

Leesburg United Methodist Church
Trail Guide
Week of May 11, 2020

We live in uncertain times and perhaps more than at any time in my life, this uncertainty is global. Story after story gets broadcast about how COVID-19 has disrupted life in almost every country and culture. Uncertainty about the future translates into anxiety in the present. Anxiety can quickly turn to fear as we face real and imagined threats: medical, financial, career, relational, academic, and more. In his book, Unafraid, Adam Hamilton writes, "Facing our fears with faith (from his acronym, FEAR), means starting with a bias of hope." We, people of faith, can embrace this bias because we have a God who imparts hope; who invites us to hope in him. Having a bias of hope requires a cultivating of faith, and as the scripture declares, "faith comes from hearing and hearing through the word of Christ" (Romans 10:17). So this week, cultivate your faith and strengthen your "bias of hope". The following readings come from the Appendix of Unafraid. Reboot (with prayer for illumination), Read, Reflect (any words of assurance, promise?), and Respond (what am I being asked to do?) as the Lord leads you.

There are two readings, one for the morning and one for the evening.

Monday 05/11 – [Deuteronomy 31:6](#); [Joshua 1:9](#)

Reflection:

Response:

Tuesday 05/12 – [Psalm 3](#); [Psalm 56](#)

Reflection:

Response:

Wednesday 05/13 - [Proverbs 3:25-26](#); [Isaiah 12](#)

Reflection:

Response:

Thursday 05/14 – [Isaiah 47:8-10](#); [Mathew 8:23-27](#)

Reflection:

Response:

Friday 05/15 – [Matthew 10:26-33](#); [Matthew 14:22-33](#)

Reflection:

Response:

Saturday 05/16 – Keep praying for our church family, our community, our world; our older members; medical and health care workers; first-responders; those who are sick; those struggling financially; those having trouble hanging on to hope.

Sunday 05/17 – We'll get to hear from our District Superintendent, the Rev. Dr. Steve Summers.