

DEALING WITH UNCERTAINTY

How do we live as “Holy Families” in uncertain times?

How are you at dealing with uncertainty? Many of us are rather uncomfortable with the state of “not knowing.” The truth is, we all like to have life be in control, predictable, and care-free. Unfortunately, life isn’t like that all the time. There are times in each of our lives and in our families where situations seem to spiral out of our control, where answers are sought but not received, where time seems to stand still because we are waiting for a diagnosis, a test result, or an answer we long to hear. How do we live as Holy Families amidst life’s uncertainty?

Jesus taught his followers to put their trust in their heavenly Father. He wanted them to know that even though there is much to worry about, they had no reason to fear or be anxious:

“Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you.” (Luke 12:22-31 ESV)

In a letter to his wife, Katie, Martin Luther sought to ease her worrying about him while he was away from home. While he appreciated her care and concern he knew it was taxing on her. He urged Katie to trust in the one true God, “I beg you to pray and leave the worrying to God. You are not commanded to worry about me or yourself. It is written, ‘Cast thy burden upon the Lord, and he shall sustain thee,’ and similarly in other places.” (February 10, 1546)

Nothing in life is certain. Christ calls us to trust in the one who loves us most.

Worry cannot change in our situation; in fact it harms our health as we stress about things we have no control over. Physiologically, worry and stress cause negative effects on our body and mind. Stress hormones negatively affect blood pressure,

brain chemistry, and other body systems have to work harder to keep us alive, while some shut down to conserve energy.

Worry is a waste of time, and it’s bad for your health! Luther didn’t want his wife to worry and Jesus urged his disciples not to worry. Instead as Holy Families we are called to put our complete trust in the Lord of life. Uncertainty remains, but worry doesn’t have to be our response since we know who has our best interests at heart.



Topical conversation starters to help parents stay “on the same page” with each other and their families.

Things to Pray and Talk About:

- a) *What uncertainties are you and your family facing in your lives right now? Breathe deeply and share your fears about life’s uncertainties.*
- b) *How are you responding in negative ways? How are you responding faithfully?*
- c) *Is there one person in your family who does most of the worrying? Pray right now for that person to learn to let go.*
- d) *How might you encourage one another to relax and trust in the Lord?*

Asking for God’s Blessing:

Heavenly Father, in our minds we know you are looking out for us always, but in our hearts we tend to struggle with letting go of our worries. Grant us your abiding peace in the face of the uncertainties that life is presenting to us these days. We trust that you will provide for our every need according to your holy will for us. In Jesus’ name we pray. Amen.