a temporary “no man’s land” that we have to walk through—but for a moment, let me put a positive spin on it. Even though it’s a little hard to see what’s coming next, this whole situation can be a path to growth.

It’s completely natural to feel a little scared when we think about—or imagine—all of the changes that are coming.

Let’s face it, most of us are afraid of change.

But know that God is with all of us.

Let your faith and trust in God’s plan for you and your family and friends and career and this church grow. God is still in charge. Hold strong to your faith.

On the internet I found an acronym for the word *changes*:

Christ  
Has  
A  
New  
Gift  
Each  
Second

Wow! We can look at each new day and even each second as an opportunity for God to bless us! Each moment contains a gift from God, if we want to look for it.

Thank God pandemics are VERY rare. But even when life is “normal,” changes happen all the time. The good news here is that God and God’s love never change.

In Malachi 3:6 God says, "For I am the Lord, I change not."

That’s not just good news—that’s GREAT news!

In Hebrews 6:18 it says, "So God has given us both his promise and his oath."

These two things are unchangeable because it is impossible for God to lie.

Therefore, we who have fled to him for refuge can find new courage, for we can hold on to his promise with confidence.

What else has God promised? He has promised to never leave us or forsake us, no matter what.

Let me leave you this morning with the words of a beautiful hymn “God Will Take Care of You.”

Be not dismayed what e’er betide, God will take care of you.  
Beneath His wings of love abide, God will take care of you.  
No matter what may be the test, God will take care of you.  
Lean, weary one, upon his breast, God will take care of you.  
God will take care of you, through every day, o’er all the way;

He will take care of you; God will take care of you.

Will you pray with me?

Gracious God, we come before you in prayer this morning thanking you for being with us and our families. Though we cannot be together, we know that your love reaches each one of us. Help us to feel your Spirit with us each moment. Make us aware of your presence in the ordinary moments of our lives--times of laughter, in moments of rest and warm beds, in moments of sunsets and sparrows. Help us to remember that you love us and we are important to you. Bring us, bring our families and friends to the other side of this pandemic. Keep us safe and hold us in your strong powerful hands. We pray in Jesus' name. Amen.