

## **Do not be afraid**

Do not be afraid. Do not disown Christ. Do not disown life.

Living through depression it is the clouds of gloom that gather around the mind and condemn life to apathy.

To arise from bed and face the day. When images of even the near future predict a helpless path. Leading nowhere. Producing nothing. Creating only greater needs.

Here find the challenge and a core expression of faith

To live in the despair and to deny its demands

To eat the meal. To wash and dress. To approach the cause.

To accept that this is where you are

Then to begin

To begin again

Do not be afraid. Do not disown Christ. Do not disown life.

Anxiety hurts when you are pushing up against personal motivation, and feeling nothing.

Searching without belief. Doubting personal ability. Accepting the condemnations from the past.

Leading to hesitation. Producing only excuses. Creating a status quo of reserve

Here find the challenge and a core expression of faith

To live with the possibility of failure, and deny its inflated significance.

To accept that you have no certainty

Then to begin

To begin

Do not be afraid. Do not disown Christ. Do not disown life.

Excitement seems to increase the fear that you are deceived

Knowing that you love it. That you can afford it. That it is not ridiculous.

Leading to commitment. Producing consequences. Creating fun.

Here find the challenge and a core expression of faith.

To live the gifts that God has given you, and not hide in false humility

To accept the beauty is only passing

And still to begin

To begin

Do not be afraid

Life is for living

Do not be afraid

Risks are worth taking

Do not be afraid

There is joy to be found

All will be revealed

Then when it is

May you see

May we all see

You lived the gift of life

to the full.