

**SERMON | June 7, 2020**  
**Unafraid – Living with Courage and Hope #1**

*Lord God, who calms the troubled waters, we bless you for your presence in the midst of all our fears, all our trials, all our worries. We release to you the things we hold too tightly, and we trust your words of peace. Be among us in this hour and may we lean into your everlasting arms of love, secure that we are yours, now and always.*

*May the words of my mouth and the meditation of my heart be pleasing and of you, who are the ROCK and REDEEMER and COMFORTER of us all. Amen.*

Our world has shifted... almost over night as we began sheltering in home, shuttering businesses, and planning careful trips to grocery stores and providing food to those who could not/should not go out and about.

In fact, this season of sheltering and self-sacrifice and the making of masks for those who had to be out, reminded me of the stories I heard from my grandparents whose lives were impacted by the Great Depression; and the stories from my parents as they were impacted by World War II and the Korean War. As I listened to you on the phone, I heard the fear and the worry about the impact of the virus on health, the impact on treasured gatherings with church and family, the concern for the economic impact on so many whose job/earnings were cut in the blink of an eye.

So while William H Auden may have been right to pen the book, *The Age of Anxiety* in 1948... he would probably choose to write 'The Age of High Anxiety' today, or something similar.

So back in March, the Thursday Morning Bible Study group was ready to select a new resource for study. Of the several we discussed, all agreed that Adam Hamilton's recent book, *Unafraid – Living with Courage & Hope in Uncertain Times* seemed to be the mostly timely to work with.

As we began studying... it became clear that there was much that the entire congregation might benefit from.