

Dear Friend:

Waiting here in the hospital while someone very dear to you is undergoing a major surgical operation or a medical procedure can be an extremely difficult experience. Time seems like not moving and you keep wondering what the outcome would be and whether your loved one would make it through safely.

This restlessness while awaiting a major surgery is quite natural. Everyone experiences such fears and anxieties in one form or another. As we are human, we keep worrying about the possibility of the outcome.

A noted uro- surgeon from CMC Hospital, Vellore, had this to say, “in spite of being a surgeon myself and having conducted a number of major operations, I experienced anxious moments while my wife and my mother underwent major surgeries.”

Is there a way to overcome such fears and anxieties?

Bible, the Word of God, tells us that if we have the presence of God in us during these anxious moments, it can make a lot of difference.

Here is an interesting incident that took place when the disciples of the Lord Jesus were crossing a lake by a boat and how the presence of Jesus calmed the anxious hearts of the disciples, who were in great fear:

Jesus calms a storm

Jesus got into a boat, and his disciples went with him. Suddenly a fierce storm hit the lake, and the boat was in danger of sinking. But Jesus was asleep. The disciples went to him and woke him up. “Save us, Lord!” they said. “We are about to die!”

“Why are you so frightened?” Jesus answered. “How little faith you have!” Then he got up and ordered the winds and the waves to stop, and there was a great calm. Everyone was amazed. “What kind of man is this?” they said. “Even the winds and the waves obey him!”



(Matthew 8:23-27)

Jesus taught His disciples not to be unnecessarily worried. Instead, to have absolute faith in God’s love and care for each one of us when we face life’s storms. We can experience the warmth of His love and care when we seek Him and put our trust in Him. When we are covered with the perfect love of

God, we soon discover that all our fears and anxieties just fade away. The Scripture confirms this in stating:

There is no fear in love; perfect love drives out all fear... *(1 John 4:18a)*

When we were children, none of us would have ever doubted that our parents might drop us to the ground when they carried us around. In fact, we had total trust in their love for us. Similarly, God our heavenly father too cares for us. Jesus taught us that nothing would ever happen without His consent to those who put their trust in God:

For only a penny you can buy two sparrows, yet not one sparrow falls to the ground without your (heavenly) Father’s consent. As for you, even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows! *(Mathew 10:29-31)*

Often we are like the disciples of Jesus, instead of looking to God first, we see the magnitude of our life’s storm and get totally alarmed. Some are afraid even to approach God by wrongly thinking that we have to first win God’s favour by pleasing Him or do acts of good deeds to merit His love and favour.

A few, on the other hand think that God being the Supreme being distances Himself from us, and we easily cannot approach Him. The Scripture on the contrary, clearly tells us that God is the one who first loved us so much. He is very near to us and wants to have a personal relationship with each one of us.

Now, God made all this possible for us, inspite of our sinful nature, through what the Lord Jesus Christ did. He died on the cross for our sins and rose on the third day, thereby conquering death. By this great act of Jesus, we now can be put right with God. We now have the unique privilege to have a close personal relationship with God and approach Him with all the fears and storms of our lives.

God’s great love for us

God showed his love for us by sending his only Son (Jesus Christ) into the world, so that we might have (eternal) life through him. This is what love is: it is not that we have loved God, but that he loved us and sent his Son to be the means by which our sins are forgiven. *(1 John 4: 9-10)*

For when we were still helpless, Christ died for the wicked at the time that God chose. It is a difficult thing for someone to die for a righteous person. It may even be that someone might dare to die for a good person. But God has shown us how much he

loves us it was while we were still sinners that Christ died for us!
(Romans 5: 6-8)

For God did not send his son into the world to be its judge, but to be its saviour.
(John 3:17)

Dear friend, gain the courage and strength to face your fears, anxieties, and all the storms in your life and experience the calmness by believing in Jesus and asking Him to help you. He will help you just like He calmed the storm in the lake when his disciples called out to Him in despair. You too will soon experience the Lord's goodness and faithfulness as King David experienced and wrote in the Scripture:

God's protecting care

Whoever goes to the Lord for safety, whoever remains under the protection of the Almighty, can say to him, You are my defender and protector. You are my God; in you I trust...

You need not fear any dangers at night or sudden attacks during the day or the plagues that strike in the dark or the evils that kill in daylight...

God says, I will save those who love me and will protect those who acknowledge me as Lord. When they call to me, I will answer them; when they are in trouble, I will be with them. I will rescue them and honour them.
(Psalm 91:1-2, 5-6, 14-15)

The Bible further informs us that Jesus, though being God, came to earth and lived a sinless life. Once and for all, He overcame the curse of sin and death. Out of His great love for each one of us, He gave us this great promise:

The promise

...I am the resurrection and the life. Those who believe in me will live, even though they die (physical death); and all those who live and believe in me will never die (spiritual separation from God). Do you believe this?
(John 11:25-26)

How do we now continue to enjoy a loving relationship with God?

This is what the Scripture asks us to do in order to have a loving relationship with God:

How we are put right

If we say that we have no sin, we deceive ourselves, and there is no truth in us. But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing.
(1 John 1:8-9)

If you confess that Jesus is Lord and believe that God raised him from death, you will be saved.
(Romans 10:9)

Often, people just cannot believe this great offer of God to be true! They find it too simple and

easy. But the Bible has this to say to those who think so:

God's Gift to us

For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it.
(Ephesians 2:8,9)

Some, however, did receive him and believed in him; so he gave them the right to become God's children.
(John 1:12)

Dear friend: If you would like someone to pray for your beloved one now or if you wish to get more information on how to have a close relationship with God so that you can face life's storms with God to help you, please contact:

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FEAR NOT!

*There is someone who can
handle all your fears*

