



New Apostolic Church USA

Do not be afraid. Stand still. – Written by Apostle Karl Orlofski
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Dear brothers and sisters,

Over the past years, but especially in the last months, we have experienced heightened stress from constant media bombardment and social media. While communication certainly is a necessity, in our time today, we can see that some are affected and even overwhelmed by this. Now added to it, is the COVID-19 pandemic, which has already altered much of our lives. Last week I was reminded several times of the following verse, Proverbs 12:25:

Anxiety in the heart of man causes depression, but a good word makes it glad.

Now I am not considering anxiety or depression from a clinical or psychological standpoint, but a spiritual one. Spiritual anxiety comes when one's trust in God diminishes. We question God and His love towards us because of all that is going on around us. This apprehension is the opposite of the peace that Jesus continually wants to give to us. The proverb states that this anxiety will cause depression, which is the opposite of hope. Thus, when our trust and hope vanish, we can fall prey to the many thoughts, which come from hopelessness. Our future looks dim, and we lose the desire to fight, which then means we just go along with the winds of the times around us.

But the answer is in the second part of the proverb ...*but a good word makes it glad.* What is this **good word**?

It is the gospel of Jesus Christ and His promise to return, which provides us a future to prepare for and anticipate. We know that we will suffer and battle. We know we have to work hard not to be overwhelmed. But God has chosen us to be part of the bride of Christ and work with Him in the 1000 year kingdom of peace. Apostle Paul referred to this when he said in Romans 8:31, *What then shall we say to these things? If God is for us, who can be against us?*

We must trust in God! He is for us, and we must believe in this and have faith. How can we come to this understanding? The answer is in Exodus 14:13-14:

And Moses said to the people, "Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today... The LORD will fight for you, and you shall hold your peace."

How must this day have been so many years ago! The Israelites saw the miracles of the ten plagues and without raising a sword, they left with the spoils of Egypt. However, on their journey, they encountered the Red Sea before them and the Egyptian army behind them. That is when they started to lose heart and their trust in God. They could not see past their fears even though they had already experienced God's power in a number of ways. Nevertheless, God knew the way out for them. Something completely new and never seen before. In the words of Moses, we have the answer for today:



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1. *Do not be afraid*
2. *Stand still*
3. *See the salvation of the Lord*

Today these words still apply. ***Do not be afraid!*** How often we have heard the story of that little boy on a ship in a hurricane. When someone asked him if he was afraid, he said, “No. My father is the captain.” He had full trust in his father. We “fear not” when we trust that our God is with us.

The second part is of equal importance. ***Stand still*** or, in other words, ***be quiet***. Elijah experienced this in his encounter with God and the still small voice (1 Kings 19:13). God speaks to us when our soul is in a peaceful or quiet state, when we have quieted the chaos around us. When we take time each day to pray and meditate with the Holy Spirit, our heavenly Father will show us beautiful experiences of ***His presence, deliverance, help, and salvation***, even in these trying times.

Let us not fear the circumstances of the present day. We trust our heavenly Father to guide us through this, and ultimately to the return of His Son!