

As I am sitting here and missing my time with you all like crazy and reflecting on the message I heard from Pastor via facebook, I decided to pop on here and give you my encouraging reflection of the day.

When I think of courage, as it pertains to the Bible, I think of "the greats." I think of David taking on Goliath. I think of Daniel defying the law and facing lions. I think of Esther risking her life for her people. All those stories have a hero called to action. And, I have sat in my house the last two days feeling like a coward and wondering how much of this will be labeled as an overreaction.

So, when today's verse popped up, it made me re-think my mindset.

2 Timothy 1:7: For God gave us a spirit not of fear but of power and love and self-control.

We so often forget that there is courage in being still. There is courage in self-control and patience. One of the definitions for courage is: Strength in the face of pain or grief. You may be grieving the loss of your spring activities, or the temporary loss of your social life. Show strength by getting yourself in a healthy routine. Get up in the morning and get some exercise, spend time focusing on school studies, spend time with God, spend time checking in on each other and your friends and family. It doesn't take the grief away, but it shows strength and courage.

My week will be spent getting my kids into a home learning routine, shopping for elderly family members, and taking this time to reflect in my personal studies with God. Also, I will be practicing self-control by trying to NOT shop online! (Pray for me.)

Don't forget I am here if you need to talk or vent, or if you need some help finding something to inspire you to courage during this time.

I miss you all!

-Beth