

Driven by Fear or Led by Truth?

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Facing the coronavirus pandemic, we can trust God, determining to rest in His promises: *You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday* (Psalm 91:5-6).

Each of us can choose to be driven by fear or led by truth. Fear actually increases our vulnerability to illness, activating the body's alarm mechanism, known as Diffuse Physiological Arousal (DPA). "Simultaneously digestion shuts down because blood flow to the gut and kidneys slows down; hearing is impaired. The heart rate increases, adrenaline and blood pressure rise. DPA allows us to hear and see danger and nothing else," explains Dr. John Gottman. While the world is overwhelmed with anxiety related to COVID-19, Christians can live in hope, peace, and joy, entrusting our fears to God and experiencing His *peace that passes understanding* (Philippians 4:7).

Relying on God instead of circumstances or news reports, we'll be available to share His love with a world that desperately needs the Good Shepherd. As we daily choose to *walk by faith, not by sight* (2 Corinthians 5:7), relying on God as *refuge and strength*, our *ever-present help in trouble* (see Psalm 46), we'll experience continual hope to navigate this unique time in history. *If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord* (Romans 14:8, NIV).



Core Healing from Trauma, p.95

Three intentional practices can help us move from fear to faith:

1. **Live in this moment, resting confidently in God's love:** *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us* (1 John 4:18-19).

2. **Breathe deeply, choosing to be calm, surrounded by the hope God offers.** *A heart at peace gives life to the body...* (Proverbs 14:30a). Throughout each day, remember: *The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?...Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!* (Psalm 27:1, 14).

3. **Do continual strength training, following Jesus' pattern** (see Luke 2:52), growing in:
 - **Wisdom:** take an online course; read good books (on your own or with your family)
 - **Stature:** get outside and enjoy God's creation, exercise, sing, play, cook creatively, daily discovering imaginative ways to maintain physical health
 - **Favor with God:** meditate on God's Word and pray, simply falling in love with Jesus
 - **Favor with men:** instead of "social distancing," we can practice "physical distancing," maintaining recommended interpersonal space but continuing to connect with friends, neighbors, and loved ones through our phones and via Skype, FaceTime, Zoom, etc., asking God to use us as His ambassadors, bringing practical help and comfort to others.

To continue our time together, please visit my new YouTube channel (<https://cutt.ly/Lr2CGkG>) and sign up for my blog at <https://corehealingfromtrauma.com>.

Core Healing from Trauma (available on Amazon) offers **many** practical ideas that can help you navigate the trauma of COVID-19.