

This virus and isolation has brought me right back to the very dark days in my life growing up. I spent very many years in fear and afraid of people and situations.

I spent years working on my fears and anxieties due to illness and abuse. It has been a very hard long journey. I was beginning to believe in myself with the help of great people and doing courses. The words often spoken to me when I was young were “you would not be able for” due to sickness and I grew up believing this. I was delighted with myself for being able to do many courses especially receiving my professional diploma in Spiritual guidance a few years ago.

I now feel stripped of all my supports and am sinking very fast. I really do not like this awful feeling and am full of fear and anxiety again, I am trying to” trust in the Lord and lean not on my own understanding” which usually did help me but I found it very difficult to understand at this time as I felt I had slipped too deep into my darkness.

I have begged the Lord to help me to trust in Him completely and believe that He will take care of everything. This brought to mind pleading with Jesus to give me His peace which He promised to each one of us and He did. The two situations are very similar and I felt tired `trying` to be positive

On Good Friday I was very struck by the fact that Jesus was STRIPPED of his garments. The word stripped was very strong for me. It was exactly how I felt. It was a real wisdom moment for me. God’s word coming alive again in my life. Jesus died for everyone of us in public. He said He will draw everyone to Himself. I felt a sense of Jesus saying “I am with you always especially in the hard times”. He has also said “I have plans for your welfare and not your woe (Jer.29:11). God participates in our pain in order to help us overcome it. Jesus foretold “after these days I will rise again” (Mt.27:63). We too with His help will rise and come out the tombs of our homes to a new life as He promised. (Jer.:29:11).

To me this is saying if we leave the windows of our soul open even a little the gentle whisper of God enters.