

SPIRITUAL TASK—CHRISTMAS ANGELS

by the Rev. David Roth at the New Church of Boulder Valley

Story In several accounts from the Christmas story, people were in fear or troubled when an angel appeared to them or when they heard about Jesus' birth.

Meaning We are taught that there are two kinds of fear: holy fear and fear. Holy fear is fear of hurting or doing damage to someone we love, or to the Lord, or to what is good or true. The more we love these things the more fear we have, but it isn't felt as fear. The less we love these things the more we feel afraid. We are also taught that we are afraid when we feel unsafe, but that if we are strong in the truth then we will feel safe and unafraid.

Task This week take a look at what it is that makes you afraid and what it is that you fear in your life. Would you say you a person with a lot of fears, a few fears, or somewhere in between? If you would like to master your fears there are two choices: a) love what is true or good more or b) live more by the truth. Either route requires one thing—turning away from destructive habits and behavior. This week pick the one thing you want to remove from your life and get working on turning your back on it.