



December 2020

Dear Brother and Sisters in Christ,

Merry Christmas! I greet you in the name of the Lord Jesus Christ. In this issue of “Peace To You”, I am dealing with anxiety because children, young people, and even adults everywhere are experiencing increasing levels of stress and anxiety during this pandemic. It is not strange or any surprise that this is happening in almost every family with children. As soon as someone has a change in his or her daily routine, they can start feeling stressed and their level of anxiety grows. This is why children are becoming afraid of going outside of their homes or talking to other people. They listen to what it’s going on with Covid-19 and they are becoming afraid of touching someone, even others who belong to the same household. Little children do not want to touch their own father or mother, especially when they are coming in from being outside or away from the home. Some are even requesting their parents to wash their hands before they can touch them. They fear for their own lives and the lives of those they love.

I want to share with you that there are two circumstances in which we may become very anxious and worry about things we cannot change. The first thing that we cannot change is the past. No matter how anxious you may be about something that happened to you in the past, you cannot change it now. Therefore, pray to God and talk to him about the things that make you feel sad and worried.

We sometimes give a lot of thought to an event from the past that brings up sad memories. You want to change what still bothers you, but I urge you to leave those things in the hands of God. When we keep bringing those thoughts into our current memories, we are just punishing ourselves over and over again. If those thoughts keep coming back to us, they take so much energy away from us, but we still cannot bring about any changes to what’s in the past of our lives.

The second thing that drains our energy is constant preoccupation with and thinking about what lays ahead of us in the future. No matter how hard we try, we can’t know what the future holds for us or what kind of life the future will bring to us.

However, there are some choices that one can make in the present time that will help to modify their future. If you are a young adult, do not waste your time and energy doing nothing. Prepare yourself for life in the future. Take classes in college or train for a profession or a career that will pay you more than what you are making now. You can only prepare for the future by taking the necessary

steps to make progress forward in your life. You can change or modify some things for your future, but there are other things that no amount of worry or anxiety is going to change, so you have to be able to recognize the difference. You can only change your future by preparing yourself for a better day ahead. What you do today can have enormous implications for the future! This advice will also cover other aspects of your life because you will be better prepared for any challenges you are going to encounter.

What you eat, how you invest your time, and whom you socialize with all matter. What you believe right now and what you do with these ideas have a great impact on the decisions you make now, as well as those you will make in the future. Some people are very preoccupied about the future: what are they going to eat, what are they going to wear, will they get sick or will they lose their job. They might also fixate on what side of eternity they will be: far away from God...or very near to God.

The first advice I can give you will be: do not let the past or the future have control over your mind. The Lord told his disciples to "be anxious for nothing." Anxiety and stress are nothing new. What is new is how we deal with the traumas of life today. Again, Jesus said to his disciples, "fear not." How you utilize your time and human resources make a huge difference in your life.

I don't mean that we should not be worrying at all about our final destination being heaven or hell. As a matter of fact, we must have a degree of concern about our final destination. Heaven is a place of joy, peace, and justice. It is the place for those who are justified by the grace of God and trust and believe in the Lord Jesus Christ for their salvation. True believers will get involved with the church's ministry and mission to train new believers in Christ and love and guide them until they become mature disciples who follow the way of the Lord Jesus Christ.

During this season I am praying to God that he will guard and protect your hearts and minds and help you to avoid falling or becoming the enemy's prey. The first thing you need to know is that you belong to God. This means that by faith in Jesus Christ you have been redeemed. He will lead you into the fidelity of God's plan for all generations to come.

Second, what we do today will determine what our future will be like. Start changing your habits because you cannot change the past or the future except by making the right decisions and taking the right set of values with you today that will have a great impact on the future of your own life. Be free from fear by trusting in the Lord Jesus. So, every time you feel afraid, call upon the name of the Lord and He will deliver you from any evil attack.

Christmas brings to us new hope for tomorrow. It is a future with God the Father, Jesus the Son, and the Holy Spirit. Jesus Christ brought to us the joy of the Spirit of the Living God. A good and healthy future is always with God the Father, who loves us so much that he sent his Son Jesus Christ. It has been more than two thousand years ago and we must rejoice in the fact that He already visited us and fulfilled His promise. Now he has promised us that he will return one more time. This is the reason why we are waiting for his second coming!

I wish you a blessed time together in the company of those very dear to you. Merry Christmas and many blessings wished for your family as we are approaching the end of this year. May your mind and your heart continue to be protected by the Spirit of the Living God.

In Christ,

*Rev. Pastor Rey Diaz*