



*Good morning. It's a great day in the Kingdom! As my vacation continues, I would like to offer you these Sunrise Ponderings of my colleague Rev. Doug Gray. Pastor Doug is the minister at the First Church of Squantum.*

"Since late May, I have been astounded by how much turmoil our nation has been going through. Whether we are talking about COVID spikes, or Black Lives Matter protests, or nuclear issues in North Korea, or military brushes with Iran and Russia—sooo much is going on, really big things. It's hard to even keep track of it all the time. I want to offer some encouragement for these tumultuous times.

Remember, God's in charge! It's tempting to get overwhelmed and anxious. Psalm 46 encourages us to "Be still and know that I am God." Jesus adds, "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things and your heavenly Father knows that you need them all." (Matthew 6) The writer of Proverbs says, "Trust in the Lord with all your heart and lean not on your own understanding." (Proverbs 3:3)

Keep praying! Because God's in charge, and because God loves us, God is listening. Micah encourages us, "But as for me, I will look to the Lord; I will wait for the God of my salvation; my God will hear me." Peter says it even more clearly, "Cast all your anxieties on Him, because He cares for you." Pray for our nation and our community. Pray for those who are hurting or confused. Pray for those who are especially challenged by all this turmoil. Pray that people's minds and hearts might be opened to what God really wants to happen.

Keep loving. Keep treating each person as if they were made in the image of God—because they are! Keep listening to the people with whom you disagree. Keep loving. To finish what Jesus says in Matthew, "But seek first the Kingdom

of God and His righteousness and all these things will be added to you.” And the Proverbs passage continues, “In all of Your ways, acknowledge God and God will make straight your paths.” The disciple, John, would write to us Christians, “Beloved, let us love one another. For love is of God and anyone that loves is born of God and knows God.”(1 John 4:7)

We will get through all this together. God is in charge, guiding us through this turmoil. If we are praying, we will hear God’s direction. If we are loving like Jesus, we will find ourselves in the right place at the right time to do the right thing. Stand firm. Love kindness!"

Rev. Doug Gray

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