



My Dear Brothers and Sisters,

Happy Mother's Day to all our mothers out there. I know none of us planned to celebrate Mother's Day this way! It may be very difficult for you because of the stay-at-home order – maybe you can't see your mother (if she is in the high-risk category) or your children (if you are a mother in the high-risk category) on this special day.

Jesus has some words for us today, though:

Do not let your hearts be troubled. You have faith in God; have faith also in me. (John 14:1)

Jesus wants to remind us that He has everything under control. We have but to surrender to Him – to have faith in Him – because He really

does have a loving plan for each one of us.

A friend recently sent an e-mail putting things in historical perspective. In this, it reminds us what a person born in 1900 would have seen in his/her lifetime. (Since my mother's aunt – a woman I knew and loved when I was growing up – was born in 1900, this became very real for me.) When we think about seeing both World War I and II, the Spanish Flu, the Great Depression, the Korean and Vietnam Wars, the Cold War – especially the Cuban Missile Crisis – we see that there is so much even in the last century that would bring people to their knees.

Yet, my experience shows that this generation was the most faithful. For so many of them it was their faith that got them through these darkest times in their lives. They may not have known how things would work out (or if they would survive those trials), but they learned to trust in God and His loving plan through all of it.

Jesus says, "**Do not let your hearts be troubled.**" When speaking to His disciples, He is speaking to people who are about to lose all of their hope, as Jesus (their Rabbi, their Christ, their Lord) is crucified. He speaks these words to us today. No matter how bad things are in our lives, no matter how much we may be tempted to discouragement, Jesus tells us to have faith in Him.

Does this mean that we never feel fear, frustration, or discouragement? I don't think we can control our initial feeling. When we first moved to staying-at-home, I started to feel some pain in my chest as I breathed. I thought, "Could this be the Coronavirus?" After a few more breaths and thinking about it, I laughed and said, "No. It's just anxiety." Since I haven't gotten the Coronavirus yet, I would assume that I was correct. I couldn't stop the feeling, though. I breathed deeply, said a prayer of surrender to the Lord, but I still felt it in my chest (for a few minutes, anyway). Eventually, because of the choices I made, the feeling did subside.

We can't always control or change our feelings in our bodies, but we can choose what we will focus on, where we will put our hope. Even if we feel fear, anxiety, frustration or discouragement, we can **choose** to keep our eyes on Jesus, making acts of surrender and trust. In this way, our hearts will find peace, even in the midst of chaos.

"Do not let your hearts be troubled."

In this trying time, I invite you to turn to Jesus, especially when you're struggling. After all, He is "**the way the truth and the life**" (John 14:6). He is not *a* way, but the way. He *is* the answer to **every** problem and trouble in our lives.